

OCTOBER 2016  
Free Report



# THE ART OF COUPONING

## Stockpiling on the Cheap

Dear Friend,

Stockpiling food, cleaning supplies and personal hygiene products is an essential part of any preparedness plan.

But what can you do nowadays when the cost of food has grown so disproportionately to the cost-of-living, and so many people find themselves having to choose between eating and paying the bills?

Start couponing (if you haven't already) to improve your budget and your prepping stockpile.

- In this month's report you will discover:
- 50 Must-have items you should have on hand before the snow flies.
- How to save money using coupons.
- Tips to master the art of couponing.
- 113 Companies that will send you coupons.

P.S.: Remember that sharing is caring, so share this info with your friends that might benefit from this experience!

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## 50 Things to Stockpile This Fall

Depending on where you live, summer heat can be miserable, but the dead of winter can be lethal. If there is a blizzard or downed powerlines, it may be tough to get to the store. Even if you do, the shelves may be bare. That's why you need to stockpile now.

I've composed a list of must-have items that you should have on hand before the snow flies, in no particular order (except the first 4).

1. Water. Even if you're surrounded by snow that you can melt if necessary, there's no way to tell what's in it. Plan on 2 gallons of water per person per day, and don't forget about your pets.
2. Two fuel sources, plus vehicle fuel. Make sure that your primary sources for warmth and cooking are well-stocked, and have a back-up fuel source for both. If the power goes

out, you still have to cook and stay warm. A back-up supply is especially critical if you heat and cook with electric. If nothing else, keep extra Sterno cans.

3. Back-up light sources. Even if you're lucky enough to have solar panels, there may not be enough light to charge them. Candles and camp lanterns are two good choices. Make sure that if you're using camp lanterns, you have plenty of batteries or fuel for them.
4. First Aid Kit. If you're like me, you probably pick through your first aid kit throughout the summer; a band aid here, some tape or first aid ointment there. Make sure that it's replenished with fresh items before winter. Items such as tape actually go bad after a while.
5. Pre-cooked canned meat. Tuna, chicken and salmon are all nutritious choices. Some of the canned hams are OK too, but avoid the unhealthy processed "meats" such as potted meat. If possible, can your own meat. Plan for at least 1 serving per person, per day. 2 servings are better.
6. A variety of canned vegetables, preferably home-canned. Go by color because in general, different colors contain different nutrients. Eat at least 2 different colors per person per day. Plan on at least 4 servings per person, per day.
7. A variety of canned fruits and dried fruits. Follow the same color rule as above and shoot for 2 servings per person, per day.
8. A variety of canned meals. You can make your own, or you can buy them in the store. Soups are great and are often BOGO at the grocery store if you watch the ads.
9. Powdered milk and canned milk. Both have a long shelf life.
10. Powdered eggs. Great source of protein and can be used in baking and cooking just like fresh eggs can once you reconstitute them.
11. Flour. Whole grains have a longer shelf life than flour, but I've used flour that's 2 years old and it was fine. If it goes rancid, it will smell funny. Store flour in air-tight containers or dry-can it so that bugs can't get in.

12. Rice. This is probably the cheapest, most versatile, longest-keeping food you can get. Stockpile whole-grain rice though, because it has a longer shelf life than instant.
13. Cheese. You can prepare cheese so that it will store for years and it's a great source of protein. It's also a luxury food that will help the kids eat veggies.
14. Salt. Your body needs sodium, and it adds flavor to food.
15. Sugar and honey. It literally keeps forever. Perfectly edible honey has been found in tombs that are thousands of years old. Even if it crystalizes, heat it a bit and it's good as new.
16. Bullion. I prefer cubes, but powder is available, too. It turns a few mixed veggies and some canned beef or chicken into soup.
17. A variety of spices. You can stock up on store-bought spices, dry your own, or even keep fresh spices growing indoors year-round.
18. Coffee or Tea along with filters. Seriously. Enough said.
19. Peanut butter. It has a great shelf life as long as it's unopened and is another good source of protein.
20. Cooking oil and lard/shortening. Did you know you can actually can butter?
21. Baking soda. A great multi-purpose item, useful for cooking, cleaning, and first aid.
22. Vinegar. Again, multipurpose. I prefer apple cider vinegar because of the health benefits. You can make your own if you have apples.
23. Active dry yeast packets. There's nothing like fresh-baked bread. You can make your own yeast if need be.
24. Baking powder and cream of tartar. Quick trick – if you don't have baking powder, you can make it by combining 1/2 tsp. of cream of tartar and 1/4 tsp. baking soda to equal 1 tsp. of baking powder in a pinch.
25. Dried beans. Amazingly nutritious and are available in such a variety and can be prepared in so many ways that they won't get boring.

26. Extra can opener. Ever tried to open a can without a can opener? It's easier to just keep a backup or two.
27. Hay and grain for livestock. If you're an experienced farmer, you know this already, but if you're just starting out, store enough hay for the winter now, and at least a few weeks' worth of grain. Trust me: the price of hay skyrockets once the snow flies.
28. Weather radio with extra batteries.
29. Extra blankets or sleeping bags.
30. Toilet paper. Being trapped in the house for a week or so due to a blizzard just isn't the same without it.
31. Tampons. These have dozens of uses, so they're not just for girls. There should be a few in your first aid kit, and they make excellent fire starters.
32. Laundry soap.
33. Hygiene items such as soap, lotion, toothpaste, etc.
34. Lighters or matches. Hard to light a candle without one.
35. Spare cash. If the power goes out, your ATM card will be useless and the banks will likely be closed.
36. Pain medication such as ibuprofen, acetaminophen, or aspirin. Personally, I go with the ibuprofen because it's an anti-inflammatory as well as a fever reducer and pain killer.
37. Bleach.
38. Booze. Alcohol that's 70 proof or above has a variety of uses, including sterilizing needles or wounds, starting fires, and making merry when you're stuck in the house. If you're using it for the latter, see number 37.
39. Baby wipes. They're not just for babies.
40. Peroxide.
41. Extra equipment parts. Do you have a snowplow or tractor that you use to clear the driveway or to carry hay? Keep extra of the parts most likely to break.



42. Garbage bags. If you need to leave the house, they keep the water and cold air out and the body heat in. They have several uses, so keep different sizes handy.
43. Games, books and crafts. Board games, puzzles, puzzle books, and even Twister are good ways to kill time. Crayons, paper, scissors, coloring books (kids and adults), glue, and whatever else you need to perform your craft project(s) of choice.
44. Rubbing Alcohol.
45. Fire starters if you're heating with wood.
46. Fire-proof cookware if you're using your grill or a fire as a backup cooking method.
47. At least 1 5-gallon bucket with a lid. There are dozens of uses for them.
48. Extra plywood, nails, and screws. If a window breaks during a storm, you can freeze to death quickly if you don't get it sealed up. Plywood is also good for getting a car or tractor un-stuck.
49. Rock salt. This keeps your walkway safe, but be careful. It melts the snow, but that water will refreeze again if the salt is washed away or absorbed into the ground.
50. Duct tape. I throw in an extra, because you always need duct tape.



## How to Save a Ton of Money Using Coupons

The cost of food has grown disproportionately to cost-of-living allowances and for many, it's difficult to make a paycheck stretch far enough to pay the bills AND eat. When you're doing this, stockpiling for an emergency seems like a faraway dream.

Many people find themselves choosing between eating and paying the bills but if you're willing to invest a bit of time and energy, I can teach you how to shave up to 75 percent off of your grocery bill by using coupons and you'll be able to start building your stockpile, too.

You've probably seen those extreme couponing shows on television and either thought the trips were a fluke or that they were so engrossed in couponing that it's unrealistic for an average person to do it. You're wrong on both counts – though it may not be realistic to actually leave the store without spending a dime (at least every trip), it's perfectly reasonable that you will save at least half of what you would normally spend.

I'm an avid couponer. I typically save anywhere from 60-75 percent off my bill and it didn't take me long to get the hang of it. I actually did leave the grocery store once with \$150 worth of groceries and the store paid ME \$7! That's not typical, though it's possible that it will happen occasionally depending on your location and how well you stick to your list.

Clipping and organizing coupons and matching them to sales will take you a couple of hours each week but if you manage to save even \$50, then it's well worth the effort. Plus, you get much more food for your buck and you don't have to worry about how to stretch one box of macaroni and cheese between 2 meals.

Since I've started couponing, my family eats much better AND I've managed to build a respectable stockpile without being disrespectful to others, which we'll discuss in a bit.

Once you get the hang of couponing, it's almost like an addiction; you'll want to save more and more each time and it will become a challenge to spend as little as you can while getting as much as possible. It's actually quite fun so let's get to it!

## Types of Coupons

The first thing that you need to know is that there are two primary types of coupons: manufacturer's coupons and store coupons.

Manufacturer's coupons are the ones that you're likely most familiar with. They're the ones that come in the Sunday paper or that you get in the free paper that gets tossed at the end of your driveway every week. It will say right on it "manufacturer's coupon" and, with very few exceptions, can be used at any store that accepts coupons.

Sometimes you may get a manufacturer's coupon with a particular store's logo on it. Target and Dollar General are two common ones that pop to mind and there's a trick to using these specially-marked coupons.



Where you can redeem a manufacturer's coupon with a particular store's logo depends on the verbiage. For instance, there may be a store logo on it and somewhere on the coupon it will say "redeemable at (whatever store)".

You can use this coupon wherever you want regardless of the logo though you may have to educate the checker about that fact. However, if the coupon says, "Redeemable ONLY at (whatever store)", you can only use that coupon at the store listed.

The other type of coupon, a store coupon, is often available in store flyers or at the counter of your local supermarket. Look for a kiosk when you enter the store; that's typically where the store keeps that week's sales paper and any in-store coupon circulars that they may have. These coupons will be clearly marked as an in-store coupon and are meant to be used at that store. However, there are some workarounds to that and we'll discuss those in a bit – no need to get ahead of ourselves.

In addition to weekly or monthly store coupons, many stores release store coupon books for special occasions such as Easter, summer, 4<sup>th</sup> of July, Thanksgiving and Christmas. These books have really good, occasion-specific coupons in them. Publix, for one, is really good about this. However, due to the "extreme couponers" out there who are discourteous to others, many stores now keep these booklets at the customer service desk in order to keep one person from taking them all.

You have to go and ask the service desk attendant if they currently have any coupon books and if they do, usually you can only get two. Still, they contain significant savings and even if you get two now and two the next time you go, you'll have more than enough to get what you need and even stockpile a bit.

## X Tips for Mastering the Art of Couponing



Here's what you need to know to master the art of couponing, and building your stockpile on a budget.

### 1. Where to Find Coupons.

There are many places to find coupons but the **Sunday paper** is typically your first go-to source because they have the two main coupon booklets, Smart Source and Red Plum. These are flyers that are full of nothing but coupons.

The Sunday paper also has other coupon inserts as well as local store flyers so that you can see what's on sale where.

Often, these store ads have additional coupons such as "\$10 off a \$50-dollar purchase" that are really nice since it isn't product-specific like individual coupons are. You can use

these with your other coupons to really stack up the savings.

Most cities have a **free coupon paper** that is delivered free of charge if you call the newspaper and ask for it. These usually have only one or two inserts along with store flyers but it's still a great way to stock up on extra coupons for free.

1. Tip 1: Always buy the Sunday paper in groups of two so that you can take full advantage of BOGO deals. We'll talk more about that in another section.
2. Tip 2: If you're friendly with the neighbors or have friends or family who get the Sunday paper but don't use coupons, ask them to save the inserts for you; that way you don't have to buy the paper but can still get the coupons.

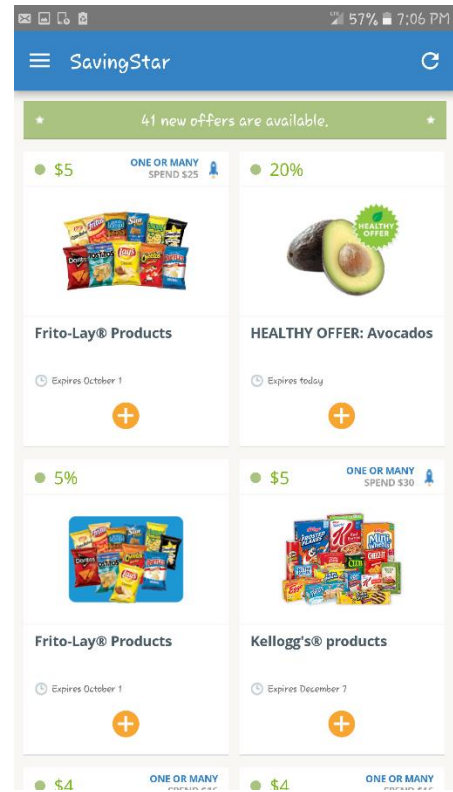
Both Smart Source and Red Plum also have **online accessibility** so if you don't get the paper, you can go online and print the coupons. Coupons.com is a great source for online coupons. You can, of course, always do both paper and online coupons but most of the time, there is a limit to how many online coupons you can print; typically, that limit is anywhere from 2-4.

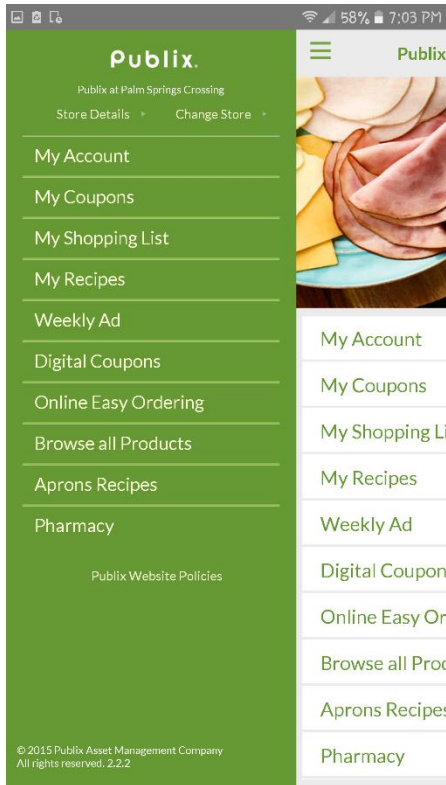
You can always print from 2 different computers in your house since the printing is computer-sensitive if you have that option. Beware though that printing coupons uses both ink and paper so it's going to cost you a bit if you print many of them.

You can also **buy coupons from many online stores**. There are advantages and disadvantages to doing this. First, the coupons are going to cost you a few cents each, plus shipping. Also, you won't be able to take advantage of this week's sales until the coupons are mailed to you. This can make a big difference in item availability if you live in an area with a lot of couponers.

The advantages of buying your coupons online are that you can pick and choose exactly which coupons you want, you can buy in mass quantities if you wish, and you don't have to take the time to clip them.

If you want to clip your own, many places often sell the entire insert. Usually this cost works out to be about the same price as a paper would cost though, so it really doesn't seem advantageous to me, except for you're saving some paper by not tossing out two Sunday papers.





**Store memberships** are another good source of coupons. This doesn't just apply to grocery stores; just about every store and restaurant now has a membership club and if you give them your email or mailing address, they will send you coupons and deals via email or snail mail.

These often contain "percentage off" coupons in addition to coupons for specific items.

**Manufacturers** such as Procter and Gamble, Betty Crocker and Kraft also have customer memberships. Go to their websites and sign up for free to get coupons via email and snail mail.

These are often high-dollar coupons and are well worth the few minutes that it will take you to sign up.

## *2. Get a Coupon Binder or Coupon Organizer.*

Now that you have your coupons, you're going to want to keep them organized. Just about every couponer has his or her own system. Some organize alphabetically, some organize by food type and some organize by what's on their grocery list for the day, then just keep their binder or organizer with them so that they have their other coupons with them in case they come upon an unexpected deal.

I've found it easiest to organize my coupons in an accordion organizer grouped by type of food. Cereal coupons go with cereal coupons and veggie coupons with veggie coupons. You get the idea, though you should feel free to organize in whatever fashion makes sense to you.

I also pull all of the coupons that I'm going to use for my shopping trip and put them in the front of my organizer, then move the coupons to a separate section as I add the matching items to my cart. That way, when I'm checking out, all I have to do is pull those coupons out of that

section and hand them to the cashier. It sounds like a hassle but as you get used to it, it's a pretty simple system that makes checking out much easier on both you and the clerk.

### *3. Pay Attention to Expiration Dates, Size Specifications and Quantity Rules.*

There's nothing worse than getting to checkout only to realize that your coupons are expired or that you've added the wrong size item to your cart. If your coupon says, "16-24 ounces" and you've bought the 10-ounce size, your coupon isn't going to work.

There are often limitations to how many of the same item you may purchase regardless of how many coupons you have. In this case, the coupon will say something along the lines of "limited to 4 per purchase".

Sometimes the store will let you divide your items into different checks so that you may buy more than the allotted number of items available in a single purchase, but sometimes they won't. It depends on the store policy and the goodwill of the clerk. This is where being organized and polite may truly help you out!

### *4. Make a Grocery List.*

Always, always, always (did I say ALWAYS!?) make a shopping list using your sales flyers. There are also several online couponing sights that can help you make your list, and some will even make a list for you based on items that you check.

One of my favorites is TrueCouponing.com. They're really great about pairing up sales at your stores with coupons available for that week and even have a coupon printing service and a shopping list printing service right on their site. I've actually met the girls who run the site and they're as awesome as they are helpful, especially when you're just getting started.

The key to successful couponing is sticking to your list unless you find an unadvertised deal that you have coupons for. Otherwise, you're going to spend money on items that will probably go on sale next week.



Buying items that aren't on sale will inevitably be necessary in the beginning but once you make it through a full 6-week coupon cycle, you should be fairly well stocked so that you don't have to buy many items off-sale.

### 5. Know Each Store's Coupon Policy.

Knowing what your store's rules about couponing are is critical to your success. Some stores allow "stacking" manufacturer's and store coupons and may even accept competitor's coupons. There may also be limitations to the dollar number of coupons that you may use in a single visit.

In addition to knowing for yourself what you can and can't do, knowing the coupon policy of your favorite stores may be necessary when dealing with cranky or mean clerks who DON'T know the policy.

Just do a quick internet search of "(my store) coupon policy" and you shouldn't have any problem finding it.

### 6. Stack Your Coupons.

This is a fairly basic component of couponing that will really save you some cash. If you have a manufacturer's coupon for an item as well as a store coupon for that item, most stores will let you use both of them, or "stack" them.

Say for instance you have a \$1 manufacturer's coupon for laundry detergent that costs \$6. Then you find a \$1 store coupon for that detergent. You can use them both to get \$2 off the detergent. You just got \$6 worth of detergent for \$4!

### 7. Use BOGO Deals, or At Least Buy on Sale.

This is where you're really going to strike couponing gold, and it's the reason why I said that you need to collect your coupons in groups of two. It's also the reason why it's critical to know your store's coupon policy. Most allow the following process but some don't. Personally, I avoid those who don't.

Using the previous example of the \$6 laundry detergent, let's now say that the detergent is on sale buy-one-get-one-free, or BOGO. You are now getting two detergents for \$6. Now, let's say that you have two manufacturer's coupons for \$1 off and two store coupons for \$1 off, or \$4 off, in total.

Assuming your store allows stacking and allows you to use coupons for the "free" item, you will get 2 bottles of detergent for a total of \$2, or \$1 each. Now THAT is a deal. And it's a common occurrence. It's also how you'll build your stockpile even if you have an extremely limited budget.

You have to buy laundry detergent, so you may as well do it the smart way. In essence, you would get 6 bottles of detergent for the same amount that you'd pay for one bottle off-sale without coupons.

### *8. Take Advantage of Double Coupons.*

There aren't many stores that offer double coupons anymore but there are a few. This is a policy that allows for doubling of coupons up to a certain amount. For instance, if the store has a coupon policy that doubles coupons up to 50 cents, your 50-cent coupon would be worth \$1. Some stores also allow stacking but that's where knowing your store policies come in handy.

### *9. Pay Attention to Clearance Items.*

Clearance bins can be goldmines if you have coupons for those items but be careful because sometimes items are only marked down 10 or 20 percent, which means that you may do better to wait until the item is on BOGO.



I got all of this for \$15.68 today using coupons!

If the percentage is higher, or it's an item that doesn't go on sale, then go for it.

### 10. Use Competitor's Coupons or Sales Flyers.

Many stores honor competitor's in-store coupons or sales. For instance, if Winn Dixie has meat on sale BOGO, you can take that flyer to Wal-Mart and get the same item at a greatly reduced price. The same principle applies to coupons. Many grocery stores will take a competitor's store coupons as if it is theirs.

You can typically only use one store coupon and one manufacturer's coupon per item, which means that you can't use a competitor's store coupon AND your store's coupon. Just ask your store which competitor's coupons they accept because it varies by location.

### 11. Coupons Typically Go in About 6-Week Cycles.

Couponing is a rhythmic, cyclical process. What I mean is that the same item that's on sale this week will be on sale again in about 6 weeks or so and will also (usually) have the same matching coupon. Stores tend to run their sales in cycles, though they may vary by a week or two one direction or the other. This is significant for two reasons.

First, you need to buy enough of the product to get you through about 6 weeks, plus a couple extra to add to your stockpile. If you use 6 packs of yellow rice in 6 weeks, then buy 8 or so: 6 to get you through to the next sale and 2 for your backup supply or stockpile.

There's no need to go hog-wild and buy 40 packs because you're afraid it won't go on sale again because it will. Just get in the rhythm and you'll have the cycles down to an art in no time at all.

### 12. Don't Clear the Shelves.

This is a practice that many people advocate but it just rubs me the wrong way, mainly because it pisses me off when I go to buy a few cans of tuna and somebody has cleared the shelf just

because they had enough coupons to do so. I don't do it and I don't advocate anybody else doing it either.

It's rude and it's bad news for couponers because manufacturers are catching on and decreasing the face value of coupons directly because of this practice. Take what you need, and maybe a few extra for your stockpile and leave some for the next person. Be considerate; there's enough to go around.

If you happen to be a victim of shelf-clearing, speak to somebody at the customer service desk; typically, they will give you a rain check for the item at sale price so that you can use your coupons for them once they get another shipment in. This is a pain because now you have to remember to buy it the next time and your coupons may be expired.

There are some things that you'll rarely have coupons for, including milk and fresh produce. Though many stores do have sales on them, you'll likely have to pay close to full price for these items most of the time. Still, when you're saving so much by using coupons on other things, it makes it easier to pay full price when you need to in order to buy food that is better for you.



## 113 Great Companies That Will Send You Coupons

One of the easiest ways to save money is to trim back your budget for food, cleaning supplies, and personal hygiene products. You can even save money on pet food and survival items such as candles by using coupons.

The easiest source for finding coupons is the Sunday paper, but many companies are perfectly willing to send you coupons if you contact them via their webpage. Some pages actually offer a coupon link while others will send them to you in the mail if you send them a compliment or suggestion for product improvement.

Another tool that more and more companies are offering is a phone app. If you download their app, you'll have access to coupons that others won't. Finally, if you sign up for newsletters from some companies, you'll often get coupons. Personally, I dislike doing that for companies that I don't buy from often because it just clogs up my email.

Some companies, such as Kraft, Proctor and Gamble, and Unilever, encompass many different brands, so I'm including them on this list. If you go to their sites and sign up, Kraft has coupons on their site and P&G and Unilever will send you coupon books via the mail.

Here are some sites that are pretty good about sending either coupons (including ones for free stuff) or free samples. I tried to keep it to stockpiling stuff only, but hey – it won't hurt to eat ice cream or perishable goodies until then. Also, if you're saving money on all of your groceries, it leaves more cash to throw into prepping and homesteading.

Since some of the companies have products that you use but may not recognize, I'll list some products they provide that may be valuable to your stockpile.

[7 Up](#) - soda, of course

[9 Lives](#) - cat food, treats and litter

[Al Fresco](#) – all natural, gluten-free sausage. Can it in soups or by itself

[Aleve](#) – NSAID naproxen, pain reliever, anti-inflammatory, fever reducer

[Alka Seltzer](#) upset stomach and heart burn relief

[Angel Soft](#) toilet paper

[Arm & Hammer](#) – baking soda, laundry detergent, toothpaste

[Ball Park Franks](#) hot dogs

[Bic](#) – razors, lighters

[Bigelow Tea](#) – herbal teas

[Blistex](#) – lip balm, good for treating lips, windburn, and using as fire starter/candle

[Blue Diamond](#) – nuts

[Burt's Bees](#) a full line of body care products and salves made with beeswax.

[Campbell's](#) soup, spaghetti sauce, crackers and more. Campbell's is the umbrella company for many different brands, including, of course, the Campbell's soup line, as well as Goldfish, Pepperidge Farm, Prego, Pace, Swanson, and V8, all brands that offer products great for your stockpile.

[Celestial Seasonings](#) Herbal Teas

[Cheez Whiz](#) The cheese spread that's delicious and stores awesomely

[Chef Boyardee](#) One word – Spaghetti-O's!

[Clorox](#) – all the cleaning products you need. [Bleach](#), as we know, is an inexpensive, effective water sanitizer as well as antimicrobial.

[Crayola](#) crayons serve as excellent entertainment for kids, but also as a candle in an emergency. Crayola has crayons, pencils, markers, and other great items to pass time during power outages or trips.

[Dannon](#) Yogurt products, and the umbrella company for Oikos and Activia

[Del Monte Veggies](#) Canned and jarred vegetables and fruits

[Dial Soap](#) –hand sanitizer, bar soap, body wash, deodorant

[DiGiorno](#) – OK, this isn't a survival item, but their pizzas are awesome

[Dole](#) – canned and single-serving fruits and vegetables

[Downy](#) – fabric softener, dryer sheets that have [many household uses](#)

[Duncan Hines](#) – cake mixes, frostings. Luxury foods boost morale

[Dunkin Donuts](#) – OK, this one is just because. The app gets you free stuff.

[Eucerin](#) – healing skincare products. Good for windburn or to prevent or treat dry skin that will cause infection

[Farm Rich](#) a variety of frozen and ready-made meals

[Flat Out Bread](#) just a good source for bread for now

[Florida's Natural](#) natural orange juice that's healthy. Could be canned or used for juice for some fruits to add acidity

[Folgers](#) we're all going to need coffee!

[Smuckers](#) sells a wide variety of jams, jellies, peanut butter, and syrup. All good stockpiling items

[Foster Farms](#) sells a variety of fresh and frozen meat products from chicken to corndogs. Great for parents on the go, and they have a fresh chicken that has no added anything

[Frito-Lay](#) a major provider of snacks and canned dips, all of which keep well

[General Mills](#) breakfast cereals, and is the umbrella company for Annie's, and organic pasta company, and Cascadian Farms, which has frozen fruit that's great for canning.

[Gillette](#) razors and shaving products

[Gillette Venus](#) division of Gillette offering women's razors – often has free coupons.

[Glad](#) trash bags, paper plates, utensils, cups, food storage containers, plastic wrap, freezer bags

[Glade](#) candles and supplies

[Gorton's Fish](#) easy fish and seafood products for busy parents

[Greenies](#) dog snacks and bones meant to promote oral health

[Haagen Dazs](#) It's ice cream. Not so good in a survival situation, but it made the cut because it's a comfort food now.

[Hanes](#) – underwear, long johns, t-shirts, socks, all of which you should stock up on

[Hansen's Beverage](#) sodas available in certain parts of the US



[Hatfield](#) various meat products including bacon, ham, sausage and hotdogs. Meats are great to be canned, and who doesn't love bacon?

[Hawaiian Punch](#) canned, bottled, and sealed bags of juice drinks that store wonderfully

[Hebrew National](#) lunch meats, deli meats, hotdogs

[Hefty](#) trash bags, trash cans, food storage containers, disposable aluminum food preparation pans, plastic cups, plastic utensils, freezer bags

[Helluva Good](#) dairy products including sour cream and dips, but also jarred horseradish and cocktail sauce good for stockpiling

[Hillshire Farm](#) packaged summer sausage great for stockpiling. Also great sausage, ham, and deli meats

[Honest](#) a variety of teas for your stockpile or pleasure

[Horizon](#) an entire line of organic products from milk and cheese to use now, to crackers, fruit snacks, and graham crackers for your stockpile

[Hostess](#) cakes and snacks that are individually packaged and store well for your stockpile

[Huggies](#) Diapers and [baby wipes](#), which both have multiple purposes in a survival situation

[IBC Root Beer](#) because who doesn't need root beer in their stockpile?

[Idahoan](#) instant potatoes, scalloped potatoes, etc. all great for stockpiling

[Kashi](#) wide variety of granola snacks and cereals suitable for stockpiling

[Keebler](#) wide variety of cookies, crackers and other snacks for your stockpile

[Kotex](#) feminine products that are great to have in your first aid kit

[Kraft](#) umbrella company for Kraft, Nabisco, Oscar Mayer and Gevalia coffee, all of which have tremendous value for our stockpile.

[Lady Speed Stick](#) deodorant that's often on sale, and if you have a coupon, you can often get it for free.

[Land O Lakes](#) butter and dairy products. Butter can be canned and even used for candles in a pinch!

[Lipton](#) teabags - a subsidiary of the Unilever corporation, an umbrella company.

[Little Crow Foods](#) maker of CoCo Wheats, a great hot breakfast cereal that stores well

[Luigi's Italian Ice](#) OK, so you can't stockpile it, but it's delicious. Often free with coupon when it's on sale BOGO

[Luna Bars](#) Sells both Luna bars and Cliff bars. Great for nutrient-rich bars that store well in your stockpile.

[Luvs Diapers](#) diapers and baby wipes, both multipurpose

[Malt O Meal](#) both cold and hot wheat cereals that are nutritious and store well

[Mardi Gras](#) napkins, disposable utensils and plates, paper towels

[Michelena's](#) many healthier frozen meals that just need heated

[Mission Tortillas](#) bread tortillas as well as chips and fried tortillas that are good to stockpile

[Mott's](#) applesauce and juice products that store well and are nutritious

[Mrs. Dash](#) seasonings. You can never have too much variety in your stockpile!

[Mrs. Smith's](#) just through this one in for those who like pie!

[Mt. Olive](#) pickles and relishes. I can't even tell you how many times I've gotten these products either free or nearly free using coupons and BOGO sales combined. Excellent stockpile products

[Mussleman's Applesauce](#) Apple sauce is nutritious and can be stored in your pantry

[Natute's Own Breads](#) May not be good for stockpiling, but nearly everybody eats bread

[Neutrogena](#) face and body cleaners, lotions, and wipes

[Nexcare](#) first aid supplies

[Nissin Noodles](#) Ramen and Cup-O-Soup, staples in most people's stockpile

[Ocean Spray](#) nutritious juices and snacks that stockpile well

[Odwalla](#) fruit and veggie juices that store well

[Olivio](#) Olive oil

[Ore Ida](#) different varieties of frozen potatoes

[Pepperidge Farm](#) wide variety of breads, crackers, summer sausages and other foods that are great now and many can be stockpiled

[Perdue](#) chicken products

[PictSweet](#) frozen vegetables and sides

[Pine-Sol](#) cleaning and disinfecting products

[Procter and Gamble](#) Umbrella company for many personal hygiene and cleaning supply company subsidiaries that include Bounty, Tide, Oral-B, Tampax, Gillette, Luvs, and many others. All worth stockpiling

[Propel](#) energy and replenishing waters and drinks

[Purina](#) Dog and cat food, treats, and supplies

[Ronzoni](#) pasta and pasta sauces

[Schick](#) Razors and shaving supplies

[SC Johnson's](#) an umbrella company for cleaning and food storage supply companies such as Ziploc, Windex, Raid, and Shout

[Skintamate](#) Women's shaving products

[Snapple](#) Teas and juices that all store well in your stockpile

[St. Ives](#) personal hygiene items including body wash, shampoos and lotions. Often extremely cheap with coupons

[Starkist Tuna](#) Delicious, nutritious, and stores for years in your stockpile. Tuna canned in oil can also be used as an emergency candle.

[Suave](#) personal care products for both men and women including body washes, shampoos, hair care products, deodorant and lotions.

[Sunny Delight](#) juice drink that's packed with vitamin C and stores well for extended periods

[Tide](#) laundry soap and supplies

[Tropicana](#) Fruit and veggie juices that store well, providing nutrition even if SHTF

[Tyson](#) Chicken products, frozen, raw and ready to eat

[Uncle Ben's](#) rice and rice sides. Excellent candidates for stockpiling

[Unilever](#) an umbrella company that has more than 1000 subsidiary companies that range from food companies such as Hellman's, Knorr, Lipton, and Ben & Jerry's to companies such as Vaseline, degree, Caress, and Lever 2000. You're almost guaranteed to have at least one Unilever product in your house and most of it stockpiles well.

[Viva Paper Towel](#) the name says it al

[Vlasic](#) Pickles, relishes, and other pickled products. Obviously great for stockpiling

[Welch's](#) Juices, jellies, and snacks that store well and have a place in your stockpile

[Whiskas](#) Cat food and treats

[Windex](#) window and all-purpose cleaning products

[Wylers Soups](#) dried soup mixes and bouillon that store for long periods and will make foods better if SHTF

[Zatarain's](#) Rice and pasta side dishes that can also be used as a base for main meals. They also have Cajun sauces and seasonings

I've found that I get better results if I compliment their products first and then ask them to help a loving customer out by throwing them a bone in the form of coupons or samples.

Though I've either tried these companies myself or gotten referrals from couponing sites for them, companies change their marketing strategies and they may not all give out coupons to everybody that asks. It also goes the other direction – I noticed that as I was cruising the sites to make sure these links were correct, some of them have coupons right on the site. Awesome!

If you want to find good printable coupons for all types of products, check out Redplum.com, coupons.com, and Smartsource.com. There are a kazillion coupon sites out there if you just step into the land of internet searching.

Also, check your app store for the stores that you shop at the most – many of them have apps that offer additional savings. I know for a fact that Publix, Walgreens, Dunkin Donuts, and 7-11 do.

Finally, look for apps such as SavingStar and Checkout51. They give you cash back for stuff that you buy no matter how many coupons you use on the product. It's a bit of a pain to take pics of your receipt but the cash back adds up quickly.

Coupons combined with smart shopping is how I've managed to build my stockpile. It doesn't have to be expensive.

Good luck and happy savings!

## Resources

### Survivopedia Articles on Stockpiling & Specific Supplies

[How To Build Up Your Food Reserves For Everyday Use](#)

[Prioritizing On A Budget](#)

[9 Myths About Surviving On A Budget Debunked](#)

[6 Survival Items To Hoard When You're 60](#)

[Top 10 Types Of Meds You Need To Stockpile](#)

[The Gluten Free Survival Stockpile](#)

[Survival Foods To Stockpile For Diabetics](#)

[The Single Most Important Item NOT In Your Food Storage](#)

[7 DON'Ts When Storing Food For Survival](#)

[How To Store Flour, Sugar And Rice For Survival](#)