

Strategies Applied:

- Onion:** Buy onions whenever you see them drop in price and store in a cool, dark place away from any potatoes. If you have an Aldi nearby, I generally find the best pricing there.
- Spinach:** One of the few frozen vegetables I like to work with, I usually have some on hand in my freezer for dips or soups or dishes like this. Watch for specials and coupons on frozen vegetables from fall through spring and stock up – the boxes don’t take up too much room in our freezer – if you don’t have coupons, the store brands are generally just as good as the name brands.
- Eggs:** Often on special, pick up several packages when the prices are low – watch for special, too, for “free” eggs when you pick up other breakfast items. Eggs keep for weeks, and if in doubt of the quality, drop into a bowl of water – if they float, discard. I generally shoot for a price of about 89 cents a dozen, six eggs run 45 cents.
- Phyllo:** I generally don’t find specials or sales, but six sheets at \$3.49 a package runs about 60 cents. Prices can vary widely by area – just make certain to wrap well and refreeze the excess, and plan on ways to use. I like to use a pizza cutter to cut into squares, place them in a muffin cup, two squares to a cut, spritz with cooking spray and and bake for cute little cups that make elegant appetizers. I also will take four to five sheets, brush with butter and layer, and fill with something leftover – anything from a crab filling to something like taco meat and cheese, roll up into a log about an inch and a half wide – slice into serving pieces almost all the way through and bake at 425 for about 15 to 20 minutes.
- Feta:** The grocery store Feta is pretty consistently on sale two for one every few weeks, and keeps very well – I’ll pick up several packages and keep for salads or dishes like this. I generally like the cubes rather than the crumbles. I quite often find coupons in what I call the “near” deli area of cheeses, and the coupons are generally on “hang tags.” I pick up the tags whether I’m buying cheese or not – the expiration dates are often months out, and then I just save the coupons for when a sale is going on – quite often when a sale hits, it seems like the coupons aren’t there. Also, check the manufacturer’s sites.
- Butter:** I always buy butter on the deep sales, usually \$1.49 a pound or so, generally around holidays, and toss in my freezer. It keeps, literally for months with no deterioration in quality. The recipe originally called for a stick of butter, but I had extra left over, so I cut it back. (We used it later, over popcorn and for grilled cheese, since it had already been melted.)
- Olive Oil:** If you read my blog, you’re already probably familiar with my strategy of [buying olive oil](#) – sales combined with coupons.

•**Pine Nuts:** They are a bit of a specialty item, but lend that extra touch in so many dishes – pestos, pastas, salads, etc. I buy in the fall through New Years, when, along with other nuts that are at their bottom pricing. Keep them in the freezer and they’ll stay fresh for a long, long time. Look for the best prices on nuts at your general purpose hardware/feed type stores – here in the upper Midwest we have Fleet Farm, but I’ve spoken to enough people in different areas to realize that almost every part of the states has something similar. Some areas, like Denver, have places like Jerry’s nut shops – wholesalers that offer wonderful pricing, and I’ve also found decent prices at Aldi.

<https://frugalhausfrau.com/2012/10/08/october-7-2012-spanakopita-cost-5-99/>