

Standard Coupon Lingo

Terms	Meaning		
\$1/1	One dollar off one item - \$1 off one item	RP	Red Plum Coupon Inserts
\$1/2	One dollar off two items - \$1 off two items	SC	Store Coupon
ALA	As low as	SS	Smart Source Coupon Inserts
BOGO	Buy one, get one	TKC	The Korean Couponer
Blinkie/BLKY	The little black box with a flashing light that blinks and spits out coupons	TP or tp	Tearpad of coupons
BP or BRP	Balance Rewards Points program at Walgreens	UFT	Up For Trade
CAT or cat	Short for Catalina - Long register coupon that prints at checkout	Wags	Abbreviation for Walgreens
CS or QS	Coupon Stockpile	WSL	While Supplies Last
CW or TCW	Target Cartwheel phone app - you save a percentage off for the item(s) purchased	WYB, WYS	When You Buy, When You Spend
DND/DNT	Do Not Double/Do Not Triple	YMMV	Your Mileage May Vary
ECBs	Extra Care Bucks, part of the Extra Care Program at CVS		
ED	Expiration Date		
ETS or ets	Excludes Trial/Travel Sizes		
EXP/exp/xs	Expires/Expiration Date		
IP	Internet Printable Coupons		
ISO	In Search Of		
MIR	Mail In Rebate		
MM or \$M	Money Maker		
MOBQ or MobQ	Mobile Coupon		
MQ	Manufacturer Coupon		
NLA	No Longer Available (to print)		
NED	No Expiration Date		
OOP	Out Of Pocket		
OYNO	On Your Next Order		
P&G/PNG/png	Proctor & Gamble Coupon Inserts		
Peelie/PLY	Coupons attached as stickers to products -you must peel them off to redeem		
PSA or psa	Price Starts At		
Q	Coupon		
RA/RebA	Rebate App		
RC	Rain Check		
RR	Register Rewards (Walgreens)		

Find Your Coupons

Legitimate Sources

Sunday Newspapers

News stands and corner sellers

Recycling Centers

Dumpster Dive

Hospitals and Clinics

Nursing Homes & Community Centers

Local Libraries

Check local hotels and motels (higher end places)

Local Churches and Organizations

Friends/Family/Co-Workers/Neighbors

FREE Newspapers

Internet Printables

Contact companies and brands for coupons and samples

Not so legit sources

ebay

Drive-by stooping

News stand clear outs

Coupon Fairies are flaky

Coupon Clipping Services are expensive

100 email accounts to print 200 times – seriously??? Who has the time???

Calculate Savings with Coupons

Take the total amount you saved and divide by the total cost -

$$\frac{\textit{Amount saved}}{\textit{Total Cost}}$$

Shortcut method:

Figure the total cost = \$XX.XX

Count your coupons and discounts total = \$XX.XX

Divide the coupons/discounts by total cost

Example:

If Charmin was \$9.89 each X 4 = \$39.56 - \$39.56 is the total cost

I used (4) \$1.50 off coupons = \$6.00 + \$10 catalina = \$16.00 in savings

$$\$16 \div \$39.56 = 0.4044489383215369$$

Move the decimal place over by 2 places = 40% savings



BOGO COUPON GRID

Store Sale						
	B1G1	B2G1	B2G2	B1G2	B3G1	B1G1 50% off
BOGO COUPON						
B1G1	Buy TWO Use 1 Coupon <i>ALL FREE</i>	Buy SIX Use 3 Coupons <i>Pay for 1, get 5 FREE</i>	Buy FOUR Use 2 Coupons <i>ALL FREE</i>	Buy SIX Use 3 Coupons <i>Pay for 1 Get 3 FREE</i>	Buy FOUR Use 2 coupons <i>Pay for 1 Get 3 FREE</i>	Buy TWO Use 1 Coupon Get 50% off 1 Get 1 FREE
B2G1	Buy SIX Use 2 coupons <i>Pay for 1, get 5 FREE</i>	Buy THREE Use 1 coupon <i>Pay for 1, get 2 FREE</i>	Buy TWELVE Use 4 coupons <i>Pay for 2 get 10 FREE</i>	Buy THREE Use 1 coupon <i>ALL FREE</i>	Buy TWELVE Use 4 coupons <i>Pay for 5, get 7 FREE</i>	Buy SIX Use 2 coupons Get 50% off 3 Get 2 FREE
B2G2	Buy FOUR Use 1 Coupon <i>ALL FREE</i>	Buy TWELVE Use 3 coupons <i>Pay for 2 get 10 FREE</i>	Buy FOUR Use 1 coupon <i>ALL FREE</i>	Buy TWELVE Use 3 coupons <i>ALL FREE</i>	Buy FOUR Use 1 coupon <i>Pay for 1 get 3 FREE</i>	Buy FOUR Use 1 coupon get 50% off 2 Get 2 FREE
B1G2	Buy SIX use 2 coupons <i>ALL FREE</i> *overage	Buy THREE Use 1 coupon <i>ALL FREE</i>	Buy TWELVE Use 4 coupons <i>ALL FREE</i> *overage	Buy THREE Use 1 Coupon <i>ALL FREE</i> *overage	Buy TWELVE Use 4 coupons <i>Pay for 1 get 11 FREE</i>	Buy SIX Use 2 coupons Get 50% off 2 Get 4 FREE
B3G1	Buy FOUR Use 1 Coupon <i>Pay for 1 get 3 FREE</i>	Buy TWELVE Use 3 coupons <i>Pay for 5 Get 7 FREE</i>	Buy FOUR Use 1 coupon <i>Pay for 1 Get 3 FREE</i>	Buy TWELVE Use 3 coupons <i>Pay for 1 get 11 FREE</i>	Buy FOUR Use 1 coupon <i>Pay for 2 get 2 FREE</i>	Buy FOUR Use 1 coupon Get 50% off 2 Get 1 FREE

*Overage only possible with retailers who allow overage in their store coupon policies

Basic Couponing 101 Workbook



*** _____ *** Indicates coupon came from manufacturer after contacting them for coupons

Date	Store	Product or Products Purchased	Qs used	Rewards, Cats or Points Earned	Coupon Apps to combine
		Huggies Wipes	\$1 Manu Q x 1	Huggies Wipes Bundle Pack CAT \$5.97 value	SavingStar Kimberly-Clark one or many \$5/\$30 ends 01/28/15
		Large 400ct Boxes X 4	\$2 Manu Q x 4		
		Bundle 3-pack X 1			
01/14/15	HEB	Trans #2: Bundle 3-pack X 1	HEB P&G Cat 1/14 – 1/27 \$10/\$30		
Details of the sale		Catalina Special: Buy \$25 in participating products and get a Catalina for free Huggies Wipes Bundle			
Date	Store	Product or Products Purchased	Qs used	Rewards, Cats or Points Earned	Coupon Apps to combine
		P&G to include:		\$10/\$30 HEB purchase of \$30 + \$10 discount	SavingStar P&G Qualifying Products one or many \$10/\$30 11/1/14 thru 01/17/15
		Bounce Sheets 40ct	\$3/2 P&G Tide, Downy or Bounce		
		Febreze Air Effects	\$3/3 P&G Febreze Air Effects		
		Downy Wrinkle Releaser	\$1/1 Printable		
01/04/15	HEB	Pampers Diapers	***\$10/1 Pampers ***		
	3 separate transactions	Puffs Tissues	HEB YQ 5 / \$5.00		
		Pampers Wipes	Did not use Q		
		Tide Pods	\$2/1 P&G Tide Pods 14ct+		
		Charmin Toilet Paper	HEB YQ \$1.50/16ct+		
		Bounty Basic Paper Towels	\$0.25/1 P&G Bounty Basic		
Details of the sale		Purchase \$30 in P&G products and get Catalina for \$10/\$30 on next purchase of \$30 or more			

SAMPLE SPREADSHEET

Basic Couponing 101 Workbook



Date	Store	Product or Products Purchased	Qs used	Rewards, Cats or Points Earned	Coupon Apps to combine

Details of the sale

Date	Store	Product or Products Purchased	Qs used	Rewards, Cats or Points Earned	Coupon Apps to combine

Details of the sale

Helpful tips when using this spreadsheet:

- * Remember to start off with your top 10 items and try to start with getting them FREE
at Dollar Tree!
- * You can print page 2 of this sheet and write in your items or you can copy and paste
this into your own spreadsheet application.
- * Track the sales and weekly ads for 12 weeks to get a good idea of your stockpile
prices for the items you use and buy.
- * This is a marathon, not a sprint so one step at a time, one store at a time, one item
at a time.

Basic Couponing 101 Workbook

Digital Coupon Apps Sign up codes

Ibotta - <https://ibotta.com/register?friend=uqoqia>

Receive a \$2 sign on bonus when you use my referral link (above) or enter my referral code Uqoqia when you sign up. You MUST redeem your first offer within (10) days of signing up to receive the bonus.

Snap by Groupon - <https://snap.groupon.com/app?ref=6b28211e35eb3c5a>

Earn \$1 for each friend you refer who redeems their first eligible offer!

Checkout 51 - <https://www.checkout51.com/>

No referral codes so no additional offers.

Shopmium - www.shopmium.com Enter code: GMGMYMRY

You receive an offer for a FREE Lindt Chocolate Bar when you use my referral code!

SavingStar – www.savingstar.com

No referral codes so no additional offers.

Shopkick – <http://get.shopkick.com/triangle16697>

You get 2000 kicks for every 3 friends you successfully invite to the app.

Top Cashback - <http://www.topcashback.com/ref/thekoreancouponer>

Earn \$10 for every friend you sign up through your link.

Ebates - <http://www.ebates.com/rf.do?referrerid=I7De%2BezHi7QyyCNvcHXaMg%3D%3D&eeid=26471>

Earn bonuses, tiers, commissions and rebates. See the official Ebates website for complete details.

HEB Digital Coupons – www.heb.com

Be sure to opt for the newsletter and special promotions as well as previewing the ad early!

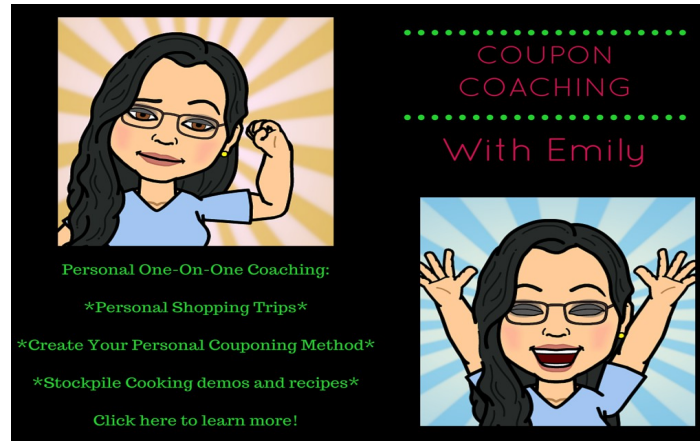
Dollar General Digital Coupons – <https://dg.coupons.com/dashboard>

Remember we get both store coupons AND manufacturer coupons through this app!

I may receive commission, payments and referral bonuses when using my referral links/codes. To see my full disclosure policy please go to <http://thekoreancouponer.com/disclosure-statement/>

www.thekoreancouponer.com

Basic Couponing 101 Workbook



Personal Shopping Trips – take the anxiety out of shopping and doing coupon deals when you have a coach right there beside you

Personal One-On-One Coaching – you can choose from Couponing, Money Management, Creative Financing and Recipes
Also includes creating your own personal couponing system/method for the items you purchase and use

Write up an action plan – Feeling overwhelmed and not sure where to begin? Let the expert life coach write up your action plan so you can see your step-by-step process to follow that achieves the results you desire with your finances

Frugal Lifestyle Coaching – Learning to coupon, save money and financial planning all require lifestyle changes. All households and budgets are not created equal so let me re-train your way of thinking to open your eyes to an entire world of savings and frugal living that doesn't require you to give up everything you love.

Recipes & Budget Meal Planning – Couponing and stockpiling is great but how do you use all of the food items you stockpiled to make delicious and budget friendly recipes? You really can eat healthy, tasty and easy to prepare and cook meals at home with a few ideas to help get your creative juices flowing. See how eating a meat-less meal once a week can save you \$364 per year! You really can afford organic and the “clean eating” lifestyle with these money saving methods.

Have questions or want more information? Shoot me an email at thekoreancouponer@gmail.com!



Stockpile Price List

The Korean Couponer

Meats	Fresh & Frozen	
Bacon	\$1.50 - \$2.00	per lb
Beef, Ground 85%	\$1.69 - \$1.89	per lb
Beef, Ground 90%+	\$1.99 - \$2.20	per lb
Chicken Breasts	79¢ - 99¢	per bone-in lb
Chicken Breasts, Boneless & Skinless	\$1.69 - \$1.99	per lb
Chicken Thighs & Legs	79¢ - 99¢	per lb
Chicken, Whole Fryer	69¢ - 89¢	per lb
Hot Dogs	45¢ - 75¢	per package
Pork Chops, Boneless	\$1.49 - \$1.75	per lb
Pork Loin, Boneless	\$1.49 - \$1.75	per lb
Pork Roast	\$1.49 - \$1.75	per lb
Roast, Chuck	\$1.99 - \$2.25	per lb
Sausage	\$1.50 - \$2.00	per lb
Steak, Top Sirloin	\$2.99 - \$3.99	per lb
Fish (Fresh)	\$3.99 - \$4.79	per lb
Fish (Frozen)	\$2.99 - \$3.99	per lb

Prepared Sides	& Rice	
Macaroni & Cheese	30¢ - 45¢	per box
Pasta	FREE - 50¢	per box/pk
Potatoes, Boxed	25¢ - 45¢	per box
Rice Boxed Mix	35¢ - 50¢	per box
Rice White	40¢ - 60¢	per lb
Stuffing Mix	25¢ - 45¢	per box

Granola Bars	Energy Bars	
Energy Bars	25¢ - 45¢	each
Energy Bars Package	\$2.25 - \$2.99	per multipack
Granola Bars	50¢ - 65¢	per box

Peanut Butter/Jelly		
Jelly, Jams	75¢ - \$1.00	per jar
Peanut Butter	45¢ - 75¢	per jar
Preserves, Organic	\$1.25 - \$1.75	per jar
Chocolate Nut Spreads	\$1.99 - \$2.50	per jar

Dishwashing		
Dishwasher Tabs	50¢ - 75¢	per box
Liquid Soap	45¢ - 65¢	per bottle
Drying Agents	75¢ - 90¢	per bottle

Baking		
Brownie/Cake Mix	13¢ - 25¢	each
Chocolate Chips	45¢ - 65¢	bag
Non-Stick Spray	45¢ - 65¢	can
Evaporated Milk	25¢ - 50¢	can
Flour	99¢ - \$1.25	per 5lb bag
Frosting	35¢ - 50¢	can
Gelatin	8¢ - 15¢	per box
Marshmallows	45¢ - 65¢	per bag
Nuts, Baking	\$2.50 - \$2.99	per lb
Oil, Canola	75¢ - \$1.00	per bottle
Oil, Olive	\$2.50 - \$2.99	per bottle
Pudding, Instant	15¢ - 20¢	per box
Sugar, Brown	85¢ - 99¢	per bag
Sugar, White	\$1.00 - \$1.15	per bag
Sweetened Milk	50¢ - 75¢	per can
Yeast	25¢ - 50¢	per 3 strip pk

Breakfast		
Cereal	25¢ - 75¢	per box
Oatmeal	25¢ - 75¢	per box/pk
Pancake Mix	75¢ - \$1.00	per box
Toaster Pastries	50¢ - 75¢	per box
Syrup	75¢ - \$1.00	per bottle
Frozen Waffles	50¢ - 75¢	per box

Soup		
Broth, 32 oz	45¢ - 65¢	per carton
Condensed		
Cream Soups	20¢ - 35¢	per can
Soup, Ready to Eat	35¢ - 50¢	per can
Soup Mix, Dry	20¢ - 35¢	per box
Ramen Noodles	FREE - 10¢	per package

Refrigerated		
Cookie Dough	75¢ - \$1.00	per package
Coffee Creamer	50¢ - 75¢	per bottle
Crescent Rolls	35¢ - 45¢	per can
Deli Meat	\$2.00 - \$3.00	per package
Eggs, Dozen	75¢ - \$1.00	per dozen
Hummus/Dips	\$1.00 - \$1.25	per container
Orange Juice	75¢ - \$1.00	per bottle
Whipping Cream	75¢ - \$1.00	per container



Stockpile Price List

The Korean Couponer

Canned Fruits **Veg & Meats**

Applesauce	\$1.00 - \$1.25	per pk/bottle
Cranberries, Dried	75¢ - \$1.00	per package
Cranberry Sauce	25¢ - 45¢	per can
Mandarin Oranges	25¢ - 45¢	per can
Peaches/Pears	75¢ - \$1.00	per can
Pineapple	50¢ - 75¢	per can
Raisins	\$1.00 - \$1.25	per package
Beans, Canned	30¢ - 45¢	per can
Green Beans	25¢ - 35¢	per can
Pumpkin	45¢ - 65¢	per can
Salsa, Rotel	45¢ - 65¢	per can
Tomatoes, Diced	35¢ - 45¢	per can
Tomato Sauce, Paste	15¢ - 20¢	per can
Tuna	25¢ - 35¢	per can
Spam	\$1.25 - \$2.00	per can
Chicken	99¢ - \$1.29	per can
Salmon	\$1.00 - \$1.25	per can

Condiments **Salad Dressing**

BBQ Sauce	FREE - 15¢	per bottle
Ketchup	25¢ - 45¢	per bottle
Mayonnaise	75¢ - \$1.00	per bottle
Mustard	FREE - 35¢	per bottle
Salad Dressing	25¢ - 45¢	per bottle
Soy Sauce	25¢ - 45¢	per bottle
Salad Toppings	50¢ - 75¢	per bottle

Drinks

Hot Cocoa Mix	25¢ - 45¢	per box
Juice Container	75¢ - \$1.00	per bottle
Juice Boxes	75¢ - \$1.00	per pack
Juice Cocktail	65¢ - 85¢	per bottle
Soda 2 liter	45¢ - 65¢	per bottle
Soda 12 pack cans	\$2.99 - \$3.29	per pack
Sports Drink Mix	45¢ - 65¢	per can
Sports Drink	25¢ - 45¢	per bottle
Tea, Bagged	45¢ - 75¢	per box
Water, Bottled	25¢ - 35¢	per pack

Yogurt/Dairy

Butter	\$1.50 - \$2.00	per lb
Cheese, Block	\$1.50 - \$2.00	per lb
Cheese, Cream	50¢ - 75¢	per package
Cheese, String	10¢ - 20¢	each
Cottage Cheese	\$1.00 - \$1.25	per container
Milk, Gallon	\$1.75 - \$2.00	per gallon
Sour Cream	85¢ - 1.00	per container
Yogurt, Regular	20¢ - 30¢	each
Yogurt, Greek	30¢ - 45¢	each

Freezer

Hash Browns/Fries	75¢ - 90¢	per bag
Frozen Dinners	60¢ - 80¢	each
Ice Cream	\$1.00 - \$1.25	per pint
Juice Concentrate	75¢ - 90¢	per can
Pie, Whole	99¢ - \$2.50	each
Pizza	\$2.00 - \$2.50	each
Pocket Sandwiches	\$1.00 - \$1.25	per box
Vegetables, Bagged	45¢ - 65¢	per bag

Bread

Bread, Sliced Loaf	75¢ - 90¢	per loaf
Buns, Hamburger	25¢ - 75¢	per package
Buns, Hot Dog	25¢ - 75¢	per package
Tortillas	\$1.99 - \$2.50	per bag
Bagels	\$1.00 - \$1.25	per package
English Muffins	\$1.75 - \$2.00	per package

Baby

Food, Jarred	25¢ - 35¢	per jar
Food, Pouches	25¢ - 35¢	per pouch
Dry Cereals	75¢ - 90¢	per box
Bodywash/Shampoo	50¢ - 75¢	each
Diapers	10¢ - 20¢	per diaper
Wipes	25¢ - 50¢	per package
Rash Ointment	35¢ - 65¢	per tube



Stockpile Price List

The Korean Couponer

Laundry

Bleach	50¢ - 75¢	per bottle
Detergent	75¢ - 99¢	per bottle
Fabric Softener	75¢ - 99¢	per bottle
Fabric Enhancers	\$1.25 - \$1.75	per bottle
Stain Pre-Treaters	75¢ - 99¢	per stick
Stain Pens	FREE - 50¢	each

Surface Cleaner

All Purpose Spray	30¢ - 45¢	per bottle
Bathroom Spray	35¢ - 50¢	per bottle
Disinfecting Wipes	35¢ - 50¢	per canister
Glass Spray	35¢ - 50¢	per bottle
Toilet Spray	35¢ - 50¢	per bottle
Toilet Wand Pads	50¢ - 75¢	per box

Storage Bags, Wraps, Foil, Trash Bags

Bags, Gallon	35¢ - 50¢	per box
Bags, Quart	35¢ - 50¢	per box
Bags, Sandwich	75¢ - 99¢	per box
Bags, Snack	50¢ - 75¢	per box
Foil, 75ft	90¢ - \$1.10	per box
Plastic Wrap	75¢ - 99¢	per box
Plastic Storage	75¢ - 99¢	per box
Wax Paper	75¢ - 99¢	per box
Oven Bags	75¢ - 99¢	per box
Slow Cooker Bags	99¢ - \$1.50	per box

Miscellaneous

Batteries AA, AAA	10¢ - 25¢	per battery
Light Bulbs, CFL	25¢ - 50¢	per bulb
Light Bulbs, Regular	FREE - 25¢	per bulb
Paper, Printing	FREE - \$1.00	per ream
Tape, Clear	FREE - 20¢	per roll

Air Fresheners

Air Freshener Spray	30¢ - 45¢	per canister
Candle	25¢ - 50¢	each
Reed Diffusers	75¢ - 99¢	each

Cold/Allergy

Allergy, Adult	\$2.50 - \$3.50	per box
Allergy, Kids	50¢ - 90¢	per bottle
Cold Tablets	50¢ - 75¢	per box
Pain Relief	50¢ - 75¢	per bottle

Beauty

Eye Shadow	25¢ - 40¢	each
Foundation	\$2.75 - \$3.50	bottle
Lip Balm	FREE - 25¢	each
Mascara	50¢ - 75¢	tube
Nail Polish	FREE - 25¢	each
Lip Stick	FREE - 25¢	each

Soap & Bodywash

Face Wash	99¢ - \$1.75	each
Bodywash, Men	25¢ - 50¢	each
Soap, Bar	FREE - 45¢	per 2 pk
Bodywash, Women	50¢ - 75¢	each

Lotion

Body Lotion	35¢ - 50¢	per bottle
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Shaving/Deodorant

Deodorant, Men	25¢ - 40¢	each
Deodorant, Women	45¢ - 65¢	each
Razor, Men	50¢ - 75¢	each
Razor, Women	70¢ - 99¢	each
Shaving Gel/Cream	25¢ - 40¢	per can

Feminine Hygiene

Pregnancy Tests	\$3.50 - \$5.00	per box
Lubricant	50¢ - 75¢	per bottle
Tampons	75¢ - 90¢	per box
Pads	FREE - 25¢	per package
Lubricant	50¢ - 75¢	per bottle

First Aid

Bandages	35¢ - 50¢	per box
First Aid Travel Kit	25¢ - 50¢	each
Ointment	50¢ - 75¢	per tube



Yes, You Really Can Freeze That!

The Korean Couponer

I recommend investing in a vacuum sealer food storage system for long term freezer storage. You can freeze things like guacamole and fruits without getting freezer burn or that weird freezer taste all over your food.

<i>Item to Freeze</i>	<i>Preparation For Storage</i>	<i>Duration</i>
<i>*The preparation method listed here is without the use of a vacuum seal system. Follow the time frame enclosed with the instructions if you vacuum seal.</i>		
<i>Baked Goods/Bread</i>		
Baking Chips	Place in sealable plastic storage bag	Up to 12 months
Biscuits, Canned, Refrigerated	Open can slightly then wrap tightly with plastic wrap	Up to 6 months
Bread, Loaf	No preparation necessary	Up to 6 months
Buns, Hamburger & Hotdog	Wrap well to prevent freezer burn	Up to 6 months
Cookies/Brownies Baked	Wrap well to prevent freezer burn	Up to 6 months
Cookie Dough	Wrap well to prevent freezer burn	Up to 6 months
Muffins/Pancakes/Waffles	Wrap well to prevent freezer burn	Up to 6 months
Tortillas	No preparation necessary	Up to 9 months
<i>Dairy</i>		
Butter & Margarine	No preparation necessary	Up to 9 months
Cheese, Block or Shredded	No preparation necessary	Up to 6 months
*Cheese, Cream	No preparation necessary	Up to 6 months
*Sour Cream	No preparation necessary	Up to 6 months
Yogurt	No preparation necessary	Up to 2 months
*Milk	Pour ½ cup of milk out so container does not burst when liquid expands in freezer	Up to 4 months
<i>* The texture of these items will change after freezing and thawing and will work best in baking/cooking.</i>		
<i>Eggs & Meat</i>		
Egg Beaters	No preparation necessary	Up to 8 months
Hot Dogs	No preparation necessary	Up to 2 months
Lunch Meat	No preparation necessary	Up to 4 months
Meat and Poultry (Fresh or cooked)	Wrap well to prevent freezer burn	Up to 6 months
<i>Fruit/Nuts/Vegetables</i>		
Apples or Pears	Core, peel and slice, then place in lemon juice	3-6 months
Fresh Berries	Freeze whole on cookie sheet then put in bags	Up to 12 months
Fruit/Nuts/Vegetables	Freeze whole in plastic freezer bags	Up to 12 months
Bell Peppers & Onions	Chop into small pieces, place in bags, use in soups	Up to 6 months
Peaches	Peel and pit, slice and freeze in bags	3-6 months
Broccoli	Cut and freeze in plastic freezer bags	Up to 6 months
Mushrooms	Freeze whole or cut in plastic freezer bags	Up to 4 months
<i>Leftovers & Sauces</i>		
Guacamole	Scoop into plastic freezer bag and freeze flat, get out as much air as possible	Up to 6 months
Spaghetti Sauce	Freeze flat in a freezer bag	Up to 6 months
Gravy	Freeze flat in a freezer bag	Up to 6 months