



USE OF COUPONS

SAVING MONEY TO IMPROVE YOUR FAMILY'S FINANCIAL HEALTH

You already are a winner as you use coupons, save money, and improve your family's financial health. You could be a winner again if your record sheet is drawn from those submitted. Keep a record of your coupon usage and the amount of money saved for three (3) months. At the end of three months, send in the completed form to your Family & Consumer Sciences Extension Agent. She will in turn send them to Ronda Rex, Campbell County Agent. There will be an area wide drawing for 1st place (\$50 dollars), 2nd place (\$35 dollars), and 3rd place (\$15 dollars). End date: March 31, 2012 All entries must be to Ronda Rex by April 31, 2012.

Coupon Activity	Amount Saved	Date	
1.	\$		
2.			
3.			
4.			
5.			
6.			
7.			
8.			
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10.			
11.			
12.			
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17.			
18.			
19.			
20.			
21.			

Coupon Activity	Amount Saved	Date	
22.			
23.			
24.			
25.			
26.			
27.			
28.			
29.			
30.			

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Examples of activities where you saved money using coupons, how you use coupons, how you organized your coupons, or how you found coupons:

- a. Use newspaper/flyer manufacturer coupons for food.
- b. Use newspaper/flyer manufacturer coupons for household products.
- c. Use store coupons for food purchases.
- d. Use store coupons for household products' purchases.
- e. Use restaurant coupons for meals.
- f. Use store coupons received in mail.
- g. Use manufacturer coupons received in mail.
- h. Use clothing store coupons.
- i. Use coupons for recreation, sightseeing, and cultural events.
- j. Use both manufacturer and store coupons for added savings.
- k. Used manufacturer's rebate.
- l. Use internet websites to obtain coupons.
- m. Use internet websites to find where best values can be found for the week.
- n. Use on-line community(blogs, etc) to gain couponing knowledge.
- o. Use manufacturer's website to obtain coupons.
- p. Use manufacturer's coupons that were doubled.
- q. Use couponing magazines to obtain coupons.
- r. Use an organizational tool to keep coupons for use.
- s. Attend couponing seminars.
- t. Shared coupons with club, church, or another individual.
- u. Keep track of coupons sent to military bases and families.