

UK Extreme Couponing - Getting Started Guide

Intro

If you've seen the TV show "Extreme Couponing" then you might be thinking about giving it a go or you may just want to save some money. From experience when couponing in the UK the savings aren't as extreme as seen on the US TV show but there are definitely savings to be made.

This guide provides you with some of the major sources to get coupons for your extreme couponing in the UK. This is not a definitive list but will hopefully provide you with all the sources you need to get started.

Personally, I've found the biggest saving comes from keeping track of in store offers and bulk buying products you know you're going to use when they're on offer, these savings considerable add up over the year.

UK Couponing Websites

Here's a list of websites where you can get UK coupons. It's worth signing up to these websites and regularly checking them for new coupons:

- <https://www.caringeveryday.co.uk>
- <https://www.supersavvyme.co.uk>
- <https://www.victoria.co.uk>
- <https://www.moneysavingexpert.com>
- <https://www.latestfreestuff.co.uk>
- <https://www.boots.com/functional-pages/advantage-card>
- <https://freestuff.co.uk>

In-Store Magazines

Here's a list of in-store magazines that usually contain vouchers:

- Tesco
- Sainsbury's
- Boots

Reward Schemes

If you sign up for the reward/points/loyalty cards at the following, you can also receive vouchers by mail:

- Tesco
- Nectar
- Boots

Cash Back Websites/Apps:

- ClickSnap - Earn cash back on purchasing selected items in store by photographing your receipt once the purchase is complete
- Quidco - Earn cashback on online purchases

Other Coupon Sources:

Finally, here are some additional sources for coupons:

- The free Metro newspaper available on many buses/trains
- Flyers that come through the post
- Sending birthday cards to companies
- Sending positive emails/letters to companies about how their product has changed your life

I hope you've found this helpful and good luck with your UK extreme couponing.