



# NEWS RELEASE

## Defense Commissary Agency

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[www.commissaries.com](http://www.commissaries.com)

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**Release Number:** 67-09  
**Date:** July 24, 2009  
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## ‘Clip’ the excess from your grocery bill

*By Millie Slamin,  
DeCA public affairs specialist*

**FORT LEE, Va.** – Carmen Chapman saves more than 30 percent on her purchases every time she uses her commissary benefit, and just recently she learned she can save even more by downloading manufacturer’s coupons from the Defense Commissary Agency’s Web site:

<http://www.commissaries.com>.

“I didn’t know about being able to download coupons from DeCA’s Web site,” said Carmen, whose husband is an Army retiree and whose two sons are soldiers on active duty. “I’m going to have to tell my daughter-in-law about this!

“I’ve been trying for years to get her to shop at the commissary, but I think after I tell her about being able to download coupons, she’ll change her mind.”

Although most customers know they can redeem coupons at commissaries, not many are aware that in addition to downloading them from the DeCA Web site, they can also pick them up at the store entrance and checkout counter, collect them from displays on store aisles, and use coupons that are attached to products.

Chapman admitted that she gets the majority of her coupons from the Sunday paper and collects a few here and there as she walks up and down commissary food aisles. But now that

she's armed with information about downloading coupons from <http://www.commissaries.com>, she said she'll be able to save even more than the \$10 to \$15 she now saves on her biweekly grocery bill.

Shuffling through her coupons, Chapman explained, "I have two sons who are deployed right now. One is in Iraq and the other one is in Germany. I like sending them the individual packets of cereal bars," she continued, plucking the right coupons from the stack. "They really appreciate getting those."

The beauty of being a coupon clipper is that you can redeem coupons at all commissaries, whether it be in the states or overseas. And, the coupons can be clipped out of newspapers and magazines, downloaded from the Internet, or manufacturer's coupons collected from store shelves.

In addition to customers overseas being able to use these same coupons, there is another perk: "We will redeem coupons for our customers overseas up to six months after the coupon expiration date," remarked DeCA's Director and CEO Philip E Sakowitz Jr., during a discussion about coupons on the Navy's radio talk show, Homefront, June 11.

"If it has a bar code on it so we can scan it, we should be able to take it," he continued, reminding listeners that along with the 30 percent they save by shopping at the commissary, they can increase their savings to 41 percent or more by using coupons.

According to DeCA Europe store directors and zone managers, newly reported service members and their spouses are briefed on the use and advantages of using coupons at overseas commissaries.

Store associates at overseas locations notice most patrons are aware of the added savings to be gained by using coupons, even though they do not have access to as many there, because there are no coupons available in daily newspapers like there are stateside.

Some customers never use coupons, while others come in equipped with well-organized boxes or envelopes full of them on every trip. Those who are avid "couponers" will most likely stop at the coupon display in the store's customer corner to see how many more they might add to their collection.

Thousands of coupons are redeemed at commissaries throughout the United States and overseas, daily. These money savers are not only honored at all stores, they are even accepted at Guard/Reserve on-site sales held at remote, off-base locations as well as at regular case-lot sales usually held on sidewalks outside the stores.

"My mother taught me to use coupons when I was little, and I have been using them ever

since,” remarked Amber Cloclasure, an Air Force wife whose husband was stationed in England in 2006. “They are like free money. If I can save \$10 at the commissary, then that’s \$10 more I have to spend on something else.”

So remember to visit <http://www.commissaries.com>, click on “Links” and browse through the exciting offers and coupons before you take the trip that’s worth taking – to your local commissary.

**- DeCA-**

**Photo Caption:**

Carmen Chapman, whose husband is an Army retiree and whose two sons are active duty Army soldiers, shuffles through coupons at the Fort Lee, Va., Commissary to find the correct coupon for individual cereal bars to send to her sons. (DeCA photograph by Millie Slamin)

**Photo Caption:**

A couple pauses at a product case at the commissary in Naples, Italy, to post coupons on shelves for customers who may want or need them. Since commissary employees are not allowed to do this, members of the Officer, Enlisted and Civilian Club volunteered to post coupons at the Croughton store so other customers could have access to not only the 30 percent savings from shopping at the commissary, but even more by using coupons. (Photo courtesy of Sandy Annis)

**Photo Caption:**

An avid coupon clipper scans in her purchase and the associated coupon at the self checkout in the Naples, Italy, Commissary. Commissaries worldwide will redeem downloadable coupons, coupons offered in newspapers and magazines and manufacturer's coupons that are on the products and posted throughout the stores. Overseas stores will honor coupons up to six months after the expiration date. (Photo courtesy of Sandy Annis)

**Photo Caption:**

Amber Colclasure an Air Force wife is seen here at the RAF Croughton, England, commissary taking a break from posting coupons throughout the commissary. Since commissary employees are not allowed to do this, Amber and other members of the Officer, Enlisted and Civilian Club volunteered to post coupons at the Croughton store so other customers could have access to not only the 30 percent savings from shopping at the commissary, but even more by using coupons. (Photo courtesy of Sandy Annis)

**About DeCA:** *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost, plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit*

*and retain the best and brightest men and women to serve their country.*