

# Baby-product coupons have many sources

**W**here do I find coupons for baby food and other baby products?

**A:** There are many sources of coupons for baby food and other baby products such as diapers, formula and utensils.

Because most parents are very brand-specific regarding baby products that work for their child, you might need to look harder to find more coupon sources of the brands you need.

Check out these sources for baby-product coupons:

- The Sunday grocery coupon circular from the newspaper. They frequently have coupons for diapers, baby food, baby dishes and utensils, and various brands of formula.

- Ask your pediatrician's office whether they have coupons or samples available.

- Send an e-mail to manufacturers via their Web site praising their products and requesting coupons (be sure to include your address in your e-mail). You also call can the 800 number on products' packages to request coupons.

- Sign up for any special baby clubs at your grocery store because they can be a great



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source for baby-product coupons and money-back rebates from your accumulated spending on the products.

- Watch your drug-store circulars for great

diaper bargains, such as "buy one, get one free" offers on their store brand. Many generic diaper brands work just as well as the much more expensive name brands. Stock up at sale prices, and remember that if your baby outgrows that diaper size before you've used the diapers, most stores will happily exchange unopened diaper packages for the new size.

These baby-product manufacturers offer savings clubs or free coupons. You also can check out your favorite manufacturers' sites and look for "promotions" or "coupons:"

- Similac at [www.welcomeaddition.com](http://www.welcomeaddition.com)

- Huggies at [www.huggieshappybaby.com/](http://www.huggieshappybaby.com/)

[offers/ml.aspx](http://offers/ml.aspx)

- Gerber Club at [www.gerber.com/register](http://www.gerber.com/register)

- Gerber baby food coupons at [www.gerber.com/coupons](http://www.gerber.com/coupons)

- Beech Nut at [beechnut.com/Special%20Offers/index.asp](http://beechnut.com/Special%20Offers/index.asp)

- Earth's Best baby food at [www.earthsbest.com/promos/](http://www.earthsbest.com/promos/)

In addition to saving money with coupons, you can really save big when you make your own baby food.

I did not discover this money-saving trick until my second child was born and wish I had learned it sooner.

It can be much less expensive and even more wholesome to make your own baby food, and it does not have to take much time if you learn a few simple tricks. For example, consider that a four-ounce jar of baby food carrots, including the water to process the carrots, costs about 50 cents, about the price of a full pound of fresh carrots in most cities.

Baby food in jars offers convenience, but you can find small plastic storage containers that will do the trick just as well. Reusing plastic containers is environmentally friendly.

Check your library for a good book on this subject or search the Internet for helpful Web sites.

I did a Google search of "make your own baby food" and found many informative Web sites with specific instructions on how to prepare and store several types of food.

For example, on [www.wholesomebabyfood.com](http://www.wholesomebabyfood.com) and [www.askdrsears.com](http://www.askdrsears.com), I learned these quick and easy tips for making baby food carrots while saving a bundle:

1. Steam or bake peeled carrots to preserve nutrients (boiling vegetables reduces vitamin content for soluble vitamins such as Vitamin A).

2. Purée cooked vegetables in a blender or food processor, adding water, breast milk or formula to thin to the desired consistency.

3. Store puréed food in the refrigerator for 48 hours or less.

4. Freeze puréed food in ice cube trays to have exact 1-ounce servings. Fill trays and cover them with plastic wrap to freeze.

5. Once food cubes are frozen, remove and put in a plastic freezer bag, noting the date

you prepared and froze the food.

Although many foods would be safe to eat after several months in the freezer, a good rule of thumb is to use the frozen baby food within one month.

6. Thaw freezer cubes of food in the refrigerator (in a covered container), which should take about four hours.

If you use the microwave, be sure to stir the food to avoid "hot pockets" that could burn your baby's mouth.

Do not thaw cubes on the counter at room temperature.

If you would prefer not to use the microwave, you can thaw food in 10-20 minutes with the "submersion method" by placing the cubes in a small bowl and then placing the bowl in a larger bowl filled with hot water.

**Stephanie Nelson shares her savings tips as a regular contributor on ABC News' *Good Morning America*. You can find more of her savings tips in her book *The Greatest Secrets of the Coupon Mom* and on her Web site at [www.couponmom.com](http://www.couponmom.com). She can be reached at [shoppingmom@unitedmedia.com](mailto:shoppingmom@unitedmedia.com).**