

Strategies Applied:

- **Flour:** Buy around any holiday when it is on a great sale price, especially the winter Holidays. I freeze all flour products when I bring them into my home for three days to avoid any issues. The five-pound bags are often much less expensive than the larger bags and are on sale so often, that it isn't necessary to buy the larger bags unless one does a lot of baking. Sometimes coupons are available for the brand names during the sales. 5 pounds for \$1.55 (Aldi) is about 17 cups, unsifted, 9 cents a cup. Cost for the recipe 18 cents.
- **Eggs:** Stock up on eggs when they're inexpensive, normally during Holiday weeks. Low prices in my area range from free (often with other purchases) to anywhere from \$1.89 for 18 eggs. They last for weeks in the fridge – The date on the container is a 'buy' date, and you can expect them to last a good six weeks past that date. If you pick up two or three packages when they're at their low, you'll rarely need to pay full price.
- Refrigerate right away and never store in the door; eggs keep best in a colder part of the refrigerator, in their own box. (Then put your partially used vegetables in the door where you'll see them and remember they need to be used ASAP – the half a bell pepper or onion, etc.) In doubt about an egg? If it floats in water, discard, just to be on the safe side. If they float, it means the egg inside is drying out, not that it is bad in any way. Cost for 4 eggs, at \$1.19 at Aldi, about 40 cents.
- **Club Soda:** It was a little hard to find at the store I was in - I used a small bottle for 89 cents. Of course, I didn't let the rest go to waste, but since this is a recipe that I specifically bought the ingredient for, I'm not going to pro-rate it as I usually do. Cost 89 cents.
- **Milk:** Buy on sale – unopened it keeps a bit past its "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 cup and a half? About 12 cents.
- **Butter:** A bit of a splurge, cost and calorie wise – but for taste and health, I'd rather use real butter than trans fat laden margarine or oils. Yes – they do have trans fat, even if the label says they don't. Harvard, for instance, says unequivocally: "*The key to a healthy diet is to substitute good fats for bad fats and to avoid trans fat.*" While butter isn't a healthy fat, many feel that trans fat is worse than saturated.
- Buy on deep specials, often around the holidays with store coupons. I shoot for \$2.50 a pound and freeze, where it stays fine for months. Cost for this recipe: 31 cents.