

There are many discounts and freebies you can get on your birthday in almost any area. However, finding those restaurants that are in your area and participate may be more of a challenge. The “Free Birthday Meals” list provided on mrcheapstuff.com probably has the most extensive (and accurate) list I’ve seen that encompasses restaurants nationwide. Some national chains give free food, like Cold Stone Creamery, but most generally have buy-one, get-one (BOGO) specials, like Dairy Queen. Often, you’ll have to get on an email or newsletter list to score a BOGO offer. If you don’t want those quarterly advertisements clogging up your inbox, I know some people who have created a junk email address for all their newsletters and coupons. Besides, BOGO is still cheaper than no BOGO, so it’s important to find out what deals are in your area and capitalize on your birthday with free and cheaper food from your favorite places to eat, especially if all you have to do is receive an email or two.

Another way to capitalize on the food you can get for your birthday is to take advantage of already offered specials. For example, if your birthday falls on a weekday, you can often score “Happy Hour” specials. Last time we went out on a weeknight, we filled up on the free nacho and taco bar and took our entrees home as leftovers. Unfortunately, weekends don’t tend to have the same incentives because restaurants are more jammed with people. Be a smart consumer; during our free nacho bar, drink specials weren’t really that special at all, so we didn’t order any drinks.

The bottom line is to register for deals a few weeks ahead of your birthday so you can plan accordingly. Many coupons are good not just the day of your birthday, but for seven days surrounding your birthday, or even for your whole birthday month (like Famous Dave’s). Usually the free meals are only good on the day of your birthday, so it’s important to know what you can get and when. Plan ahead and enjoy all the free and discounted food simply because you were born!