

What to buy? and when?

January

- Seasonal produce: apples, carrots, cauliflower, clementines, grapefruit, lemons, oranges, pomegranates, potatoes, and tangerines
- Diet Products, bars, shakes and meals
- Oatmeal and granola products

February

- Canned fruits and vegetables
- Frozen breakfast foods
- Seasonal produce: arugula, bok choy, broccoli, brussels sprouts, carrots, celery, clementines, lemons, oranges, onions, and turnips

March

- Frozen foods like pizza, fish and produce
- Seasonal produce: artichokes, avocados, beets, broccoli, cauliflower, leeks, lemons, limes, potatoes, tangerines, and spinach

April

- Cooking items and spices
- Easter candy
- Seasonal produce: apples, artichokes, asparagus, broccoli, green beans, lima beans, oranges, pears, pineapple, and tangerines

May

- Tortillas, salsa, and margaritas
- Hotdogs, hamburgers, ketchup and mustard
- Seasonal produce: asparagus, blueberries, carrots, cauliflower, lettuce, onions, peaches, pineapples, strawberries, and spinach

June

- Milk, ice cream, and ice cream treats
- Seasonal produce: blueberries, cantaloupe, corn, green beans, kiwi, lettuce, peaches, strawberries, watermelons, and yellow squash

July

- Hotdog and other grilling items
- Chips, soda and ice tea
- Seasonal produce: blueberries, cantaloupe, corn, cucumbers, grapes, green beans, kiwi, peaches, strawberries, tomatoes, and watermelon

August

- School lunch items
- Frozen breakfast items such as waffles and pancakes
- Season produce: corn, cucumbers, eggplant, tomatoes, green beans, lettuce, watermelon, strawberries, blueberries, and raspberries

September

- Coffee, tea, apple cider and k-cup deals
- Grilling items for Labor Day, such as burgers and hotdogs
- Seasonal produce: acorn squash, butternut squash, cantaloupe, cauliflower, eggplants, green beans, mushrooms, peppers, pumpkin

October

- It's National Seafood Month, so lots of sales on seafood
- Halloween Candy will be on sale
- Seasonal produce: apples, pumpkins, pears, beets, cabbage, cauliflower, oranges, figs, sweet potatoes, and winter squash

November

- Soups and broths
- Turkey, stuffing, mashed potatoes and other Thanksgiving items
- Seasonal produce: pumpkin, winter squash, cranberries, sweet potatoes and pears

December

- Easy prep meal items like pie crusts, gravy and instant mashed potatoes
- Cooking supplies such as flour, sugar, and chocolate
- Seasonal produce: winter squash, apples, oranges, onions and sweet potatoes