

# WHERE TO FIND COUPONS IN CANADA?

## Where do I start?

When just starting out you need to build your coupon collection. There are several different ways to collect coupons. Here is where we will tell you all the places to find coupons.

## Mail Out Coupon Distributers

Below are links to several of the mail out coupon distributers in Canada. Each of these sites provides coupons for a wide variety of products. Each of these sites require you to register with them in order to receive coupons. Registration and distribution are both completely free! Once you are registered you can browse through and select any available coupons. These coupons are then mailed directly to you.

An important thing to note is that these sites (with the exception of Save.ca) have a minimum coupon requirement. This means that you must be the minimum number of coupons in order to make a request. So keep that in mind when ordering your coupons. Since these sites do update frequently, you don't want to miss a coupon because you cannot complete and order!

- <http://www.websaver.ca> (offer mail & printable coupons)
- <http://www.livewellsavewell.ca>
- <http://www.brandsaver.ca>
- <http://www.gocoupons.ca>
- <http://www.save.ca>
- <http://www.rightathome.ca> (offer mail & printable coupons)
- <http://www.lifemadedelicious.ca>

## Hidden Mail Out Coupons

These mail out sites frequently have hidden portals containing additional coupons. These hidden coupons can be combined with one another and with coupons on the main page to complete an order. These hidden portals are often where the best coupons are found!

## Printable Coupon Distributors

Mail coupons aren't the only way you can get coupons! Most stores now accept print coupons that you find on the internet. Some stores do not though (read the policy of your store before using print coupons)! Although, you can find all the latest printable coupons on websites like [www.SaveaLoonie.co](http://www.SaveaLoonie.co) or [MrsJanuary.com](http://MrsJanuary.com).

Two large Canadian Printable Coupon Distributors are:

- **LivingWell.ca**  
LivingWell.ca is a great website. Not only do they have many money saving printable coupons available. They also do monthly trial offers, these trial offers are samples. Samples products such as Aveeno, Reactine, Neutrogena, Tylenol, Nicorette and much

more. So make sure you are registered at LivingWell.ca in order to receive latest offers right to your email!

- **SmartSource.ca**

SmartSource Canada launched their printable coupon website in late September 2011. You can find many different money saving coupons to print. You are not required to register with SmartSource.ca in order to access their coupons. However, there is a print limit on these coupons (usually 2 per computer). SmartSource.ca offer coupons for products from grocery to body & beauty. They occasionally add and remove coupons from this site so make sure you print what you want as soon as possible.

## Coupon Inserts

There are four main coupon inserts. They are from SmartSource, RedPlum, P&G and Unilever. SmartSource and Redplum inserts are delivered on a monthly basis in your local newspaper. P&G BrandSaver inserts are delivered when P&G does a major coupon update. This happens approximately 4 times per year. Unilever is new insert just started in summer 2011.

## Tearpads

Many stores have coupons on "Tear Pads" they usually can be found near the product they are for, throughout the store. When you go shopping keep an eye out for these tear pad coupons. You can take as many as you think you will need ~ I usually grab 4 - 8, depending on what the coupon is for and how often I buy or use the product. Don't ever take a huge quantity of tear pad coupons, these are for everyone ~ be fair to other couponers.

## Product Packaging

There are 2 ways to get coupons from product packaging:

- **Peelies**

These are sticker like coupons found on product packaging, they usually offer a save now discount that can be applied at purchase to checkout. \*NEVER take peelie coupons off of products that you are not going to purchase (these coupons are for whom ever is actually purchasing the product).

- **Cut out's**

These coupons are usually printed on the inside of the product you are purchasing, to be cut out in order to redeem. Cut out coupons are usually FPC's or Free with purchase for other products the company sells, but can occasionally be for fresh fruit, veggies and/or meat

## E-Newsletters

Another great way to get coupons and stay current on promotions is to sign up for e-newsletters. Almost every store and company has a mailing list. Register with your favourite stores and receive email updates right to your inbox or mobile device (in most cases). It is probably best to creating a separate email address strictly for mailing lists. Signing up for multiple mailing lists can result in a busy inbox. Also, be certain you are signing up for Canadian sites, not American.