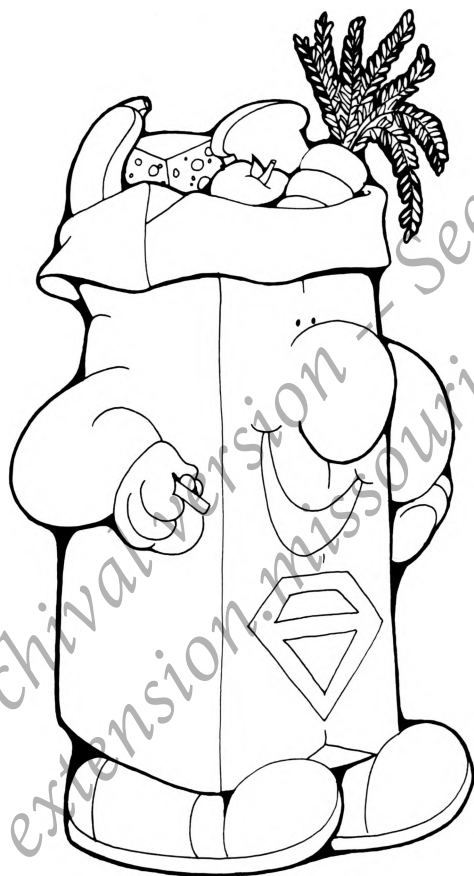


# Using Coupons Effectively



# SUPER SHOPPER



# QUIZ

Do you. . .	Yes	No
redeem "cents-off" coupons in the grocery store?	_____	_____
mail coupons in for refunds?	_____	_____
look for coupons in newspapers and magazines?	_____	_____
file coupons for future use?	_____	_____
trade coupons with other people?	_____	_____

Five "yes" answers: You may be saving 5 to 50% on your purchases, but your curiosity convinces you to read on.

Five "no" answers: You probably think coupon clipping isn't worth the effort. Read on to find out if you're missing a good deal.

Some "yes" and some "no": The following is just for you.

Try this to save 5% or more in the grocery store.

1. Each day, for a week, clip coupons in newspapers and magazines.
2. File coupons in an envelope in categories, i.e., snacks, paper goods, etc.
3. After preparing grocery list, check coupons to see if any can be used.
4. After shopping, determine how much you have saved by using coupons.
5. Check labels for coupons for refunds or future discounts.
6. Try this for another week or two before you decide whether clipping coupons is for you.

For more information on fighting inflation, contact your local University of Missouri-Lincoln University Extension Center.

Developed by Pat Lieurance

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