

Strategies Applied:

- 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 50 to 88 cents on specials and with coupons. \$1.89 a dozen is the current Aldi price. 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 you don't have a use for the egg whites right away, [freeze them](#). Cost: \$.32.
- Milk:** Is another item that is often on sale - when it is, buy at the beginning of the week and at the end so you'll have it the following week so you can take advantage of the sales price for two weeks. Cost 10 cents.
- Whipping Cream:** Whipping cream varies wildly in price - look for it on sale around any holiday. Store brands are often less expensive than brand names, often half the price. If you aren't using it to whip, consider if 1/2 and 1/2 will work and be less expensive. If you're looking at a pint container, milk is about 8 cents a cup, so a pint of half and half should be roughly half the cost of the 8 ounce whipping cream, less the 8 cents to be cost-effective. If you just need a bit, consider if you can use the rest in another recipe or save out a bit from another recipe to use in this one. This whipping cream was \$1.79 for 16 ounces (a pint) at Aldi; cost for this recipe 90 cents.
- Vanilla or other Extracts:** Believe it or not, liquor is often cheaper than vanilla or many extracts, but there is a strategy to buying on the cheap: for the past few years McCormick has had great coupons combined with Catalina offers (buy so many, get a coupon back to get so much money off your next grocery purchase, always in the Spring.) Check your coupon matching sites weekly so you don't miss this - it's often unadvertised. Your store will likely have the best sales, then, too. I never thought of Vanilla or extracts as being seasonal before...but now I get free if I buy several smaller packages. I'll count it as about 10 cents.
- Cornstarch:** This is one of those baking items best bought around the winter

holidays when baking items are at their least expensive and coupons are available. Cost for a tablespoon: about a penny.

•**Sugar:** Look for sugar on sale, which usually happens around the holidays. While any holiday generates a sales price, the best sales are generally from Thanksgiving to Christmas, when coupons are abundant. Check out Aldi for your sugar; their prices are generally great. A rule of thumb: A store brand on sale will often beat a name brand on sale with a coupon. Aldi generally beats both. 1/2 cup is about 4 cents, a couple tablespoons, nominal.