



THIS WEEK'S COUPON SEARCH

HOW IT WORKS:

1. We provide these coupons as an extra way to save money in addition to savings from menus based on store sales. These are manufacturers coupons we've found for common and everyday items used across all our recipes. Depending on your weekly menus, coupons shown below may or may not match items on your shopping list.
2. As an added convenience, we have provided a list of **Staples** for commonly used items as an extra way to save. You will see items such as paper goods, spices, and cleaning products.
3. These coupons were available at the time of publication, but we cannot guarantee availability due to redemption limits set by the manufacturer. If you see a coupon you want to use, don't delay in downloading or printing as it could be gone if you come back later!

INGREDIENT	COUPON	AMOUNT	URL	NOTES
Pasta Sauce, Salsa				
& Tomatoes	Cacique Salsa	\$1	https://www.caciquefoods.com/salsa/#get-coupon	
	Kuner Tomatoes	\$1	https://www.kunersfoods.com/coupons/	Any 2 (28 oz)
	Sun Vista Enchilada Sauce	\$1	https://www.sun-vista.com/coupons/	
Dairy/Bread/Pasta				
	Siggis Yogurt	\$1	https://siggis.com/coupons	
	Hiland Dairy Sour Cream	\$.50	https://hilanddairy.com/coupons/	
	Canyon Bakehouse Gluten Free Bread	\$1	https://canyonglutenfree.com/	
	Stonefire Naan or Flatbread	\$1	https://www.stonefire.com/naanconformist/	

	Nellie's Free Range Eggs	\$1	https://www.nelliesfreerange.com/promotions-and-coupons	Small registration required
	Galbani Cheese	\$1	https://galbanicheese.com/offers	Small registration required

Broth, Rice & Bean

S&W Beans	\$1	https://www.swbeans.com/coupons/	
Sun Vista Beans and Refried Beans	\$1	https://www.sun-vista.com/coupons/	Any 3
Kuner Beans	\$1	https://www.kunersfoods.com/coupons/	Any 3 cans
Kuner Organic Beans	\$0.50	Link is same as above	Any 1 can

Meat/Vegetables

Swift Meats	\$1	https://swiftmeats.com/wp-content/uploads/2022/12/Swift-Online-Coupon-2023-2024.pdf	
Land O Frost Black Forest Ham, Honey Ham or Old Fashioned Cooked Ham	\$1	https://www.landofrost.com/promotions/	
Applegate Natural & Organic Meat	\$1	https://www.applegate.com/coupons	
Eat Smart Salad Kits	\$1	https://eatsmart.net/coupon/	

Staples/Other

Act Anti-Cavity Mouthwash	\$.1	https://www.ctoralcare.com/en-us/coupons
Children's Dimetapp Cough & Cold	\$2	https://www.dimetapp.com/get-a-coupon/
Nivea Body Lotion	\$2	https://www.bettycrocker.com/coupons/printable
Persil Laundry Detergent	\$2	https://www.bettycrocker.com/coupons/printable
Craize Toasted Snack Crackers	\$1	https://www.bettycrocker.com/coupons/printable
Green Giant Cauliflower Gnocchi	\$1	https://greengiant.com/promotions/

