



oh amy, dear's shopping list

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examples

walgreens

x4 Carmex Lip Care, 0.15 oz-0.35 oz (Reg \$1.49 ea, Sale 4/\$4)

- Use (2) \$1/2 Carmex Lip Balms MC
- Pay \$2.00
- Rcv 1,000 pts

x2 Scunci No-Damage Elastics, 18 ct (Reg \$1.99 ea, Sale 2/\$3)

- Pay \$3.00
- Rcv \$3 RR

Pay \$5.00, Rcv 1,000 pts + \$3 RR
(Final cost = \$1.00 for all 6 items!)

walgreens Tips

1. Look out for rewards points (pts) deals. They can be used on a future purchase. You cannot use and earn points in the same transaction, however.
2. Register rewards (RR) are like catalinas—they print from the same machine after making a specified purchase. They also can be used on a future purchase. I like to use mine on items I have no MC for or small fillers to bring my over-all cost down.
3. Not all Walgreens allow multiple transactions in one day, but I normally would take this trip and buy more items, to immediately use those points and RR. You can maximize your savings by rolling deals like this.

safeway

x2 Ken's Dressing (Reg \$3.99, Sale 2/\$5, Card price \$1.49)

- Use (1) \$1/2 Ken's Dressing MC
- Pay \$1.98

x1 Jennie-O Ground Turkey (Reg \$5.00, Card price \$3.79)

- Use (1) \$1/1 Jennie-O Ground Turkey MC
- Pay \$2.79

Use Safeway Doubl'r = \$1.00 (\$.50 for each MC used)

Pay \$3.77

safeway tips

1. I never go to the grocery store without checking my savings card deals online first. On both of the items to the left, I was able to get a special, *unadvertised* personalized price just by logging in. They know what items I buy and give me incentives to keep buying from them—it works!
2. Safeway usually has a Doubl'r coupon in their weekly ad that will allow you to double up to 4 MCs for up to \$.50 each, netting you extra savings of up to \$2.00 in a trip.
3. Safeway, unlike Walgreens, will not allow you to use a coupon on an already free item (in one of their BOGO sales, for instance). Make sure you factor that in when making your list.

For more store tips, check out the 101 tabs on the [Krazy Coupon Lady's](#) store pages!

shopping list guide

store name

x# Descriptive Product Name, Size Limits (Reg \$Price, Sale \$Price)

- Use (#) \$Amount Product MC/SC
- Pay \$Price
- Rcv RR, pts, applicable store rewards

Pay \$Final Price, Rcv anything applicable

check out the previous page for examples from walgreens and safeway!

shopping list template

store: _____

x _____, _____ (Reg \$ _____, Sale \$ _____)

- Use () \$ _____ MC
- Use () \$ _____ SC
- Pay \$ _____
- Rcv _____

x _____, _____ (Reg \$ _____, Sale \$ _____)

- Use () \$ _____ MC
- Use () \$ _____ SC
- Pay \$ _____
- Rcv _____

x _____, _____ (Reg \$ _____, Sale \$ _____)

- Use () \$ _____ MC
- Use () \$ _____ SC
- Pay \$ _____
- Rcv _____

x _____, _____ (Reg \$ _____, Sale \$ _____)