

Stock Up List

National Sales ~

January: Super Bowl and Diet Foods month.

February: Valentine's Day. National Canned Foods month.

March: Frozen Food Month.

April: Easter and National Garden Month.

May: Memorial Day and Cinco De Mayo.

June: National Dairy Month.

July: National Ice Cream Month, 4th of July, National Canning month.

August: Back to School.

September: More Back to School, and Case Lots Sales.

October: National Seafood Month and Halloween.

November: Candy clearance and baking sales. Black Friday deals.

December: No National sales.

How much to stock up~

Shampoo, Hair Care, ect: Have 3-6 months on hand.

Shaving Cream: Have 6 -12 months on hand.

Razors: Whenever they are at a rock bottom price.

Cold Meds: Only on sale Oct. thru Dec. Stock up for the rest of the year.

Vitamins: No stockpile needed, frequently on sale.

Candy: Buy when less than \$1 a bag on clearance after holidays.

Baking Supplies: These are most often on sale in April, October, and November. Have about 3 months on hand.

School and Office Supplies: Only on sale August and September. Stock up for the rest of the year.

Meats: Meat is often on sale in March. Try and buy in bulk only once or twice a year.

Cereals: Sales rotate every 6 weeks.

Condiments: Sales from May to June. Stock up for the "off season."

Paper Towels, Toilet Paper, Tissue: Whenever you find them at a buy price.

Little House on the Prairie Living

Making the most with what you have!

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