

The Saving Station

Developed by Robin Blair and Candace Veney; Cuyahoga County



Supplies Needed:

- Sample coupons
- Rain check sample
- Store ads
- Stand up sheet protectors with inserts (attached)
- EFNEP brochure and ESBA marketing materials
- Extra coupons to give away

Introduction:

Hello my name is _____. I am a program assistant with the Expanded Food and Nutrition Program. This program is offered through the Ohio State University Extension Office. The EFNEP program is a free, researched-based, series of sessions that teaches parents and caregivers of children how to save money while making healthier food choices for their families.

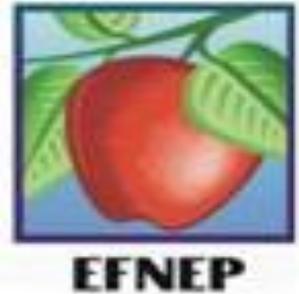
Anchor:

What do you do to save money when shopping for food?

What have been your experiences using coupons or rain checks?

Add:

A few ways to save money while shopping are by using coupons and rain checks. Coupons can be found in your local newspaper and online and can be used in most grocery and discount stores for food and non-food items. Rain checks can be obtained in your local grocery store when a sale item is unavailable. All you have to do is ask the customer service desk! You can then use the rain check at a later date and receive the sale price. Rain check policies do vary from store to store.



(Place rain check sample near rain check display and coupons with ads near coupon display – Please update coupons and ads regularly to show time sensitivity)

Briefly discuss these items. They will be posted on colorful letter size stand-up boards for reference- we will not distribute these tips to participants on paper.

Where you can save

Using Coupons:

- Using coupons for items you already planned to buy
- By pairing coupons with sale items
- By being flexible with brands, if you find a bargain
- Be aware of expiration dates, so you don't miss out
- Stack Coupons, use store and manufacturers coupons for added savings

Where you can save

Using Rain Checks:

-If our planned purchase is sold out

-Be aware of expiration dates and limits so you don't miss out

Where you should walk

away from Coupon Deals:

-Using coupons for items you did not already plan to buy

-If a coupon requires you to buy multiple items to get one free (unless you can store the item and use it later)

-Don't allow coupons to encourage you to buy prepared foods that are cheaper made from scratch

Where you should walk

away from Rain Checks:

-If the current / newer sale is better than the rain check price

-If you don't plan to use the item/quantity after the date you intended to make the purchase (If you don't need it anymore/can't use it in the future)

Apply:

(Clients will only give opinion on one or two scenarios)

Decide which of the following shoppers benefit from the money saving strategies we discussed and why:

Mary: Mary wanted to make a pizza for her son's birthday party this weekend using bread dough for crust. She has a coupon for a brand of frozen bread dough that is also on sale. The coupon offers \$1 off three, 5-pound packages of dough, but the store is out of dough. The clerk offers a rain check.

Leanna: The name brand tomato sauce was priced at \$1.79 per can. Leanna's coupon offers 40 cents off of one can and her store doubles coupons up to one dollar. The store brand is selling the same size can for 99 cents each.

Joe: Joe does not have a car and can only shop at the grocery store when he can get a ride. He is not able to get a ride until next week. He does a lot of his shopping at the CVS at the corner of his street. Joe is low on olive oil and this week CVS has a special on olive oil at \$5.99 a bottle. The grocery store has the same olive oil for their regular price of \$3.99 a bottle. Joe also has a coupon for \$1.00 off the olive oil.

Away:

Take home challenge:

- Take 1 coupon for an item you regularly use
- Check your grocery store's policy on rain checks
- Sign up for EFNEP classes if you are interested.** The program provides a series of eight nutrition workshops for caregivers of children who want to save money and make healthy food choices.

RAIN CHECKS

WHEN YOU CAN SAVE:

- If your planned purchase is sold out.
- Make the most of deals on non-perishable items.
- Make the most of deals on perishable items that can be frozen for later use (i.e. frozen veggies or meat).
- Be aware of expiration dates and limits so you don't miss out.

WHEN YOU SHOULD WALK AWAY:

- If the current / newer sale is better than the rain check price, save the rain check for later.
- If you don't plan to use the items/quantity after the date you intended to make the purchase (if you don't need it anymore/can't use it in the future).



The Saving Station



STOP HERE FOR SAVINGS!!!

Presented By: Robb Blair & Candace Vray
Cuyahoga County

COUPONS

WHEN YOU CAN SAVE:

- Using coupons for items you already planned to buy.
- Pairing coupons with sale items.
- Being flexible with brands, if you find a bargain.
- Be aware of expiration dates, so you don't miss out.



WHEN YOU SHOULD WALK AWAY:

- Using coupons for items you did not already plan to buy.
- If a coupon requires you to buy multiple items to get one free, especially if it will go to waste.
- Don't allow coupons to encourage you to buy prepared foods that are healthier and cheaper when made from scratch.

RAIN CHECK

Presented by: Robb Blair & Candace Vray

Cuyahoga County

Sam does not have a car and can only shop at the grocery store when he is at work. He does a lot of his shopping at the CVS at the corner of his street. This week CVS has a special on olive oil at \$3.99 a bottle. The grocery store he goes to has olive oil for \$3.99 a bottle. Sam also has a coupon for \$1.00 off olive oil.

Sam wanted to make a pizza for her son's birthday party this weekend and needs dough for crust. She has a coupon for a brand of frozen bread dough on sale. The coupon offers \$1 off three, 5-pound packages of dough. The store is out of dough. The clerk offers a raincheck.

Sam's favorite store brand is selling the same size can for .99 cents a can. The store brand is selling the same size can for .99 cents a can. The store brand is selling the same size can for .99 cents a can. The store brand is selling the same size can for .99 cents a can.

T · H · E
OHIO STATE UNIVERSITY
EXTENSION

The Ohio State University Extension
Cuyahoga County
9127 Miles Avenue, Cleveland, Ohio 44105
216-429-8200
www.cuyahoga.osu.edu

SAVE 75¢

SAVE 35¢

SAVE 50¢

SAVE 50¢

4:10 4:10 3:10 2:10 4:10

fresh dairy

Butter Dairy Orange Juice

Jell-O Gelatin or Pudding Refrigerated Snacks

Crystal Farms American Cheddar String Cheese Snacks

Crystal Farms Cheddar Cheese

GENERAL MERCHANDISE AND HEALTH & BEAUTY AID VALUES

Handi-Full Cook & Carry Pans \$4.10

Tums Antacid \$3.89

Schick Quattro or Intuition Razors \$8.99