

Strategies Applied:

- It may be hard to find or more expensive to buy these ingredients in a regular grocery - for me, it's worth while to go to the "health food" store, my local coop for some. I'm a member, so my pricing is a little lower. Bring your measuring cup if you want - and think about getting enough of the grains to make several batches - just keep it in your freezer. Buy the oats and fruit at the grocery store for the best pricing.
- **Oats:** I used Quaker, 44 ounces on sale for \$1.99 (the Aldi's brand is even less.) 2 cups is 6 1/2 ounces, so the price is 29 cents. I can find virtually no difference in Oats bought from the health food store and Quaker in side by side comparison. Aldis tend to be a bit more broken down. Oatmeal does, especially in the fall, have coupons from time to time that coincide with sales.
- **Barley:** Priced out at \$1.79 a pound, a cup is 3 1/2 ounces so the cost is 40 cents.
- **Rye:** 89 cents a pound, one cup is four ounces, so the cost is 22 cents.
- **Wheat Flakes:** \$1.69 a pound, 1/2 cup is an ounce: cost 5 cents.
- **Kamut & Millet:** 2 tablespoons of each are going to run you about 13 cents.
- **Almonds:** It's really worth while to look at alternatives to your grocery - I often buy at Aldi's or our Mill's Fleet Farm - which is a farm supply store with all sorts of products - everything from saddles to outdoor furniture. If you have a "nut supply" house in your area, their prices can't be beat. I also stock up around Christmas and freeze my nuts. I pay about \$4.99 a pound so the cost for 1 1/2 cups (8 ounces) is \$2.40.
- **Dried Fruit:** Again, I stock up during Christmas - and use coupons. If the bag is flimsy, repackaging. Dried fruit keeps, literally, indefinitely, although you might find it becoming almost hard. Use the same trick as for brown sugar - keep it overnight, sealed in a bag with a piece of bread. Your pricing will vary according to what you use, but for what I'm making today, I'm using mixed berries, one of the pricier options. I paid \$2.99 for a five ounce package - 1/2 cup is 2.5 ounces so the cost is \$1.50.