FOD-04 — Strategic Couponing for Food Acquisition

The 90-Day Acquisition Calendar

Buying what your stockpile needs at its lowest realistic price — legally, on a calendar, and inside the budget you already set.

BOTTOM LINE UP FRONT

Strategic couponing is the planned use of coupons, store loyalty programs, cashback apps, and sale timing to buy items already on your acquisition plan at their lowest realistic price. It is not extreme couponing, not stocking up on whatever happens to be free, and not exploiting register "glitches." It works inside the FOD-01 budget ceiling and never raises it.

WHY THIS MATTERS

A stockpile is built from hundreds of small purchases, and most of them are paid at full price.

Bulk buying lowers the cost of the few staples a household eats fastest. Everything else — canned goods, hygiene products, medical consumables — is bought a few items at a time, and that long tail is where couponing and sale timing pay off. Done on a calendar, the savings fund the next stock-up instead of disappearing into unplanned spending.

A coupon is only a saving on something you were already going to buy.

THE FOUR LEVERS

Coupons	Manufacturer, store, and digital — who issues a coupon decides where it works and what it combines with.
Store programs	Member pricing and loaded offers: the store's real sale price, traded for your purchase history.
Cashback and rebates	Money paid back after the purchase — counted when it arrives, not when the receipt is scanned.
Sale cycles	Items return to a stock-up price on a rhythm a price book can reveal; coupons are timed to that low.

COURSE LESSONS

1	**Coupon Types and Sources.** Manufacturer, store, and digital coupons, legitimate channels, and the fine print that limits them.
2	**Building a Coupon Tracking System.** A binder or a digital method, chosen to fit how the household actually shops.
3	**Loyalty Apps, Cashback Apps, and Rebate Stacking.** How each pays out, and how to layer offers legally on one purchase.
4	**Reading Store Coupon Policies.** Doubling, stacking limits, exclusions, and where to find the official policy.
5	**Timing Purchases Around Sale Cycles.** Stock-up prices, coupons timed to the low, and coordination with bulk buying.
6	**Avoiding Coupon Fraud and Pitfalls.** Counterfeit coupons, misuse of real ones, offer scams, and unintentional risk.
7	**Capstone: Your 90-Day Acquisition Calendar.** One calendar, your top three savings opportunities, and a budget check against FOD-01.

BEFORE YOU START

Recommended first	FOD-01 Starting a Food Storage Program, for the budget ceiling every savings figure is measured against.
Helpful	FOD-03 Bulk Buying for Food Storage, whose bulk windows go on the same 90-day calendar.
You will need	Recent grocery receipts, and access to the stores where your household already shops.