

Strategies Applied:

- **Bread** - bread freezes well if wrapped carefully and thawed overnight in the fridge, but only for short periods of time. I really like to use the better breads which works out pretty well. They often have great sales with coupons. I used Brownberry on sale with a coupon - the loaf was \$2.00. A slice is 8 cents, so 16 cents.
- **Avocados:** Always on sale for \$1.00 a piece here, sometimes we get lucky and they'll be larger bags for less that aren't too far gone (can you say guac?) Use a little lemon or lime juice on avocado to keep it from turning brown if not using it all immediately. Cost for this one: \$1.00, cost 50 cents.
- **Cheese:** Although I used presliced cheese here, in our area it almost always costs less to slice your own. The advantage of presliced is it may be easier to get thinner slices and serve more people with the same amount. Cost \$.10 cents.
- **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 and can be frozen, although the texture is a little off when thawed. Simply because they are so long lasting, I don't bother to freeze. Cost for this recipe: \$.19 cents.
- **Alfalfa Sprouts:** Not inexpensive at the store, if you buy a package, make sure you'll have a use for the rest. Sprouts like this are very easy to grow at home although you'll want to be sure to keep everything clean to avoid any bacterial risk. A few days before you want them, soak seeds for several hours, rinse and place seeds on a damp sponge on a plate and cover with a clear container. Keep moist. You should have sprouts in 3 days. Cost for the portion of the store bought I used was about 20 cents.
- **Almonds:** 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. Whole almonds are usually the best value unless you have a great sales price and coupon on the smaller packages of fancier cuts. I look for a price of \$4.99 a pound, for whole almonds, cost for this recipe ran about 15 cents.