

SCORE
GREAT

FREEBIES

for
Everyone
in Your
Family

“The free things in life are best.” OK, that’s not really how the old saying goes, but it’s true, isn’t it? A free Baskin-Robbins birthday treat tastes that much sweeter, and the trendy little lip gloss you got for nothing at Sephora...well, it gleams just a little brighter. Lucky for us all, there are plenty of no-cost meals, entertainment options, beauty products and more—you just have to know where to look. Here is our annual guide to getting what you want without spending a dime.

By Laura Daily



TRAVIS RATHBONE/
TRUNK ARCHIVE



**'I SCORED
A FREEBIE'**

"I was excited when I won a bacon double cheeseburger by playing a game on the Culver's website. I felt like I won the lottery!"

—Jane Haase, 45,
Algoma, Wis.



Eat out

DIVE IN FOR NADA. JOIN THESE MEMBERSHIP PROGRAMS AND GET A FREE ENTRÉE OR STARTER.

Cabana Grill

Become a CG Fanatic at thecabanagrill.com to score a fajita taco.

California Pizza Kitchen

Enlist in the Pizza Dough Rewards program at cpk.com and collect a small-plate item.

Sizzler

Connect with the Real Deal Club at sizzler.com to qualify for a free Malibu chicken entrée every year on the anniversary of the date you joined.

Wienerschnitzel

Fill out the Wiener Lovers' Club survey at wienerschnitzel.com/specials, then chow down on a complimentary chili dog.



Del Taco

Transform yourself into a Raving Fan at deltaco.com and go home with two free grilled-chicken tacos.

Fazoli's

Join the many members of the eFamily at fazolis.com in exchange for a Build Your Pasta Bowl welcome gift.

IHOP

Join the Pancake Revolution at ihop.com/pancake-revolution for a Rooty Tooty Fresh 'n Fruity full stack.





I
WANT
TO...

Look good

SCORE BEAUTY PRODUCTS, SPA-TIME INDULGENCES AND MORE AT THESE POPULAR RETAIL DESTINATIONS.

Bare Minerals

Drop by and pick up three to four days' worth of samples. Products include foundation, blush, bronzer and lipstick.

Aveda

Add your name to the e-mail registry at aveda.com to receive weekly notices for free in-store samples. If you shop there frequently, every three months you'll get a snail-mail invitation to pick up a travel-size item.

Merle Norman/Origins

Visit any Merle Norman Cosmetics or Origins store for a free 15- to 20-minute mini facial.

Body Shop

Visit a store for samples of lotions, shampoo, shower gels and body butters. Freebies are especially abundant when the company is introducing a product line or scent. Be sure to ask what's new and if there's anything you can try out at home.

Sephora

Learn how to choose lipsticks, erase lines, customize skin care routines and more during how-tos at Sephora stores. Visit sephora.com/classes for a schedule of free workshops. Free in-store samples are available, too.

Victoria's Secret

Create an account at victoriasecret.com (under "Store Offers and Events") and receive a monthly paper coupon for free undies, redeemable in the store.



'I SCORED A FREEBIE'

"Sign up and get a Walmart beauty box every three months. (It costs \$5 for shipping and handling.) I've gotten 10 full-size Olay products, small shampoos, perfume, lotions and foundation. Each box is packed with goodies!"

—Ruth Akonom, 60, Richmond, Texas



Freebies for your car

Pull into a **Discount Tire** for a pressure check and adjustment. Or ask the technicians at **Big O Tires** or **Tire Kingdom Service Centers** to check the pressure as well as the brakes, battery and alignment and to top off most fluids. All for nothing.

I
WANT
TO...

FEEL BETTER

Manage your health and fitness with no-cost screenings and workouts.

Sam's Club

Avail yourself of monthly screenings, whether you're a club member or not. Tests vary but usually include blood pressure, cholesterol, glucose, vision and body mass index. Search for "health screening" at samsclub.com.

CVS

Check cvs.com/projecthealth for updates on the hundreds of free Project Health screening events planned for this year.

Athleta

Participate in a complimentary barre, cross-fit or yoga class. Check stores.athleta.net to find a 45- to 60-minute workout from the fitness gear brand.

Orangetheory Fitness

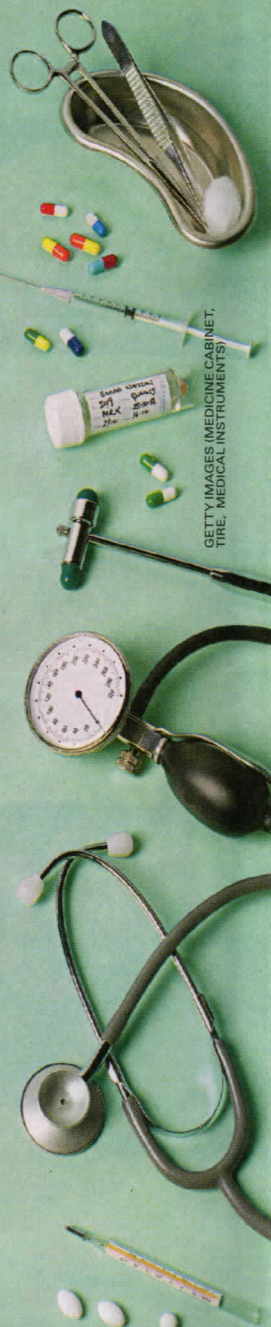
Burn calories during your initial hour-long session of interval strength and cardio training. Click on "Try Us for Free" at orangetheoryfitness.com.



'I SCORED A FREEBIE'

"I belong to Crowdtap, BzzAgent, Influenster and other word-of-mouth sites and am now an old pro at nabbing deals. I have gotten everything from 48 rolls of toilet paper to a case of Downy. My all-time favorite was a bottle of Balenciaga perfume!"

—Ronette Bennett, 51, Baltimore



GETTY IMAGES (MEDICINE CABINET, TIRE, MEDICAL INSTRUMENTS)

I WANT TO...

SAVOR A MIDDAY PICK-ME-UP

Head off the munchies with these energizing edibles.

Dunkin' Donuts

Enroll in the **Perks** rewards program at dunkindonuts.com and get a free drink: coffee, iced latte or another non-bottled beverage.



Panera

Hook up with **My Panera** at panerabread.com for a free surprise goodie.

Cinnabon

Join **Club Cinnabon** at cinnabon.com for a MiniBon.

Bruegger's Bagels

Connect at brueggers.com/eclub to receive an e-mailed voucher for a free bagel and cream cheese at participating bakeries.

Ikea

Become an **Ikea Family** cardholder in-store or at ikea.com and fuel up on unlimited free coffee or tea in the restaurant every time you shop.

I WANT TO...

Stock my pantry

BAG FREE GROCERY ITEMS.

Full benefits

Grab a free full-size product nearly every Friday from **Kroger**. Download the digital coupon from kroger.com to your shopper's card—it's applied at checkout (you have two weeks to redeem it). Past giveaways include yogurt, snack wraps and nutrition bars.

Stuck on U

Have a big family or simply spend a lot on groceries? Sign up via the **Safeway** app or at safeway.com for the Just for U frequent-shopper program (at

Safeway and at **Vons, Randalls, Tom Thumb** and others) to earn several full-size grocery items each week.

Smart eats

For a list of free in-store cooking demos as well as seminars on

nutrition subjects such as reading food labels and healthful food alternatives, visit **naturalgrocers.com**. Sometimes special events and new store openings include tastings and samples of new products.

Open secret

Ask a **Whole Foods** team member for a sample of anything (yes, anything—even the contents of sealed packages and canned goods). You might get to take home the leftovers (affixed with a **SAMPLE** sticker).



'I SCORED A FREEBIE'

"When I've entered online sweepstakes at supermarket websites, like Kroger's, I've won simple things, like a candy bar or a bottle of Gatorade. It's little but fun."

—Misty Pelhank, 42, White, Ga.



I WANT TO...

BE ENTERTAINED

View the latest and the greatest on big and little screens.

Catch a flick

Enter a drawing to win tickets to previews before movies are released—or download and print tix on the spot—by registering at seeitfirst.net, foxsearchlightscreenings.com, sony.ticketbox.com, relativityscreenings.com, gofobo.com, filmclublandmarktheatres.com and wbtickets.com. Passes don't guarantee admission, though, so get there early.

Check out discs

Many libraries stock DVDs of new movies and TV shows the same time the discs go on sale. Reserve titles and hold on to them for a few days rather than 24 hours.

Befriend your librarian

Do you have a card with one of the more than 3,300 library branches using **Hoopla**? Check out movies, TV shows, music, e-books, comics and audiobooks on your smartphone, tablet or PC. There are more than 300,000 options, and movies are added weekly. Hoopla also releases music the same day it hits stores and iTunes. The 24/7 access means no waiting time, and an automatic return feature eliminates late fees. To see if your library participates, visit hoopladigital.com.

I
WANT
TO...

Have fun with the kids

SPEND TIME—NOT MONEY—WITH THE FAMILY.

Home Depot/Lowe's

Take your construction-loving children to Do-It-Yourself Kids workshops the first Saturday of every month (workshops.home depot.com). Not to be outdone, Lowe's offers Build and Grow clinics for kids at 10 a.m. on select Saturdays; register at lowesbuildandgrow.com.

Williams-Sonoma

Cook up some fun at the Interactive Junior Chef classes on Saturday mornings. Click on "Culinary Events and Classes" at williams-sonoma.com.

Lakeshore Learning

Create art for art's sake at free crafting sessions for kids from 11 a.m. to 3 p.m. on Saturdays. Visit lakeshorelearning.com.

National parks

Grab an Every Kid in a Park pass, available to all fourth-graders during the 2015–16 school year (click on "Every Kid in a Park" at nationalparks.org/ook). The one-year pass grants the recipient and her family free entry to all national parks, forests, wildlife refuges and more—an \$80 value.

Bass Pro Shops

Step into Santa's Wonderland from mid-November through Christmas Eve. Among the fun, free activities are photos with St. Nick, ornament-making, cookie-decorating and slot-car races. The stores hold free events every few weeks.

Barnes and Noble

Encourage a love of reading at the free weekly story times in most stores. Click on "Stores and Events" at bn.com to explore schedules.

Tom's of Maine

Download a free eight-page coloring and activity book from tomsofmaine.com/community (search for "brushing fun"). Be sure to enter your child's name to make him the star of the story.

Microsoft

Send your kids, 8 and older, to Microsoft stores' free four-day YouthSpark summer camps. For two hours each day, classes include smart game coding and smart game design.

As your whiz-kids sharpen their skills, you can take your own free workshop on online safety or get a PC tune-up. Check microsoftstore.com/locations for other free classes during the year.



LEGO

Join junior in one of the monthly model builds at Lego stores. Also, sign up the kids at legoclub.com and six times a year they can look forward to a magazine filled with activities, games, puzzles and comics, as well as a monthly newsletter.



'I SCORED A FREEBIE'

"The mini model Lego build on the first Tuesday of the month is one of my kids' favorite activities. They reconnect with friends and look forward to the free new Lego character each month."

—Eva Fry, 39, Lakewood, Colo.



Freebies for furry friends

Fido's birthday? Pick up a pound of doggie snacks (or a bag of cat treats) worth up to \$4 at a Petco store treat bar.



FOR YOU, ON YOUR BIRTHDAY

These restaurants and retailers have a present waiting for you. Join their loyalty programs and get a treat at the store.

BARE MINERALS

(bareminerals.com)
Marvelous Moxie Mini lip gloss in a shade based on your personal profile

BASKIN-ROBBINS

(baskinrobbins.com)
Scoop of ice cream

DENNY'S

(dennys.com)
Grand Slam breakfast

EAST COAST WINGS AND GRILL

(eastcoastwings.com)
\$10 store credit



'I SCORED A FREEBIE'

"Thanks to all the birthday clubs I'm signed up for, we bounce around and take advantage of lots of deals. This year I had free coffee, admission to a museum, a sandwich for lunch, a scoop of ice cream and \$30 off an expensive dinner. Happy birthday to me!"

—Julia Haberler, 30, Westminster, Colo.

EL POLLO LOCO

(elpolloloco.com)
Two-piece chicken meal, chicken tostada or similar

FIREHOUSE SUBS

(firehousesubs.com/newsletter)
Medium sub

HOULIHAN'S

(houlihans.com)
Entrée worth up to \$15

JAMBA JUICE

(jambajuice.com)
Smoothie

REDBOX

(redbox.com/redboxplaypass)
Movie rental

RED ROBIN

(redrobin.com)
Burger with "bottomless" fries

RUBY TUESDAY

(rubytuesday.com)
Burger

SCHLOTZSKY'S

(schlotzskys.com)
Small sandwich

SPORTS AUTHORITY

(sportsauthority.com)
\$10 store credit

STEAK 'N SHAKE

(steaknshake.com/eclub)
Double cheeseburger with fries

TACO CABANA

(tacocabana.com/tcfanatics)
TC Fanatics fajita taco

ULTA

(ulta.com)
Eye pencil, eye shadow palette or other makeup item (it changes every quarter)



Learn something

BOOST YOUR SMARTS, OR EXPLORE A NEW HOBBY. FREE ONLINE AND IN-STORE OPPORTUNITIES ABOUND.

Khan Academy

Avoid summer brain drain—yours and your kids'—with an account at khanacademy.org. Khan Academy is perhaps best known for helping with math homework and SAT prep, but you can find something for any age and interest, including history, medicine and economics.

Jo-Ann Fabric and Craft Stores

Tune in to some of the more than 870 free video tutorials on sewing, crafting and home décor at joann.com/videos. Or,

download any of the brand's 10,000-plus how-to project sheets.

Williams-Sonoma

Unleash your inner epicure at Williams-Sonoma's weekly one-hour technique classes. Find a schedule at williams-sonoma.com.



Michaels

Try your hand at decorating cakes, making jewelry and tackling other crafty endeavors via videos at online

classes.michaels.com. Topics change weekly, so there's always something new for you to learn.

Guitar Center

Strum a few bars in a 60-minute guitar or ukulele class for beginners. Then learn how to lay down some tracks at workshops guitarcenter.com.

Bass Pro Shops

Hone your outdoor adventure skills through free clinics at Bass Pro Shops (basspro.com), **Cabela's** (cabelas.com) and **REI** (rei.com). You can try

your hand at archery, fly-fishing, target shooting, kayaking, camp cooking and more. Check a store near you for details.

Cutting-edge learning

Your local **cooperative extension service** (extension.org) has free classes on cooking, organic gardening, food safety, energy conservation and more. You also can get free stuff such as recipe cards, wall calendars, seeds and measuring cups.



GET ENRICHED

Become a culture culture.



Cards with benefits

Gain free entry to more than 150 museums, zoos, aquariums and science centers across the United States on the first full weekend of every month if you have a credit card or debit card from **Bank of America** or **Merrill Lynch**. Visit museums.bankofamerica.com to learn more.

Exceptional e-reads

Legally download thousands of books—ones with expired copyrights—from **Project Gutenberg** (gutenberg.org). Popular titles include *A Tale of Two Cities*, *Moby Dick* and *The Adventures of Sherlock Holmes*. Also nab free e-books from **Barnes and Noble** (bn.com) and **Book Gorilla** (bookgorilla.com).

Take a pass

Check out free passes to area attractions, museums and other cultural institutions from **your local library**. Thousands of libraries across the country offer a limited number of passes each day. You might need to pick up the passes in person; others may be downloaded and printed at home. Some offers admit two; others, a family of four.