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## BE SALE CYCLE SAVVY

While some sales come and go without warning, stores discount certain items on predictable sale cycles. Whenever a food or item is on sale, stock up! Buy as much as you can fit in your budget and pantry and will reasonably use in the following year. Use this list as a guide!

Month	Grocery	Household
January	broccoli*, cabbage*, mandarins*, oatmeal, yogurt, candy	fitness equipment, supplements, winter clothes, Christmas decor
February	oranges*, biscuits/cinnamon rolls, canned goods, chocolate	TVs, dental care, contraceptives, perfume
March	avocados*, spinach*, frozen food	cleaning supplies, bleach
April	bananas*, ham, eggs, candy	kitchenware, vacuums, cleaning supplies
May	condiments, pickles, chips, hamburgers/hot dogs and buns	sunscreen, towels, paper/plastic plates and utensils
June	strawberries*, watermelon*, condiments/pickles, chips, hamburgers/hot dogs and buns	sunscreen, paper/plastic plates and utensils, tools
July	raspberries*, blackberries*	aloe, paper/plastic plates and utensils, outdoor furniture
August	cherries*, blueberries*, zucchini*, corn*, deli meat/cheese	school/office supplies, clothes, tissues, bleach wipes, camping equipment, linens, pillows, towels
September	peaches*, pears*, apples*, green beans*, live herbs	school/office supplies, lawn mowers, barbecues, cellphones
October	pumpkin (fresh* or canned), squash*, potatoes*, candy, baking ingredients	muffin cups, kitchen/baking utensils, tires
November	turkey, baking ingredients, gravy, broth, canned soup/green beans	toys, aluminum foil, electronics
December	candy, baking ingredients, sweetened condensed milk	wrapping paper, toys, batteries

\*Produce seasonality varies by location.