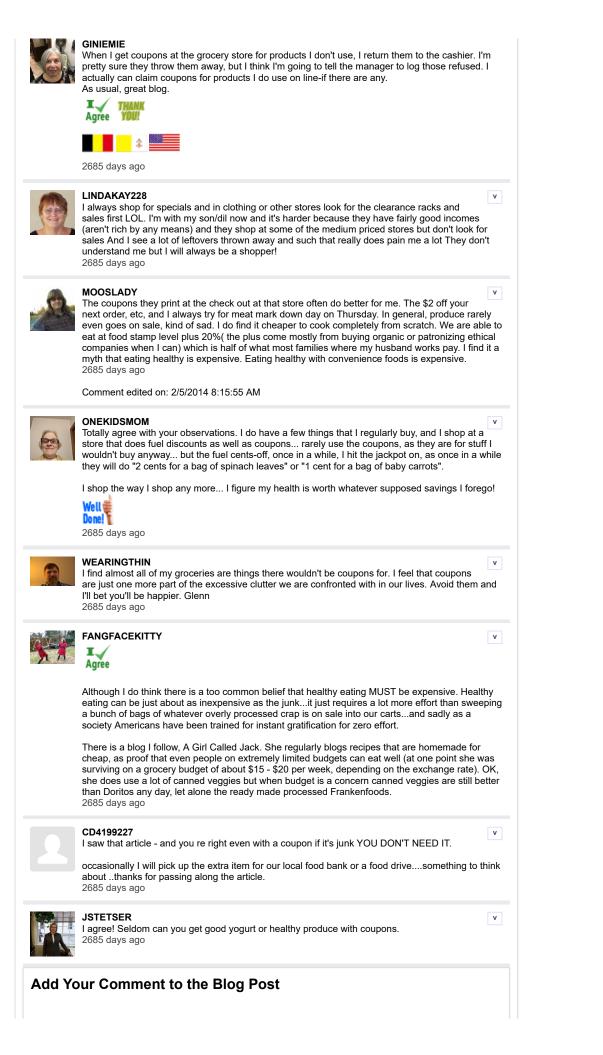


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Membei	r Comments About This Blog Post	
	IFDEEVARUNS2 I used to be an avid coupon shopper. Now that I don't look at processed foods, I don't look at coupons either. 2683 days ago	V
	BOOKAPHILE Many coupons are for the stuff that the manufacturers can make a larger amount of money from if they can get you to buy them habitually. Even healthy stuff prewashed and packaged greens, peeled carrots, cut veggies or fruits etc. are more expensive than buying them raw an doing it yourself. (though just TRY to get baby spinach unpackaged.) I'm using very few coupons these days compared to years ago. 2684 days ago	
GHL DAMY	MARYJEANSL You are so right! The vast majority of coupons are for processed foods. I used to work doing demos at a large chain grocery store. Every once in a great while, there would be a coupon fo produce of one sort or another, but that was the exception. As a result, I almost never use coupons, because they are never for anything I regularly buy.	v r
	2684 days ago	
	LEANJEAN6 too bad the coupons aren't more useful!-=-I'm not a coupon person(wish I were!)but I admire people who do that! Lynda 2684 days ago	v
Or Bernster Or Services	PHOENIX1949 Well L Agree Hill) 2685 days ago	V
	DR1939 I seldom use coupons for the same reason. Although there were times when I needed to be frugal in my grocery shopping, I never felt using coupons was a savings because the items we not healthy. One of our shops gives cents off gas but it is usually on items that I never buy. An one gives stamps that can be used to get \$.60 off a gallon of milk or cents off gas at several stations. These also can be given to our school (which we do). 2685 days ago	
R	_UMAMI_ Nice post!	V
	I do sometimes have coupons for produce or other healthy items, but, I agreemost are for ju foods that I wouldn't want, even if they were FREE. 2685 days ago	nk
	WILSONWR You're so right! Our supermarket has an ad campaign where you buy something and then get 3-7 more items for "free." While I may sometimes take advantage of it if it was something I was going to buy anyway, too many of the "free" items are not very healthy food choices. I've finally learned to ignore these "sale" items unless I had to get them anyway (and then I give away the junk food). 2685 days ago	/
	SUZYMOBILE Well said! This is why I never even look at coupons any more. And by the time I remember I have one that I might use, it will have expired. 2685 days ago	V
	CD13099273 Very True, I have noticed that I receive coupons for food we do not consume. The other day there was Quaker Oatmeal Original buy one get one - I took advantage of that sale. I am tryin not to focus on the price of produce due to the drought in the West as it always factors in - that for all of your support - yes - smokers, why I outta ! Karen 2685 days ago	
2	MISCHAKEO That was a goo article and blog. You are right about the coupons going for junk foodand processed food. Also the sale items are often for the same junk food.	V
	That was interestingand all too true. 2685 days ago	
		v



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