

### Strategies Applied:

- **Mushrooms:** They are often on sale at my grocery for about 1/2 price, especially around holidays. I pick them up when they run 89 to 99 cents a package. I've seen them at Aldi for about the same price. Turns out, according to the World's Healthiest Foods, the [simple button mushroom](#) has as many good qualities as it's more expensive siblings! Go underdog! Cost \$2.00.
- **Onions:** They keep well, so try to buy on sale. Aldi is a good place to find reasonably priced onions. Always less expensive in the fall/winter months, the pricing in my area runs from 33 to 66 cents a pound. Store them in a dark, cool place but not near potatoes. If you've bought too many onions, don't let them go bad. Cost 5 cents.
- **Bread crumbs:** I've brought bread crumbs once, when a friend asked me if I'd pick up a can of Progresso Crumbs on my way to a dinner at their house. I was horrified how expensive they were. I always make my own from the left over bread and toss them in the freezer for when I need them (see my post on [bread crumbs](#).) Since they are made from a normally discarded ingredient, I don't count any cost.
- **Wine:** Neither Marsala or Sherry, has to be expensive - look for great sales, pay a modest price and keep it on hand for recipes. Avoid the "cooking" wines from the grocery. Cost about 30 cents.