



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

	Hiland Dairy Sour Cream	\$.50	https://hilanddairy.com/coupons/	
	Chobani Yogurt	\$1	https://www.coupons.com/printable	
	Siggis Yogurt	\$1	https://siggis.com/coupons	

Canyon Bakehouse
Gluten Free Bread

\$1

<https://canyonglutenfree.com/>

Broth, Rice & Bean

Royal Basmati Rice

\$.50

<https://www.coupons.com/printable>

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

\$.50

Link is same as above

Any 1 can

Meat/Vegetables

Bright Farms Salads

\$1

<https://www.brightfarms.com/>

*Small registration
required*

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/>

Staples/Other

Aveeno Hair Care product	\$3	https://www.coupons.com/printable
Clorox Sprays	\$1	https://www.coupons.com/printable
Truvia Sweetener	\$1.50	https://www.coupons.com/printable
Astepro Allergy or Childrens Astepro	\$4	https://www.coupons.com/printable
Quilted Northern Bath Tissue	\$2	https://www.coupons.com/printable

