



Sunday Newspaper Insert Abbreviations:

- PG = Procter and Gamble
 - RP = Red Plum
 - SS = SmartSource
 - UL = Unilever
- GM = General Mills

Common Coupon Abbreviations and Terms:

BIG1 = Buy One Get One Free
 BOGO = Buy One Get One Free
 BTFE = Box Tops for Education
 CAT = Catalina, a coupon that prints out at the register
 CLFE = Campbell's Labels for Education
 eBoxTops = Electronic Boxtops for Education, they print out in the form of a Catalina
 ECB = Extra Care Bucks (CVS)
 ER = Easy Rebates (for Staples)
 FAR = Free After Rebate
 Filler = An item that is purchased to help complete a coupon limit requirement (Walgreens)
 GC = Gift certificate OR Gift Card
 Insert = These are the coupons from the Sunday paper
 MC = Manufacturer's coupon
 MFR = Manufacturer
 MIR = Mail In Rebate
 MM = Money Maker
 MQ = Manufacturer's coupon
 NED = No Expiration Date

OOP = Out of Pocket
 Ovg = Is the profit that you have made after applying coupons or mail in rebates (MIR)
 OYNO = On Your Next Order
 Peellie = A coupon that you peel off the package
 POP = Proof of Purchase
 PM = Price match
 Q or Qs = Coupon or Coupons
 RC = Raincheck
 RR = Register Reward (Walgreens)
 SASE = Self Addressed Stamped Envelope
 S/H = Shipping and handling
 SMP = Specially Marked Packages
 Stacking or STACK: Using a store coupon and manufacturer's coupon together on one purchase to increase savings.
 TEAR PAD = A pad of coupons or MIR near a product or on display
 TMF = Try Me Free - This is usually a mail in rebate (MIR) for the purchase price paid
 UPC = Universal Product Code
 WYB = When you Buy