

## Grocery Discounts and Coupon Codes at a Glance for Frugal Shopping Needs

Since so many of you gave my Amazon Grocery coupon list one thumbs up last month, I thought I would post this month's up for you on Go Dairy Free too. It took me a while to compile the Amazon Grocery Deals (so I hope you all find it useful!), but I am really happy that they have so many budget helping options month. Plus, there are a few things to sweeten the deal:

- Amazon Grocery offers free shipping on all orders over \$25 (I love this!).
- I added a Subscribe & Save column to the chart. You can get an extra 15% off those items that are eligible for Subscribe & Save. In terms of commitment, you can cancel your subscription for any of the items you sign up for at any time, even after you have already received the discount &hellip; should you change your mind on wanting future orders of that product.

Now onto the coupons and discounts ...

Amazon Grocery Coupon Codes for June 2009 Please note: Not all products listed below are dairy-free. This list is provided for your whole shopping convenience, but you will need to select and choose the items that best suit your dietary needs. I have highlighted some of our favorite tried and tested dairy-free products in this list. Discount with Coupon Code Brand / Products Coupon Code Extra 15% off with Subscribe & Save 50% off Silver Palate Oatmeal OATME333 45% off 2 Panda Cremes PANDCRE5 Yes 35% off The Organic Coffee Company N/A Yes 35% off Kitchens of India KITINDI5 Yes 35% off Coronas Chips CHPHEAR5 Yes 35% off \$49 Happy Baby - Happy Family Products HAPPY609 30% off Bumble Bar BMBLE045 Yes 30% off Anteadote Tea Drinks RTDTEA33 Yes 30% off Fox River Rice FOXRIC30 Yes 30% off Wrigley's WRIGDEAL 30% off Sophia's Gourmet SOPHIA99 25% off Bear Naked NTRLGRNLY Yes 25% off Kashi KASHNTRL Yes 25% off Special K SPCKDEAL Yes 25% off Steaz Drinks STEAZ712 Yes 25% off Revolution Tea Cans REVTEA33 25% off New York Prime Meat PASTA444 25% off Stretch Island STRCHBER Yes 25% off Orville Redenbacher's POPMSTERY Yes 25% off Slim Jim TSTYSTICY Yes 25% off Nestle Candy 25 NESTLE 25% off Blue Dog Bakery BLUEDOG4 Yes 25% off Cafe D'Amore DAMORECA 25% off 2 Sea's Gift SEAWED69 Yes 20% off Crystal Light CRYTLBEV Yes 20% off Vita Coco COCON442 Yes 20% off Arizona Iced Tea Mixes ARIZONA2 20% off Monarch Beverages MONARCHB Yes 20% off Tang ASTROTNG Yes 20% off lto EnTTO54566 20% off Country Time Lemonade REALCNTY Yes 20% off Kool Aid KOOLDRNK Yes 20% off Chamong Tea CHAMTEA3 Yes 20% off Blue Cow Drink BLUECOW2 20% off Talbot Tea TALBOT59 20% off Highland Tea Company HIGHLAN5 20% off Goya Brand GOYAJUN9 20% off Osem & Frescorti OSEM0609 20% off Pasta Express PASTA669 20% off Glick & Froyd GLICKI23 20% off RAB Foods MANISC59 20% off David Seeds SEEDSPTRY Yes 20% off Petite Palate (baby) PETITE33 20% off Leonard Mountain LEONARD6 20% off Miss Leone's Olives w/ Dirty Sue Martini Mix Purchase MARTINI6 Yes 20% off \$59 Conte's Gluten-Free CONTE224 15% off Coombs Family Farms (maple syrup) MAPLES35 Yes 15% off Torani TORAN445 Yes 15% off GOJILANIA Goji Juice GOJIJUICY Yes 15% off Breadshop Granolas BREADSH5 Yes 15% off Mountain Sun Juice MOUNT323 Yes 15% off Marie Snacks & Dip Mixes TUSCAN69 15% off Italian Products Coffee TAZZAD69 15% off Ooba Hibiscus Drinks OOBADR55 15% off Chicago Importing Products CHICIMP6 15% off Baxter's Soups BAXT3333 Yes 15% off Drew's All Natural DREWS255 15% off Terra Chips TERR9959 Yes 15% off Bergin Nuts BERGIN69 15% off Nature's Envy APPEC33 15% off Pretzel Pete PRETZEL5 15% off Earth's Best BESTEAR4 Yes 15% off Baby Mum-Mum BABYM676 Yes 15% off Peas of Mind PEAS9999 15% off Savory Creations Broth Concentrate SAVORY55 Yes 15% off Callison's Seasoned Skewers SKEWER55 15% off \$49 Vitalicious VITAL999 10% off Eat Natural Bars EATNAT44 Yes 10% off Paldo and Teumsae NOODLE69 Yes 10% off Today's Farm Freeze Dried Fruit JUSTUS25 Yes 10% off Taylors of Harrogate TAYLORT2 Yes 10% off Pop Secret POPSEC44 Yes 10% off 3 Sable and Rosenfeld Grilling Sauces SABLE444 \$20 off \$49 Tasty Baby TASTY609 \$20 off \$59 Jack's Harvest JACKHAR2 \$20 off \$99 Optimum Nutrition, Cytosport, and BSN Products JUN9CYTO Yes \$15 off \$39 Stacey's Chips PITAMDNS Yes \$15 off \$49 Kasilof Fish KASL3434 \$15 off \$50 Mom Made Baby MOMMADE3 \$10 off \$29 Lipton Tea, Soup, or Knorr-Lipton products LIPTKNORY \$10 off \$29 Coffee & Tea products from Dilmah, The Tao of Tea, Hampstead, DoMatcha, and more (includes some ceramics and tea tools) SUMMBEVGY Yes on Dilmah \$10 off \$29 Nong Shim NONGSHIM6 Yes \$10 off \$29 J&D's Bacon Salt BCNSLT59 \$10 off \$39 Honest Foods BARSJUN9 Yes \$10 off \$39 PowerBar, BALANCE Bar, and South Beach Products JUN9BARS Yes \$10 off \$39 Jolly Time Popcorn JOLLYT15 Yes \$7 off 2 Cornuts and Kraft Crackers CORNYMACY Yes \$5 off \$19 Ka-Me Products KAMECRK5 Yes \$5 off \$25 DeLallo DELALLO6 \$5 off \$29 SeaBear SEABER59 Yes \$5 off \$40 Mom Made Meals MOMMADE4 \$5 off \$40 Mom Made Munchies MOMMADE5 Buy 2 get 1 free Happy Baby - Happy Bites HAPPY555 Buy 3 Get 1 Free Marques De Grignon Olive Oil PASTA333

Again, you can use all of these deals on Amazon Grocery, just use the coupon codes that apply at checkout to get the extra discount (on top of any reduced prices), and you will get free shipping with all orders over \$25! I believe all of these offers expire on June 30th, 2009.

Amazon also offers coupon codes and special discounts in their Health & Personal Care "Department", which also has free shipping on orders over \$25. They offer everything from supplements to aromatherapy to shavers to medical devices, so you may find some great bargains for your necessities. Just go to their Sales & Special Offers page to view the deals this month!