



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
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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		\$0.30	https://www.coupons.com/printable	
Siggis Yogurt		\$1	https://siggis.com/coupons	When you buy six (6 oz) cups
Canyon Bakehouse Gluten Free Bread		\$1	https://canyonglutenfree.com/	

Broth, Rice & Bean

Golden Star Ready to Heat Rice	\$1	https://www.coupons.com/printable	
S&W Beans	\$1	https://www.swbeans.com/coupons/	Any 3
Sun Vista Beans and Refried Beans	\$1	https://www.sun-vista.com/coupons/	Any 3 cans
Kuner Beans	\$1	https://www.kunersfoods.com/coupons/	Any 1 can
Kuner Organic Beans	\$.50	Link is same as above	

Meat/Vegetables

Shady Brook Farms Turkey product	\$1	https://shadybrookfarms.com	Small registration required
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

Koops' Mustard	\$1	https://www.coupons.com/printable
Blue Diamond Nut Thins Crackers	\$1	https://www.coupons.com/printable
Gold Bond Lotion or Cream	\$1.50	https://www.coupons.com/printable
Folger's Coffee K-Cup or Can	\$1	https://www.coupons.com/printable
Aveeno Body Wash or Scrubs	\$3	https://www.coupons.com/printable

