

# Get Something for *Nothing*

What's better than low-cost? How about no cost! Here's the annual ALL YOU guide to scoring the most phenomenal freebies

**W**ould you say your favorite word is *free*? It sure is one of ours at ALL YOU—which is why we spent innumerable hours amassing more than 100 high-value products and services that won't cost you a penny, including tacos, tea and tire-pressure checks. There's something great for everyone. Before you dig in, two pieces of advice: Always check with the local business first to make sure it participates in the parent company's program. And to preserve your personal information and keep your in-box from spiraling out of control, create a dedicated e-mail account for online membership deals and loyalty programs. *By Laura Daily*

Find a giveaway in every corner of your life.



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# Restaurants



Because  
it's your  
birthday

Collect even more rewards (just for being born) by joining the following clubs.

- **Applebee's** (applebees.com) *dessert shooter*
- **Ben and Jerry's** (benjerry.com) *small cone*
- **Chili's** (chilis.com) *brownie sundae*
- **Denny's** (dennys.com) *Grand Slam breakfast*
- **Firehouse Subs** (firehousesubs.com) *medium sub sandwich*
- **Krispy Kreme** (krispykreme.com) *a doughnut and a coffee*
- **Menchie's** (menchies.com) *\$5 credit toward frozen yogurt*
- **Red Robin** (royalty.redrobin.com) *burger with bottomless fries*
- **Schlotzsky's** (schlotzskys.com) *small sandwich*
- **Taco Cabana** (tacocabana.com) *TC Fanatics flauta plate*
- **TCBY** (tcby.com) *small yogurt*



## JUST FOR SIGNING UP

Loyalty pays. Join the membership programs at these popular chains for a sign-up reward, no strings attached.

- **California Pizza Kitchen:** Register for Pizza Dough Rewards at cpk.com to earn a small-plate item.
- **Del Taco:** Become a Raving Fan at deltaco.com and receive two grilled-chicken tacos.
- **IHOP:** Visit ihop.com and click on "Pancake Revolution" at the bottom of the page to enjoy a breakfast entrée with pancakes.
- **Panera Bread:** Get a bakery item after joining the My Panera club at panera.com.



- **Rubio's:** Sign up for the Beach Club at rubios.com for a taco on the house.
- **TGI Fridays:** Become a Give Me More Stripes member at tgifridays.com and get an appetizer or dessert.
- **Waffle House:** Join the Regulars Club at wafflehouse.com for—what else?—a waffle.

## Buy something, get something

The more you visit your favorite food spots, the more you get.



**Qdoba** Earn 1,000 Qdoba Rewards points (by ordering about 10 entrées) and get one entrée for free.



**Red Robin** Buy 9 entrées and get the 10th free with a Royalty card (royalty.redrobin.com).



**Starbucks** Get a star when you pay with a registered store card (starbucks.com/rewards). Five stars equals free in-store refills.



**Jersey Mike's** Score points toward a free sub with the Shore Points card (jerseymikes.com), and watch for double-point days.



**SURVEY SAYS...** Restaurants want your feedback, and they'll make it worth your while. Check your receipt to see if you can take a customer satisfaction survey by phone or online in exchange for free food. For instance, answer questions for Smashburger and receive an order of Smashfries. Give Famous Dave's your two cents and get a free menu item.





# Beauty & health



## JUST FOR SIGNING UP

Look even more marvelous with these on-the-house products and services.

- “Like” **Eucerin** lotion on the company’s Facebook page for a moisturizer sample.
- **Goodearthbeauty.com** sends a piece of natural soap to every website visitor who registers for the newsletter.
- “Like” **Bath and Body Works** and **Origins** and wait for freebie coupons (such as for a 3-ounce body lotion) to appear in your Facebook feed.



## Just for dropping in

Get free facials and cosmetics.

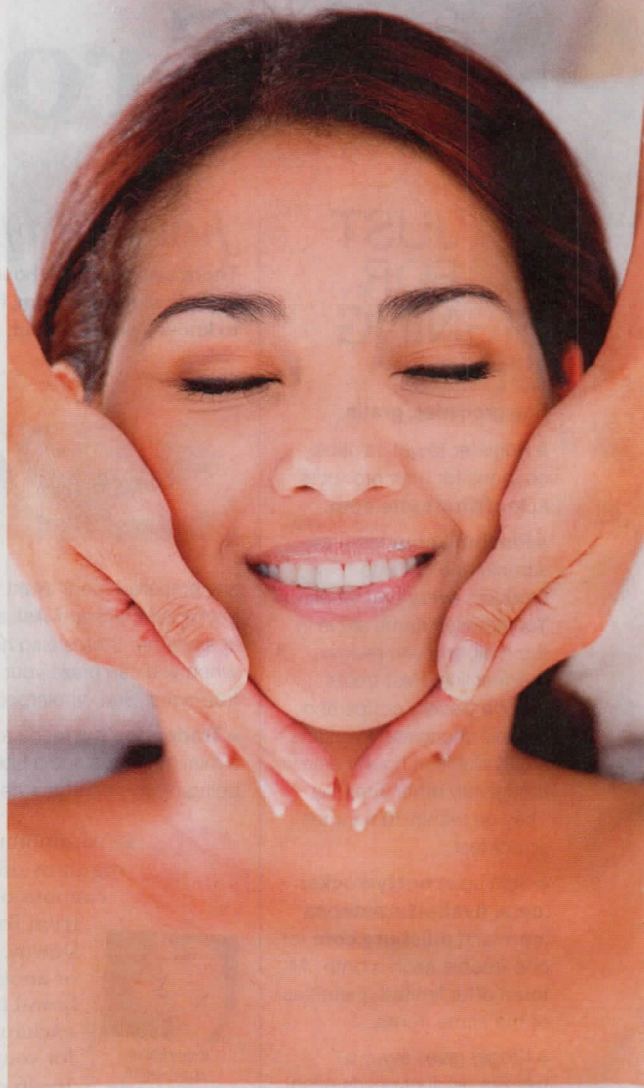
- Beauty and makeup stores such as **Bare Minerals**, **the Body Shop** and **Sephora** are eager for you to test their products. So much so that most will give you three to four days’ worth of almost anything in stock, including blush, bronzer, foundation, lipstick, lotion and skin-care products. Bare Minerals might even toss in a mini brush or applicator.
- Visit any **Origins** store for a complimentary 20-minute mini facial.



Because it's your birthday

You deserve to be pampered for making it through another year. These cosmetics purveyors agree (and can help keep you from looking your age).

- **Sephora Beauty Insiders:** Receive a **Makeup Forever** package consisting of a mini mascara and lipstick, worth up to \$20.
- **Bare Minerals** gives **Friends and Benefits** members a gift customized to their personal profile.



## Buy something, get something

Love these beauty brands? The feeling's mutual.

# AVEDA

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

Pay a one-time \$10 fee to join **Aveda Pure Privilege** and earn 10 points for each \$1 you spend thereafter. Redeem points for salon and spa services or products. Members frequently get coupons by e-mail for travel-size products. Aveda often doubles reward points or offers bonus points on specific items or certain days during the year. And you get a birthday gift valued at \$20.

## THE BODY SHOP.

LOVE YOUR BODY

The **Body Shop Love Your Body** club costs \$10 to join, but you get a \$10 credit on your birthday plus 10 percent off most purchases. Every time you buy something, you earn points you can redeem for anything in the store.

CLOCKWISE FROM LEFT: JAMES WESTMAN; ANDRES RODRIGUEZ/ALAMY; NO CREDIT (2); WEK/GETTY IMAGES; STURTI/GETTY IMAGES; SUBJ/GETTY IMAGES





# Groceries

## JUST FOR SIGNING UP

### Bag groceries, gratis.

- Register to get valuable coupons for new products at [kraftfirsttaste.com](http://kraftfirsttaste.com).
- [Pinchme.com](http://Pinchme.com) testers sample one to three products every two weeks. Your chosen items arrive in the mail, and you review them online. Past treats include Gevalia coffee and organic chocolate. Products are available at noon Eastern time every other Tuesday. They go within 10 minutes, so act fast.
- Sign up at [bettycrocker.com](http://bettycrocker.com), [livebetteramerica.com](http://livebetteramerica.com) and [pillsbury.com](http://pillsbury.com) for one freebie each month. All three offer limited quantities of the same items.
- Kroger gives away a full-size product nearly every Friday at [kroger.com](http://kroger.com). Download the digital coupon to your shoppers card and it is applied at checkout. Past giveaways include pizza, Greek yogurt and toothpaste.



- Get a free truffle every month at a Godiva store. Sign up for rewards at [godiva.com](http://godiva.com).
- Visit [truvia.com](http://truvia.com) for two sample packets of the sweetener while supplies last.

## Just for dropping in

There's no shame in hovering around an in-store sample station. It's fun, free and a great way to get to know a new product.



- **Teavana** is always serving a few teas at its stores' brewing stations. Visit [teavana.com](http://teavana.com) for locations.

- **Whole Foods Market** stores will let you taste

any prepared food. Want to try several products, even packaged crackers? Ask an employee to open them at any time. Stores also hold quarterly Cheese Nights, when you can graze your way through several fancy fromages. See [wholefoodsmarket.com](http://wholefoodsmarket.com) for information.

- **Trader Joe's** is ready to quench your thirst. Enjoy a mini beverage and a bite of whatever's being promoted at the demo station.

**allyou real talk** **Vocalpoint.com** regularly offers coupons or samples from Barilla, Downy, Kashi or another brand in exchange for your feedback. Sign up and watch for e-mail offers. I've even received free full-size samples on occasion!"



Kaley Ehret, chachingonashoestring.com

Buy something, get something  
What a great reason to load up on carbs!

## Entenmann's

Buy \$8 worth of merchandise at [Entenmann's Oroweat bakery outlets](http://Entenmann's Oroweat bakery outlets) and get a free item. Find bread, cookies, muffins, pastries and more from Bimbo, Mrs. Baird's, Sara Lee and other brands. Fresh items—at prices well below those of groceries—are discounted by up to 20 percent, day-old goods even more. Find an outlet near you at [bimbobakeriesusa.com](http://bimbobakeriesusa.com).







# Retail



## JUST FOR SIGNING UP

Boost your buying power by joining these stores' frequent-shopper programs.



● Enroll in the **Cost Plus World Market** Explorer Rewards program ([worldmarketexplorer.com](http://worldmarketexplorer.com)). Activate your profile and get 10 percent off your next purchase. Then get one 12-ounce bag

of World Market coffee free for every six bags you buy.

- **Staples** gives you 5 percent back on almost every purchase, including technology and services, plus free shipping on [staples.com](http://staples.com).
- Earn points through the **Walgreens** Balance Rewards program by buying products and prescriptions, getting immunized and logging miles you walk or run (20 points per mile, up to 1,000 points per month). Redeem 5,000 points for \$5 off a future purchase or wait until you hit 40,000 for a \$50 credit. You also can link your card to your AARP membership for extra points ([walgreens.com/balance](http://walgreens.com/balance)).

## Just for dropping in

You don't have to be a regular to feel like a valued customer at these retailers.

- Stop at **Cohen's Fashion Optical, LensCrafters** or **Visionworks**. Many offer free eyeglasses cleaning and adjustment.
- **Sam's Club** offers monthly health screenings for members and nonmembers alike. Tests vary each month but can include blood pressure, body-mass index, cholesterol and vision. **CVS** is planning hundreds of free health-screening events this year. Check [cvs.com](http://cvs.com).
- Pull into a bay at **Big O Tires** or **Discount Tire** and technicians will check the air pressure in your tires and adjust it if necessary. No charge.



**SURVEY SAYS...**

**Speak your mind and get paid in freebies.** Enjoy giving feedback? Sign up at [mysurvey.com](http://mysurvey.com) and earn points for each survey. Turn points into cash, gift cards (for retailers or restaurants) or other goodies. For instance, redeem 2,750 points for a \$25 gift card from Autozone, Kohl's, Michaels, Panera, Payless ShoeSource or Toys "R" Us.

**mysurvey**

ROBERT DALYGETTY IMAGES (WOMEN)





# Entertainment



## Take in a movie

There's something magical about watching a film on the big screen—especially when it costs you nothing!

● Get a chance to see a movie in theaters before it opens to the public by registering with [43kix.com](http://43kix.com), [gofobo.com](http://gofobo.com), [filmclublandmarktheatres.com](http://filmclublandmarktheatres.com), [foxsearchlight.com](http://foxsearchlight.com) and [seeitfirst.net](http://seeitfirst.net). In most cases, you'll either instantly print out a pass or enter for a chance to download one.

● Members of **Regal Cinemas Crown Club** ([regmovies.com/crown-club](http://regmovies.com/crown-club)) earn rewards, such as free admission, popcorn and soft drinks, for every dollar they spend on tickets and at the concession counter. You could score a free flick after about eight movie outings.

● After you join **AMC Stubs** ([amctheatres.com/amcstubs](http://amctheatres.com/amcstubs)) for \$12 a year, every dollar you spend on tickets and concessions counts toward your reward. Get a \$10 reward for every \$100 you spend to use on tickets, drinks, popcorn, even your renewal fee. Members also get free upgrades on popcorn and fountain drinks, and online purchase fees are waived. Best of all, the entire family can use the same membership: You get four cards at sign-up.



## Stream free music

Shake your groove thing with music from [accuradio.com](http://accuradio.com), [pandora.com](http://pandora.com) and [spotify.com](http://spotify.com). All are free, but be prepared to listen to a few ads between tunes.



## Take in a show

● Check to see if [goldstar.com](http://goldstar.com) is available in your area. If so, you might find complimentary tickets to local shows, comedy clubs and musical performances that have vacant seats the venues hope to fill. The tickets are free, but you have to fork over service charges, which are about \$5 on average.



“One of our family's favorite freebies is the Lego Club magazine. The free subscription can be ordered for every child in your family, and each issue includes Lego news, cartoons, building challenges and activities.”



Christina Brown, northern [cheapskate.com](http://cheapskate.com)

## Take in a series

● Watch free movies and TV shows at network websites and at [crackle.com](http://crackle.com) (you must confirm your birth date to ensure age-appropriate viewing) and [hulu.com](http://hulu.com) (no registration required). Get free Redbox DVD rentals with coupon  codes by signing up at [redbox.com](http://redbox.com) or [insideredbox.com](http://insideredbox.com) (an unofficial site).



## Download books

Legally download thousands of books (whose copyrights have expired) from [gutenberg.org](http://gutenberg.org). Also look for free eBooks at [amazon.com](http://amazon.com), [bn.com](http://bn.com), [bookbub.com](http://bookbub.com) and [bookgorilla.com](http://bookgorilla.com). And consider “checking out” new e-titles from your public library.





# Workshops

## GET SMART

Feed your mind—without reaching for your wallet.



A Home Depot kids workshop

● **Learn how to handle simple household repairs**

or DIY projects with Home Depot's free Do-It-Yourself and Do-It-Herself workshops. Find a schedule in your local store or at [homedepot.com](http://homedepot.com).

● **Need to entertain the kids on the cheap?**

Home Depot also offers kids' classes. Your children can learn to safely use a hammer and other tools at free Lowe's Build and Grow kids clinics ([lowesbuildandgrow.com](http://lowesbuildandgrow.com)). Lakeshore Learning ([lakeshorelearning.com](http://lakeshorelearning.com))

.com) stores offer free crafts for kids every Saturday from 11 a.m. to 3 p.m. Stores provide all the materials. No registration required. Lego stores ([stores.lego.com](http://stores.lego.com)) have monthly model builds for kids.

● **Earn your wilderness skills badge** with free clinics on archery,

fly-fishing, bike maintenance, camp cooking, snowshoeing and other subjects at Bass Pro Shops, Cabela's and REI.

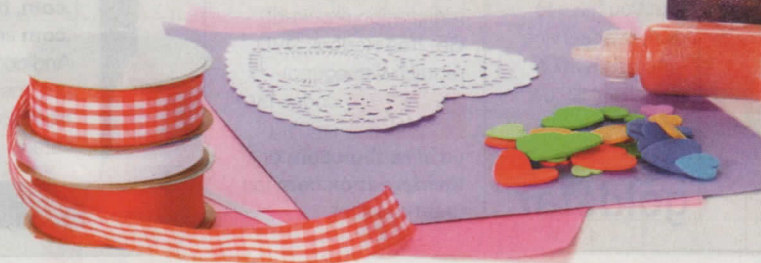
● Spend an hour at Jo-Ann Fabric and Craft Stores' Make-It Take-It Saturday events and learn **how to fashion Mother's Day pendants, tissue paper flowers, finger puppets** and more.

● Microsoft stores and Apple stores offer workshops on **how to use all their products and devices**, plus software. And don't forget your local library for no-cost classes on creating documents, spreadsheets and presentations.

● Free videos and games at Sesame

Street's website **teach important concepts**. Kids as young as 2 can learn about math ([sesamestreet.org/stem](http://sesamestreet.org/stem)) and reading and writing ([sesamestreet.org/literacy](http://sesamestreet.org/literacy)).

● Attend an elite university without paying tuition. Take a **free online college class** taught by educators at Duke, Stanford, UCLA, Yale and other institutions. Search for "MOOC" (massive open online courses) at [udemy.com](http://udemy.com) to find one that fits your interests and schedule.



COURTESY OF HOME DEPOT (PEOPLE), ISTOCKPHOTO (CRAFTS), KYOSHINOGETTY/IMAGES (PAPER BACKGROUND)