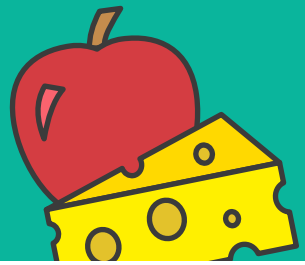




What to Buy Each Month

for Your Grocery Stockpile



January

Seasonal produce:

Oranges, pears, grapefruit, tangerines, broccoli, carrots, cauliflower, celery, chard, collards, kale, kiwifruit, avocados, cabbages, spinach

- Protein shakes
- Frozen meals
- Facial tissue when it's at least 50% off

February

Seasonal produce:

Artichokes, asparagus, broccoli, carrots, cauliflower, celery, chard, collards, grapefruit, kale, oranges, parsnips, pears, potatoes, turnips

- Cold and flu medicine and tea
- Valentine's Day clearance candy
- Oatmeal
- Chips, salsa, and dips from Amazon just before the Super Bowl

March

Seasonal produce:

Artichokes, asparagus, avocados, broccoli, cabbages, carrots, cauliflower, celery, grapefruit, grapes, lemons, limes, mushrooms, onions, peas, radishes, rhubarb, spinach, strawberries

- Body wash and deodorant
- Pet food and cat litter

April

Seasonal produce:

Artichokes, asparagus, avocados, beets, broccoli, cabbages, carrots, grapefruit, mushrooms, onions, peas, rhubarb, strawberries

- Cleaning supplies
- Easter clearance candy
- Cinco de Mayo foods at ALDI during the last week of the month



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May

Seasonal produce:

Artichokes, asparagus, avocados, beets, blackberries, carrots, corn, green beans, onions, peas in the pod, potatoes, raspberries, strawberries

- Allergy medication
- Grilling and outdoor party foods leading up to Memorial Day
- Wine during Whole Foods Rosé Sale

June

Seasonal produce:

Apricots, blackberries, blueberries, boysenberries, cherries, corn, cucumbers, eggplant, grapes, honeydew, nectarines, peaches, potatoes, raspberries, red onions, summer squash, strawberries, sweet Vidalia onions, tomatoes, watermelon

- Cheese and yogurt
- Pain relievers
- Shampoo and conditioner during Ulta's Jumbo Love event

July

Seasonal produce:

Asian pears, Bartlett pears, green beans, blueberries, corn, cucumbers, eggplant, figs, garlic, grapes, nectarines, red onions, Valencia oranges, peaches, sweet bell peppers, plums, potatoes, summer squash, strawberries, tomatoes, watermelon

- Sunscreen when it's half-off on Amazon
- Ice cream
- Pampers and Huggies diaper deals

August

Seasonal produce:

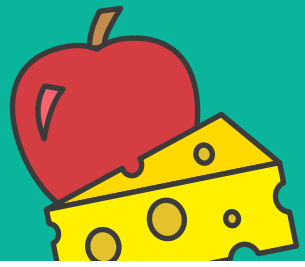
Avocados, berries, cherries, corn on the cob, cucumbers, eggplant, figs, grapes, green beans, melons, onions, peaches, peppers, plums, summer squash, tomatillos, tomatoes, watermelon

- Coffee
- Cereal as school's about to start
- Snacks for lunch boxes when they reach at least 50% off



What to Buy Each Month

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September

Seasonal produce:

Apples, artichokes, beans, cucumbers, eggplant, grapes, onions, pears (Asian & Bartlett), peppers (bell and chili), squash, tomatillos, tomatoes, brussels sprouts, squash, kale, collards

Soup at Walmart or Sam's Club

Razors

October

Seasonal produce:

Apples, artichokes, arugula, beets, broccoli, brussels sprouts, cabbages, chard, cranberries, mustard greens, parsnip, pears, pomegranates, potatoes, sweet potatoes, pumpkins, winter squash, turnips, yams

Baking goods at Kroger

Non-chocolate candy during Halloween clearance sales

November

Seasonal produce:

Apples of all varieties, beets, broccoli, Brussels sprouts, cabbage, carrots, celery, cranberries, kiwis, lemons, oranges, pears (Anjou & Comice), potatoes, pumpkin, squash, yams, pomegranates

Turkey at Kroger

Makeup during Black Friday sales

Soda at Dollar General

December

Seasonal produce:

Apples, beets, bok choy, broccoli, brussels sprouts, cabbages, carrots, cauliflower, celery, citrus fruits, dates, kale, kiwifruit, leeks, mushrooms, onions, papayas, pomegranates, radishes, spinach, sweet potatoes, winter squash

Aldi holiday foods clearance sale

75% off hand soap, lotion, and more at Bath & Body Works Semi-Annual Sale