

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

Want more?

Plan your meals with my Meal Planner Google Sheets.



Check out my Shop:

