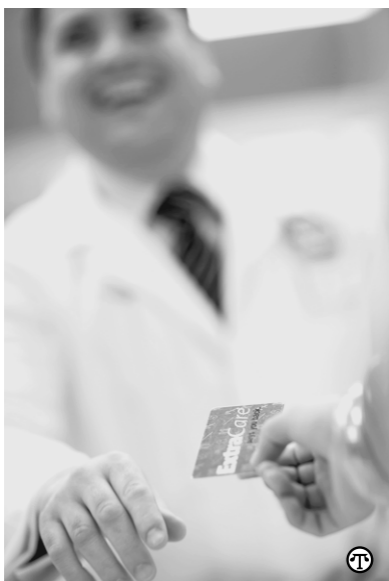# Save Every Day

(NAPSA)—One of the best ways to save money is to try to lower the costs of your daily necessities. More and more people are spending smarter and looking to get something in return for their hard-earned cash—even on life's essentials.

Here are some tips on saving money when you do your weekly shopping:

Loyalty programs at stores can save you lots of money over time.

• Send in rebate coupons. Even relatively small amounts can quickly add up and, in any case, it's free money.

• Keep an inventory of your freezer, refrigerator, cupboards and pantry, and make sure it's up to date. That will help keep you from buying too much of something perishable.

• Coupons and store loyalty card programs can cut your bottom line by at least 10 percent.

For example, more than 50 million Americans are part of CVS/pharmacy's ExtraCare program. Most joined to avoid the hassle of clipping coupons to get the sales prices on products in the store. ExtraCare cardholders also receive money-saving offers at the bottom of their receipts based on products they buy at CVS/pharmacies. They can also get 2 percent back for every dollar spent and one dollar back for every two prescriptions purchased at the CVS/pharmacy in most states. Learn more at www.cvs.com.