

Strategies Applied:

[Savings on St. Patrick's Day](#) - for a few more hints about what's on sale prior to the holiday.

- **Canned Salmon:** I have no idea what the "regular" price is for canned Salmon. I usually stock up during Lent when I look for a low of about \$1.00 a can and a high of \$1.99 a can!
- **Cream Cheese:** Regularly drops to a \$1.00 on sale in my area, and even lower around Holidays, although these lower prices are often limited to one or two packages - get to know your rock bottom price and pick up multiple packages. They last for weeks in the fridge.
- **Lemon:** In season in the winter months here - lemons are often on sale through out the year 3 to 4 to a dollar. The rind holds as much or more flavor than the juice, so I often grate it off before using and store in a Ziploc in my freezer - the little bit dries up but still holds more flavor than the store-bought. If I'm in a pinch and don't have lemon, I'll use it instead. Microwave your lemon for a bit if it's hard and/or roll it on the counter before you juice it and it will break down easier. If you just need a small amount, pierce your lemon with a fork and squeeze out, then remember to use it - later. I bag it and put it in the door of the fridge.
- **Condiments:** Horseradish and liquid smoke are seldom on sale! These small amounts are only pennies, and both keep forever in your fridge.

