



Grocery Shopping on a Budget for Athletes

Save Time, Save Money

Top 10 Sites for Grocery Store Coupons

Start Saving With a Little Research

Finding coupons doesn't have to be done with a pair of scissors anymore! Pull up a chair, your laptop, and search-no-more; we have compiled the top 10 sites for grocery store coupons to help you save money during shopping trips.

-  1. **Grocery Guide** >> <http://groceryguide.com/>
Grocery guide lets you search in your area and narrow searches down to specific stores and what you may be shopping for. A star rating system next to each sale helps you see how good of a discount you're actually getting.
-  2. **Facebook** >> www.Facebook.com
Facebook isn't just for socializing anymore. "Friend" or "Like" your favorite grocery stores and they usually send you promotions or discounts!
-  3. **Mambo Sprouts** >> <http://mambosprouts.com/> and click on "E-coupons"
Mambo Sprouts specializes in more organic foods and natural products. Organic items tend to be a little pricier, so this is a great resource for finding discounts. It's also just a great website for nutritional insight and checking out new products.
-  4. **Penny Pincher Gazette** >> <http://www.ppgazette.com/>
This site has coupons from six different grocery coupon distributors—all in one place. By using Penny Pincher Gazette, you can see what sales and deals are happening that much faster.
-  5. **Coupons.com** >> <http://www.coupons.com/>
Coupons.com is easy to navigate, allowing you to sort by products, and become a member for more savings. The only downfall is that you have to install a coupon printer which limits the amount of coupons you can print.
-  6. **Smart Source** >> <http://www.smartsource.com/>
This coupon site makes finding coupons easier. These coupons must be printed to be used, but a small (and free) software application download enables this site to be a top choice!
-  7. **Coupon Mom** >> <http://www.couponmom.com/>
Coupon Mom boasts that you can "cut your grocery bill in half!" Look for grocery deals according to your state to achieve these amazing savings.
-  8. **ValPak** >> <http://www.valpak.com/coupons/home>
Valpak doesn't just deliver coupons to your house anymore. They have coupons and sales for most everything you could be looking for.
-  9. **RedPlum.com** >> <http://www.redplum.com/>
This site has a lot of unique coupons that may not be on other sites—it's worth looking at!
-  10. **Krazy Coupon Lady** >> <http://thekrazycouponlady.com/>
Looking more like a blog, this site has everything from top tips, new coupons, and neat deals that are hard to beat. Check this site out!