

Grocery Sales *by* Month

Living *Richly* on a Budget

JANUARY

National Oatmeal Month: Quaker

National Hot Tea Month: Teas

Diet Foods: Diet Cereals, Yogurt

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

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

Clearance: Christmas Decorations, Toys, Wrapping Papers

Winter Health: Cold Medicines, Tea, Tissues, Vitamins

FEBRUARY

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

National Hot Breakfast Month: Oatmeal, Frozen Waffles, Syrup

Valentines: Chocolate

Chinese New Year: Noodles, Soy Sauce, Teriyaki Sauce

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

MARCH

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

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

Celiac Disease Awareness Month: Gluten-Free Products

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, Beets, Blackberries, Carrots, Green Beans, Peas, New Potatoes, Raspberries, Strawberries, Sweet Vidalia Onions

JUNE

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

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

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

JULY

National Ice Cream Month

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

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

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

AUGUST

Back to School Sales: Bread, Cold Cereal, Frozen Waffles, Lunch Meat, Lunchboxes, Pudding cups

Disinfectant: Bleach, Hand Sanitizer

Clearance: Charcoal, Insect Repellent, Sunscreen

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: Binders, Crayons, Folders, Pencils

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 Products

OCTOBER

Halloween: Candy, Fresh Pumpkin

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

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

National Seafood Month

Adopt a Shelter-Dog Month: Pet Food

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 Beverages: Hot Cocoa, Coffee, Tea

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

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

Thanksgiving Items: Turkey, Canned Pumpkin, Stuffing Mix, 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, Marshmallows

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