

Where are the Coupons?

Grocery stores can be a great place to find coupons.

Food manufacturers like to put coupons on or near their products in the grocery store to encourage you to buy.



Keep your eyes open for these coupons:

- **Coupon vending machines** - Some grocery stores will place these machines in the front of the store. You can choose and print your coupons before shopping.
- **Store's weekly ads** - Weekly specials and coupons may be available at the front of the store or at the courtesy counter.
- **Store bulletin boards** - Some stores will post coupons and rebates near the front of the store on a bulletin board.
- **Peel off coupons** - These are coupons that are attached to the product. Be sure to peel off the coupon and give it to the cashier.
- **Tear pad coupons** - These are pads of coupons that are displayed on the shelf next to the product.
- **Blinking coupons** - These coupons are displayed in a container with a blinking light.
- **Bonus Boxes** - Coupons, rebates and recipes are displayed in small boxes on the shelf near the product.
- **Freezer dispensers** - These dispensers with coupons are located on refrigerator or freezer doors.

Know your Store

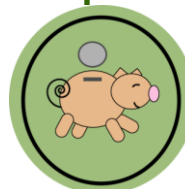
Take time to learn more about your local grocery stores.

Many will print a weekly advertisement that will include coupons, weekly specials, meal ideas and recipes.

A lot of grocery stores will even promote community events.

You may find fun activities that you and your family can do.

If you have internet access, visit the websites of your local grocery stores. You may find more ways to save money!



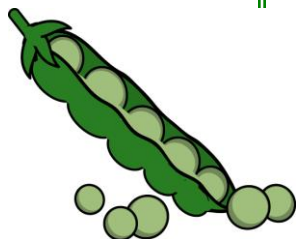
Make it a game – older children can help find coupons while shopping.

Have fun
saving money!

Beef Noodle Soup

You can use either homemade noodles or store bought noodles in this soup.

- 1 pound beef roast
- 10 cups water
- 2 beef bouillon cubes
- ½ cup chopped celery
- ½ cup chopped onion
- 1 cup sliced carrots
- 1 tablespoon dry Italian herbs
- Dash of garlic powder
- Dash of black pepper
- 3 cups uncooked noodles



- 1 Place beef roast in a skillet over medium high heat. Cook roast on both sides, until browned.
- 2 Place beef roast, water and bouillon cubes in a large pot. Simmer for 1 hour.
- 3 Remove beef roast and cut into small chunks. Return beef chunks to the pot.
- 4 Add onion, celery and carrots. Simmer for 1 more hour. Add more water if needed.
- 5 Bring to a boil and add noodles.
- 6 Cook until noodles are done and serve.

10 servings (1 cup serving) – 163 calories, 4 grams fat, 22% calories from fat and 2.8 grams of fiber in a serving.

Try other vegetables in this soup:

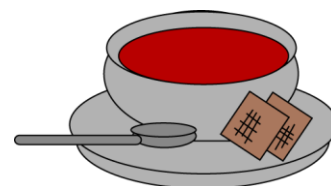
- peas or corn
- broccoli or cauliflower
- green beans

Frozen or fresh vegetables work best in soup.

Homemade Noodles

- 2 eggs
- ¼ cup water
- 1 ½ cups flour
- Dash of salt and pepper

- ❖ Beat eggs, water, salt and pepper together with a fork in a bowl.
- ❖ Add enough flour to make a firm dough.
- ❖ Roll the dough with rolling pin, sprinkling with flour to prevent sticking. Roll the dough until thin.
- ❖ Rub the dough lightly with flour and roll up.
- ❖ Cut into noodles and shake off the extra flour.
- ❖ Add noodles slowly to boiling soup.



What can you do?

- Look for coupons in my grocery store.
- Find my local grocery store's weekly advertisement.
- Cook Beef Noodle Soup for my family.
- Other: _____