

Strategies Applied:

•**Chicken:** I never buy full price chicken – it goes on sale too often. Some sales are better than others, but usually every few weeks it will drop to \$1.89 cents a pound, and I stock up then. I prefer bone in breasts over boneless (see [Bone-In Chicken Breasts, How to Deal with in a Frugal Manner](#)) but I'll buy either bone in or boneless at this price. I portion the chicken in Ziploc bags, a breast per person for meals and freeze. If breasts are super large, I'll trim them down to about six ounces and make tenders for the kids or use the bits for stir fry.

\$2.84.

•**Yogurt:** I habitually buy the large cartons of yogurt, even when I can get the individual ones on sale with a coupon, just because I try to avoid as many additives and as much sugar as possible and I find them to be a bit better quality. If I feel like a flavored yogurt, I'll add in a bit of fruit to my bowl, or maybe a teaspoon of jam. Buy a couple when on sale, because yogurt keeps very well. 1/2 a cup or so, about 50 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](#). Use coupons on this! Cost for 1/4 cup is about 13 cents.

•**Nuts:** It's really worth while to look at alternatives to your grocery – I often buy at Aldi's or our Mill's Fleet Farm – which is a farm supply store with all sorts of products – everything from saddles to outdoor furniture. Sometimes the drug stores (Walgreen, CVS, etc.) have good prices. If you have a "nut supply" house in your area, their prices can't be beat. In the regular grocery store, check the baking aisle, the snack aisle and the bulk aisle – and check for coupons, too, on some nuts. I also stock up around Christmas and freeze my nuts. I look for a price of \$4.99 a pound, so the cost for a cup (5 ounces) is \$1.60. Keep nuts in the freezer.

•**Celery:** Generally inexpensive, but does go on sale from time to time, so I buy extra when it does. Celery keeps so well, there's no reason to not buy when it's not on sale. Remember to use your leaves, they're full of flavor, and if you don't use them in your cooking, save them, along with the bottom parts for soup or stock. Always wash your celery extremely well. To keep longer, slip a plastic bag loosely over the exposed top of the celery. A good price in my area is 98 cents a

sleeve, with about 15 or so stalks in a sleeve. Cost 30 cents

•**Dried Cherries or Cranberries:** As mentioned before, dried cherries, my first choice here can be a little pricey. A great substitute is dried cranberries, and they can be downright cheap when purchased with a coupon, especially during the Christmas sales. The Holidays are a great time to buy dried fruit of any kind at a low price. I paid \$2.99 for a bag with a dollar coupon and used about 1/2. Cost \$1.00.

•**Red Onion:** Red Onions do go on sale now and then, but store really well. I often look for them at Aldis. Even not on sale, a quarter onion is about 10 cents. Peel your onions carefully, leaving as many layers intact as possible...most of the healthful nutrients (just like with many vegetables) lie just below the skin. I used part of the onion in the slaw, and priced it there. If I don't have an immediate use for my onion, I'll wrap the rest in plastic and place in the door of the fridge where I'll see it. Cost 10 cents.

•**Vinegar:** I pick up a jug of white & cider vinegar around Easter - often with a coupon, and often on an unadvertised sale. It keeps forever and is dirt cheap. The better vinegars are often on sale at Easter, and on sale with coupons sporadically through the summer. Many can be picked up at no cost or for just pennies. Stock up because great sales other times of the year are much less likely and vinegar is a component of so many recipes. Cost nominal. If your vinegar grows a "mother" just remove it, it's still perfectly fine. Cost nominal.