

## CJE LifeNOTES

Tips on healthy, empowered and enriched living from CJE SeniorLife

***“I know I can save money with coupons, but how do I get started?”***



**A brief guide to couponing, and saving money on groceries every day.**

Shoppers using coupons save an average of \$30 a week.

**Be part of the savings:**

Consumers saved over \$3 billion using coupons last year.

**cje SeniorLife**  
Jewish values for positive aging



## Here's Where to Start:

Everyone wants to save money on groceries and snag a good deal. Money saved can be used toward other expenses, fun outings or for building an emergency fund. The key to saving money on groceries is knowing the prices of items you buy regularly.

### Where to shop?

Make a list of the 20 items you buy most frequently. Exclude fresh fruits and vegetables as there are rarely coupons available for those items. Next, make columns for the stores you shop in most often. List the price of each item at each store. You may need to calculate the price per ounce of the item where stores carry different sizes. Sometimes stores list the price per ounce on the shelf tag.

Product name	Store 1	Store 2	Store 3
Cereal 8.9oz box	2.98	2.99	4.59
Coffee	.25/oz	.37/oz	.39/oz
Crackers	2.56	3.25	2.69





Just knowing which store to use to purchase each item will already start you on your money-saving journey. Combining a store sale with a coupon or other deal is called “stacking.” Stacking is the best way to save the most money on groceries and household items. Once you know the shelf price of the items you buy, use the chart to determine the best place to use your coupons.

### **How to get coupons?**

Coupons are printed in weekly Sunday papers and are available online to be printed. Some coupons can be added directly to store loyalty cards online. To keep couponing simple, pick one store to start with. Many stores have their own special deals. Soon you will notice deals everywhere you shop!

### **How much to buy?**

Television has made extreme couponing look easy and fun. Most of us do not need thousands of pens, or 10 years-worth of dish soap. Since sales tend to run in 12 week cycles, if you find a really good price on an item, try to buy enough to last you 12 weeks. During that time, keep an eye on the price of the item elsewhere and update your price list accordingly.

# About CJE SeniorLife Supportive Services

**Consumer Assistance**—We are resource specialists who help you identify and apply for the broadest possible range of benefits and support services available to older adults.

**CJE Care Management**—We make assessments, develop Care Plans and refer clients to free and low-cost services. Must meet financial eligibility.

**Your Eldercare Consultants**—We develop Care Plans, coordinate care, guide families and find practical resources that support independence. Services are fee- based.

**Counseling Services**—Our highly-skilled Licensed Clinical Social Workers are specialists in the field of mental health services for seniors. We offer private therapy and support groups.

**Community Engagement**—We provide education—geared toward your unique group—on well-being, emergency planning, physical, mental and financial health and many other subject areas.

**To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.**

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THE CJE ADVANTAGE: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

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CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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