



Many military families live paycheck to paycheck. My family has been there and I know what it's like to stress over whether you can even *afford* to go grocery shopping. Military members are given the opportunity to shop at commissary, which can provide significant savings when compared to other popular grocery stores. However, there are many ways to save *even more* at commissary that many are not familiar with.

Case lot sales

You can find out when the case lot sale is going to occur at your commissary by [checking here](#). During these sales, you have the opportunity to buy in bulk at discounted prices. This is an excellent way to start a stockpile or you can go with a friend and split the cost. Either way, it has the potential for some major savings in the long run.

Coupons

Commissary does accept manufacturer coupons and other coupons found online. When you are located overseas, you can even use the coupons for up to 6 months after they are expired (if you are not overseas and your coupon has expired, please use [these programs](#) to send them overseas and help other military families!) [Click here](#) to print coupons for free!

Commissary Rewards Card

I love the commissary rewards card. I hate [couponing](#).. I hate searching the internet and printing them out and then running out of ink and so on. Don't even get me started on losing them or forgetting them when you actually go shopping. The rewards card solves all those problems. After you grab your card, you go on [your commissary website](#) and register it. Once you log in, you can go through the several pages of coupons they have available. You click on the ones you want to use and it automatically loads them to your card. That way, when you go shopping all you have to do is have the cashier scan your card and all those coupons are automatically applied. BAM savings. P.S. Don't forget to download the app too!

Savings Aisle

The Savings Aisle is a section of the commissary website ([check it out here](#)) that you can go on and search what is on sale or discounted and YOUR local commissary. This way when you are making out your list, you can jot down what is currently on sale and plan ahead a little better.

Rebate Apps

There are several rebate apps that I have gotten tons of money back from, like [Ibotta](#). Another good one is [Checkout 51](#). These are FREE to download and super easy to use. To use them, you just log on to your app from your smart phone, select the products you are going buy (or have bought- yes, you can do this after-the-fact as long as you have your receipt and access to the items you bought since you need to scan the barcode). You just take a picture of your receipt and scan the barcode of the items that you have selected to get money back from. Once you hit the threshold (differs per app) you can transfer money to your Paypal account or guy gift cards. Ibotta will also give you \$10 for FREE after get your first rebate when you use my referral link ([Click here](#))

Ask for gift cards

Speaking of gift cards, ask for them! Birthday, christmas, anniversary, whatever. Ask your family for commissary gift cards. If your family can't get on base or to a commissary, it's OK- you can buy them online at [your commissary website](#).

Frozen meats

Save BIG on your meat by purchasing from their "frozen" section. When meat gets close to it's expiration date, the commissary will freeze it and sell it at a discounted rate. Don't worry, the meat is still plenty good and will stay good for quite a while if you put it in your freezer at home until you are ready to use it! We have eaten it before with no issues or complaints!! (Plus: these are great to use for your [freezer meals](#))

Third Party Sites

There are many third party sites that offer commissary-specific coupons and deals. You can sign up for newsletters to be alerted of discounts or you can get coupons directly from their sites. Here are my favorites:

- [Military Shopper](#)
- [My Military Mommy](#)
- [Military Wives Saving](#)
- [My Military Savings](#)

Commissary Newsletters

If you sign up to receive the newsletters from your commissary, they will send you emails when there are coupons, discounts, or deals. This way you won't miss any of the best deals! Sign up [here](#).



www.momsdontsleep.com

Some links included are affiliate links, these do not increase the amount you pay, in fact almost all of the services and sites on this list are free to use. I have used them all and LOVE each and every one.