

# COUPONING 101

## ONLINE REFERENCE SITES

Scouring the newspapers and flyers for coupons is quickly becoming a thing of the past. Today's "couponers" often use the Internet to find coupons for just about anything you could ever need. Simply browse, click, and print.

Here are some of the top Canadian coupon websites:



### SAVE.CA

[www.save.ca](http://www.save.ca)

This Canadian website, launched more than a decade ago, offers a coupon delivery service. Customers place a free order and receive their coupons in the mail within a few days. The site offers coupons for baby formula, pet food, juice, and so much more. The selection changes frequently and they do impose limits on how many coupons you can request per household. You can also browse a number of different flyers right on the site. If everything is coming up in French (and that isn't helpful for you), click the "ENG" in the top right of the page to change the language.



### SMARTSOURCE.CA

[www.smartsource.ca](http://www.smartsource.ca)

SmartSource.ca is a website that offers coupons for Proctor and Gamble's best-selling products, from laundry detergent to toothpaste and nearly everything in between. They also offer free samples. Check back often as supplies are limited and featured products change frequently.





## GROCERYALERTS.CA

[www.groceryalerts.ca](http://www.groceryalerts.ca)

Grocery Alerts was founded in 2009 by Steven and Lina Zussino, Canada's "frugal family." The site was meant to help Canadians save money on groceries. The site offers grocery coupons and deals and shows Canadians how to shrink their grocery bill using coupons and sales. They also provide useful articles on saving money, rewards and loyalty programs, as well as recipes and reviews on products they love. You may want to sign up for their free grocery coupons email newsletter.



## SMARTCANUCKS.CA

[www.smartcanucks.ca](http://www.smartcanucks.ca)

One of the top coupon sites for Canadians, users can not only print coupons directly from this website, they can also participate in coupon trains and trade coupons with others across the country. Register for the forums and find out where the best sales and deals are at every major retailer in the country.





## **GOCOUPONS.CA**

[www.gocoupons.ca](http://www.gocoupons.ca)

GoCoupons has coupons available in a variety of categories, from food to health and beauty to clothing and accessories. They also provide access to a variety of recipes from all over the Internet.

## **MANUFACTURERS' SITES**

Going directly to a company website can also provide a good source of coupons. Companies want you to try their products and many will offer you a discount to get their products in your hands.

You may need to email or even call the company to get what you are looking for, so make sure you read through some of the information on the site before you just assume they will provide you with coupons. The list could be endless, but here are a couple sites for you to try:

<https://www.dairygoodness.ca/cheese/all-you-need-is-cheese/subscribe>

<http://www.freshexpress.com/contact>

<http://www.heinzbaby.com/en-ca>

<http://www.jnjcanada.com/explore-our-contacts>

## **BUT WAIT, THERE'S MORE**

Here are just a few more online sites you could explore in your quest to save money:

[www.couponclick.ca](http://www.couponclick.ca)

[www.websaver.ca](http://www.websaver.ca)

[www.rightathome.ca](http://www.rightathome.ca)

[www.healthyessentials.ca](http://www.healthyessentials.ca)

