

### Strategies Applied:

- **Maple Syrup:** I'm a freak for real maple syrup, and will happily take a lesser grade over a big, old jug of maple "flavored" corn syrup. It can be expensive, but I've recently found some at Aldi at a decent price, and it's not half bad for \$3.99. If you wish to substitute, try a little honey. Cost 20 cents.
- **Mayonnaise:** Buy your condiments in the summer when there are coupons out there and big sales – I look for about a dollar for a 32 ounce jar (notice I said jar – the squeeze bottles generally cost the same and hold less, plus you can't get all of it out.) If you miss the summer sales, another great time of the year for condiments is right before the [Super Bowl](#). Cost for 1/3 cup is about 20 cents.
- **Mustard:** I've seen couponers say they never pay for mustard: in my area I rarely get it for free, but pay pennies for it during the summer months. I look for sale prices and coupons and I'll often buy the "off" brands. (Make a salad dressing right in the jar or bottle to use up the last bit - just shake it up.) Cost for a tablespoon \$1.89 a bottle is about 4 cents.
- **Sour Cream:** This is on sale so often, and goes on a deep sale right before almost any holiday. I expect to pay \$1.00 for 8 ounces or even less - it lasts a long time in the fridge if you keep it clean and don't dip into with dirty utensils, and put the lid back on when using. I also like to keep mine upside down. If it separates, just stir back together. A tablespoon is about 6 cents.