

Grocery Sale Cycles – When Do Things Go on Sale?

January

National Oatmeal Month: Quaker

Diet Foods: Healthy Choice, South Beach, Lean Cuisine, Special K, Kashi, Smart Start, 100 Calorie Packs, Yogurt

Super Bowl Sunday: Pepsi, Coke, Chips, Dips, Cheese, Sandwich Items, Crackers, Snacks, Wings

Seasonal Produce: Oranges, Pears, Grapefruit, Tangerines, Broccoli, Carrots, Cauliflower, Celery, Chard, Collards, Kale, Kiwi, Avocado, Cabbage, Spinach

Clearance: Christmas Decorations, Toys, Wrapping Papers,

Winter Health: Cold Medicines and Vitamins

February

National Canned Food Month: Canned Fruit, Pie Fillings, Vegetables, Meats: Tuna, Chicken, Salmon

National Hot Breakfast Month: Malt O Meal, Oatmeal, Eggo Waffles, Syrup

Valentines: Chocolate, Hershey's, KY Lubricant, etc

Chinese New Year: Soy Sauce, Teriyaki Sauce, Noodles, Canned Water Chestnuts

Seasonal Produce: Artichoke, Asparagus, Raspberries, Potatoes, Strawberries, Broccoli, Carrots, Cauliflower, Celery, Chard, Collards, Kale, Kiwi, Avocado, Spinach

March

Frozen Food Month: Ice Cream, Frozen Vegetables (Boxed, Bag, or Steam), Frozen Meals, Foster Farms Chicken, Waffles, Pizza

Seasonal Produce: Artichoke, Asparagus, Haas Avocado, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chard, Collards, Fennel, Kale, Leek, Lemon, Lime, Mushrooms, Spring Onions, Orange, Peas, Radish, Rhubarb, Spinach, Strawberries, Tangerine

April

Easter: Ham, Eggs, Spices, Baking Supplies: Sugar, Spices, Baking Mixes, Chocolate Chips, Butter, Coconut, Marshmallows, Brownie Mix, Cake Mix

Earth Day: Organic Foods, Energy Saver, Reusable Totes

Seasonal Produce: Artichokes, Asparagus, Beets, Broccoli, Cabbages, Carrots, Grapefruit, Haas Avocado, Mushrooms, Onions, Peas, Rhubarb

Clearance: After Easter sales

May

Memorial Day: BBQ Sauce, Condiments, Charcoal, Salad Dressing, Potato Chips, Dips, Grilling Meats, Hot Dogs, Hamburger Meat, Marinade, Salad Greens

Paper Products: Plates, Utensils, Insect Repellent, Sunscreen

Cinco De Mayo: Salsa, tortillas

Seasonal Produce: Artichokes, Asparagus, Avocado, Beans, Green, Beets, Blackberries, Carrots, Sweet Vidalia Onions, Peas, New Potatoes, Raspberries, Strawberries

June

National Dairy Month: Eggs, Milk, Ice Cream, Cheese, Cream Cheese, Butter, Yogurt, Whipping Cream, Whipped Cream, Cool Whip

End of June is Fourth or July Sales: Hot Dogs, Hamburgers, BBQ Sauce, Ketchup, Condiments, Charcoal, Salad Dressing, Potato Chips, Dips

Seasonal Produce: Apricots, Blackberries, Blueberries, Boysenberries, Cherries, Corn, Cucumber, Eggplant, Grapes, Honeydew, Nectarines, Peaches, Potatoes, Raspberries, Red Onions, Squash, Summer, Strawberries, Sweet Vidalia Onions, Tomatoes, Watermelon

July

National Ice Cream Month

More 4th of July BBQ Sales: Hot Dogs, Hamburgers, BBQ Sauce, Ketchup, Condiments, Charcoal, Salad Dressing, Potato Chips, Dips

End of July: Back to School Sales Begin: Crayons, Pencils, Folders, Binders

Seasonal Produce: Asian Pears, Bartlett Pears, Beans, Green, Blueberries, Corn, Cucumber, Eggplant, Figs, Garlic, Grapes, Nectarines, Onions, Red, Valencia Oranges, Peaches, Sweet/Bell Peppers, Plums, Potatoes, Summer Squash, Tomatoes, Watermelon

August

Back to School: Pudding cups, Lunch meat, Lunchables, Bread, Cold Cereal, Waffles, Lunchboxes

Disinfectant: Clorox, Purell

Clearance: Insect Repellent, Sunscreen, charcoal

Seasonal Produce: Gravenstein Apple, Haas Avocado, Green Beans, Beans, Berries, Corn, Cucumber, Eggplant, Figs, Grapes, Melons, Onion, Peaches, Bartlett Pears, Bell Pepper, Plums, Raspberries, Squash, Summer, Tomatillo, Tomato

September

Back to School Sales through Labor Day: Crayons, Pencils, Folders, Binders

Diabetes: Bayer Glucose Meters, Glucerna Cereal

Seasonal Produce: Apples, Artichokes, Beans, Bell Peppers, Chili Peppers, Cucumber, Eggplant, Grapes, Onion, Valencia Orange, Asian Pears, Bartlett Pears, Pomegranate, Squash, Tomatillo, Tomatoes, Winter Squash

Baby Items: Major Baby Equipment, Baby Safety

October

Halloween: Candy, Fresh Pumpkin

Beginning of the Baking Sales: Canned pumpkin, Evaporated Milk, Baking Chips

Daylight Savings Time Ends Promotions: Alarm Clocks, Batteries, Safety Equipment, Smoke Detectors

National Seafood Month

Adopt a Shelter-Dog Month: Pedigree, Purina

Seasonal Produce: Almonds, Apples, Artichokes, Arugula, Beets, Broccoli, Brussels Sprouts, Cabbages, Chard, Chestnuts, Cranberries, Lemons, Parsnip, Pears, Pomegranate, Potatoes, Sweet Potatoes, Pumpkin, Spinach, Squash, Winter, Turnips, Yams

November

Hot Cocoa, Coffee, Tea

Baking Sales in Full Swing: Nuts, Chocolate Chips, Evaporated Milk, Sweetened Condensed Milk, Coconut, Cake Mixes

Canned foods: Soup, Broth, Vegetables, Fruits, Spaghetti Sauce

Thanksgiving Items: Turkey, Canned Pumpkin, Stovetop Stuffing, Betty Crocker Boxed Potatoes, Gravy Mixes, Frozen Pies, Cranberry Sauce, Jello, Marshmallows

Seasonal Produce: Anjou Pears, Beets, Broccoli, Brussels Sprouts, Cabbages, Carrots, Celery, Comice Pears, Cranberries, Kiwi, Lemons, Orange, Potato, Squash, Yams

Clearance: After Halloween Sales

December

Holiday Dinner: Egg Nog, Deli Platters, Instant Potatoes, Gravy Mixes, Frozen Pies, Cranberry Sauce, Jello, Marshmallows, Sour Cream Dips, Crackers, Chips, Soda, Ham

Baking: Flour, Sugar, Butter, Cream, Cake Mix, Brownie Mix, Muffin Mix, Breads, Pie Crust, Marshmallow, Whipped cream

Canned Foods: Soup, Broth, Condensed Milk, Vegetables, Fruits, Spaghetti Sauce

Seasonal Produce: Anjou Pears, Bok Choy, Bosc Pears, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Celery, Dates, Grapefruit, Haas Avocados, Kale, Kiwi, Kumquat, Lemon, Napa Cabbage, Oranges, Sweet Potatoes, Red Cabbage, Rutabaga, Savoy Cabbage, Spinach, Winter Squash, Yams, Turnips, White Potato

Clearance: After Thanksgiving and After Christmas Sales

Thank you for visiting **Living Richly on a Budget!**

