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Available at: Whole Foods What I Think: I visited Whole Foods near me shortly after it opened and wasn't too impressed. I thought prices were a little high, and I guess I expected something more. So I forgot it until Lucille, who really likes natural, organic food, told me it was just about the only place she shopped. - and insisted that I go there with her. I don't know if I just had a bad day when I first visited the store, or if it changed since then, but am I ever glad I went back. What I found was a fantastic selection of just about everything - at really, really good prices. And the people couldn't have been kinder. I couldn't find fresh basil and someone wandered past asked if she could help. Together we searched, but still did not find it. So she ran off to find someone else who might know where it was. Sure enough, it had been moved from the day before, but we found it. How nice they were. Now about \$40 in coupons. You can find printable coupons in their newsletter called The Whole Deal, and they are also in flyers in stores as well. I just printed one out for \$1 by Lightlife Smart Tenders which expires March 31, 2010. I like that I don't have to hurry out the way I do with some supermarkets to take advantage of their specialties. By the way, you might want to consider subscribing to their newsletter which, in addition to coupons, has a lot of good reading, including some fun recipes. This content is created and maintained by a third party and imported into this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io Couponing does not require using Sunday cutting newspapers into small squares. It can be much easier. How to save money with coupons - as told by coupon pros. From finding a coupon database to creating a shopping list, these beginner coupon tips can save you money at grocery stores and drugstores.1. Find a coupon databaseCoupons is just about everywhere, including in your mailbox, on your phone and in coupon books, according to Curtis Tingle, chief marketing officer at Valassis, a print and digital coupon distributor. Another option? Coupon databases are websites that collect coupons in one place, so it's easy to find deals, says Jenny Martin, the author behind frugal-living website Southern Savers. Search Google for the words coupon database to find one you like.2. Read it in small printRead the one with the small print on the coupon, says Roland Karim from Coupon Pro, a coupon blog. Check redemption requirements (as the size bottle of orange juice qualifies for the coupon). If you find a good deal and want to redeem more coupons, you will need a separate one for each item you buy. There may be a limit to the number of each coupon you can use per transaction.3. Learn coupon coupon guidelines vary, so look up the rules for the local store. Martin says you can usually find these online or go personal and ask. Here's what to pay attention to, according to Martin: Can you double a coupon? Some stores will double your coupon, up to a certain threshold. That means if you have a 50-cent-off coupon, the store will take \$1 off. Need to join the loyalty program? You may need to create a loyalty program account with the store and scan your rewards card to claim some coupons.4. Create a shopping listAchieving a shopping list will make coupons easier, tingle says. Know which products you plan to buy in-store so you can find coupons that match the things on your list. An easy way to do that is to download a shopping app or shopping list app so you can easily manage it, he says.5. Target for 40% offSe you know what you want, monitor appointments to see when the items you need reach their lowest prices. This can happen when a product is on sale and there is a coupon available. We want to aim ... to buy the things we need when they are at their best price, says Martin. Every item in the grocery store has the best price. Usually that price is around 40% off, sometimes more. 6. Create an inventory when you find a good sale, buy some of the items - if you know you want to use them all before they expire. Creating a small stockpile allows you to dictate how much you pay - instead of letting the retailer dictate, according to Cindy Livesey, frugal-living expert from the coupon website Living Rich With Coupons.For example, if you run out of toilet paper, you pay the current price. But if you have any additional rolls, you can monitor the prices and time purchase accordingly.7. Cancel coupons when you don't need themDoe use coupons solely because you find them. Livesey says sometimes a sale-priced item without a coupon is cheaper than a full priced item with a coupon. Pay attention to annual sales, she advises. Pens and pencils go on sale in August around the school season. Baked goods go on sale in November around the holidays. Whenever possible, look for coupons that match these periods. If you find the coupon first, Karim recommends holding on to it until you find a sale to combine it with. But pay attention to the expiration date, or you can wait too long to use it.8. Start with 10 couponsStart small. Martin recommends browsing the store's ad and selecting 10 items for sale. Then pair coupons with these items. Finally, head to the store. It's kind of setting yourself up for a little win, which is a great way to get started, Martin said. You got your 10 items, you used all the coupons, you saw that the store didn't treat you terribly - and they took everything. And you saw how much you saved, and that's the best thing. 9. Track your savingsTrack your performance see if the amount you save is worth the stake. The time and work you invest in coupons is entirely up to you. Check Walmart's website and app for savings opportunities. Courtney JespersenNovember 2, 2018On a similar note ... How to pay down debt firmly: 7 TipsOn a similar note ... How to pay down debt firmly: 7 TipsMany or all the products featured here are from our partners that compensate us. This may affect what products we write about and where and how the product appears on a page. However, this does not affect our evaluations. Our opinions are our own. When you shop at Walmart, you expect to save money. But with a little extra work, you can make your next trip to the discount giant even cheaper. See Walmart.comWalmart compiling manufacturer coupons on its website, so check it first. To narrow your search, use the online store finder to search by zip code and select a location near you. Walmart compiles manufacturer coupons on its website, so check it first. Find your preferred store, click on save details and select the coupons tab to

