



## THE WALL OF WISDOM

The members of the EAP Mid-Suffolk Regional Committee contributed numerous suggestions and websites from the employees in their settings with the goal of colleagues helping colleagues stretch the dollars they have during these difficult economic times. Check out the great ideas and helpful resources.

- \* [www.freeshipping.org](http://www.freeshipping.org) – who wants to pay shipping?? Try it!
- \* Free 411 information at either: 1-800-free411 or 1-800-goog411
- \* Stop and Shop accepts other competitors coupons (ex. King Kullen \$10 off)
- \* Did you know Bed, Bath & Beyond takes other competitors coupons, expired coupons & also one coupon for each item purchased?
- \* Mommysavesbig.com – lots of free stuff!
- \* B103.com – Half-price deals – local restaurants and entertainment.
- \* Houseparty.com – fill out surveys, throw parties for large companies- they give you the stuff for free – then blog about it.
- \* Freecycle.com – help keep stuff out of the landfill – you can give stuff or get stuff here.
- \* You can use your AAA card at all the Tanger Outlets for discounts. Simply present your AAA card in the Tanger management office or shopper services center to receive your Tanger Outlets savings booklet filled with 15-20% discount offers from brand name retailers.

- \* Do you have a favorite restaurant or take-out place you love? Go on their website. They usually have places where you join their mailing list and they email you discounts and coupons.
- \* Retailmenot.com – Coupons for online ordering – use this website to see coupons or promotional discounts before placing your order on the store's website.
- \* Shopitto.com – Choose retailers of interest, sizes and preferences and get discounts emailed to you as often as you choose!
- \* Restaurant.com – Put in your zip code and buy inexpensive savings certificates – print from home. Discounts on meals anywhere in the US – from 50-80% off.
- \* [www.deepdiscount.com](http://www.deepdiscount.com) – some amazing deals on DVDs, CDs and books!
- \* [www.newegg.com](http://www.newegg.com) – Some of the lowest prices on all kinds of tech “stuff”.
- \* 6pm.com – It's affiliated with Zappos, but much better discounts on shoes, handbags and accessories.
- \* [www.exploreli.com](http://www.exploreli.com) – Click “cheap eats” – good restaurants for less money.
- \* [www.travelzoo.com](http://www.travelzoo.com) – Visit up to date specials on hotels.
- \* [www.ebates.com](http://www.ebates.com) – Visit before shopping online – look for coupons/discounts.
- \* [www.hotwire.com](http://www.hotwire.com) – great deals on hotels.
- \* [www.coupons.com](http://www.coupons.com) – Sign up to get grocery coupons emailed to you.
- \* [www.goodhousekeeping.com](http://www.goodhousekeeping.com) – Save money on groceries, ideas for leftovers, and suggestions on how to reduce food costs.



## OTHER HELPFUL HINTS TO STRETCH YOUR DOLLARS



- \* Borrow books/DVDs from the library instead of buying them.
- \* Turn off unnecessary appliances.
- \* With the weather turning colder, set the thermostat a few degrees lower than you normally do.
- \* Use your dryer less often. Hang linens outside. It's energy smart and sheets and towels smell great. To soften towels, fluff them in the dryer for 10-15 minutes.
- \* Don't use your cell phone one day each week.
- \* Belong to a wholesale club – join with someone and share the membership cost.
- \* Swap circular coupons and computer coupons.
- \* Don't idle your car – if you are waiting more than one minute – shut the car off.
- \* Keep track of what you buy – keep receipts to see how much you really spend.
- \* Make yourself a weekly/monthly budget.
- \* Take a driver safety class – save on car insurance.
- \* Stock your canned goods and seasoning in ABC order – making a grocery list is easier.
- \* Wash dishes the old-fashioned way – don't use the dishwasher.
- \* Cut coupons.
- \* While shopping, ask “Do I really need this?”
- \* Don't go shopping unless it is necessary. Browsing can lead to impulse buying.

- \* Use flyers to compare prices before you get on the road.
- \* When you have several errands to do, plan your trip to save on gas.
- \* Before you go grocery shopping, plan your menu for the week and then make your shopping list. Always go with a list, make sure you have something to eat first, and purchase items on sale from a flyer.
- \* When making an online purchase, go to search engine and put in vendor's name and the words – “promotional coupons”. Check sites for discounts.
- \* Pack lunches/cook at home.
- \* When you leave a room, turn off the lights. Buy energy saving light bulbs.
- \* Buy store brand or generic.
- \* Turn off the TV and go for a walk, read a book or write a letter to someone.
- \* Use the barter system.

The EAP Mid-Suffolk Regional Committee is comprised of the following representatives:  
 Jocelyn McIntee - Bayport-Blue Point Library, Toni Bifalco - Comsewogue SD, Candace White-Ciraco - Eastern Suffolk BOCES, Risa LoCascio - Eastern Suffolk BOCES, Kitty Grinnell - Longwood Library, Michael Lonergan - Longwood SD, Donna Smith - Maryhaven Center of Hope, Terry Ahern - Maryhaven Center of Hope, Sharon Breen - Middle Country Public Library, James Donovan - Middle Country SD, Joanne Gatto - North Shore Library, John Baker - Patchogue-Medford Library, Linda Gavin - Port Jefferson Free Library, Sachem Library - Lorraine Silvering, Sachem SD - Gail Grenzig, Shoreham-Wading River SD - Doreen Armstrong, Sayville Library - Donna DiBerardino, Sayville Library - Jonathan Pryer, Sayville SD - Dawn Lloyd, Three Village SD - Ginny Russotti and Laura Grossman - BOCES - EAP

