

## Strategies Applied:

Unless you have a really great blender, don't double the recipe, make two batches if you need to feed more people.

I buy a large (11 ounce can) of concentrate and use half in the recipe and cover the rest and keep in the freezer for another batch or simply make the other half as orange juice. The large containers cost less per ounce.

- **Orange Juice Concentrate:** Like any frozen juice, buy on sale with a coupon. I often get juice for free or nearly free this way. There's no good reason to pay full price - or even sales price! Cost for OJ when I was at the store varied from close to \$3.00 down to \$1.19 for generic. I paid around a quarter, but will count the generic price, 60 cents.
- **Milk:** Buy on sale – unopened it keeps a bit past it's "sell by" date – then you can pick up one for the beginning of the week, and another at the end of the week for the week following. In our area, it is often on sale for \$2.99 a gallon.
- Be careful with your milk, and even opened it will last a lot longer – pour, lid and put away, don't bring it to the table or leave it on the counter while you eat dinner or down your cereal and you'll notice it stay fresh last MUCH longer. We've cut way back on dairy, as most health experts suggest – putting it away helps with that, too. Cost for a 1/2 cup, about 5 cents.
- **Sugar:** Look for sugar on sale, which usually happens around the holidays. While any holiday generates a sales price, the best sales are generally from Thanksgiving to Christmas, when coupons are abundant. 1/2 cup is about 4 cents.
- **Vanilla or other Extracts:** Believe it or not, liquor is often cheaper than vanilla or many extracts, but there is a strategy to buying on the cheap: for the past few years McCormick has had great coupons combined with Catalina offers (buy so many, get a coupon back to get so much money off your next grocery purchase, always in the Spring.) Check your coupon matching sites weekly so you don't miss this – it's often unadvertised. Your store will likely have the best sales, then, too. I never thought of Vanilla or extracts as being seasonal before... but now I get free if I buy several smaller packages. I'll count it as about 10 cents.