

GUIDE TO GROCERY SALE CYCLES – GETTING THE BEST PRICES

LIVINGRICHWITHCOUPONS.COM

JANUARY SAVINGS

"To really save money, you need to know when the best time is to use those coupons and when you should expect to pay some of the lowest prices of the year."

NATIONAL FOOD HOLIDAYS:

- NATIONAL OATMEAL MONTH
- NATIONAL SOUP MONTH
- NATIONAL HOT TEA MONTH
- NATIONAL WHEAT BREAD MONTH
- NATIONAL SLOW COOKING MONTH
- FAT FREE LIVING MONTH
- NATIONAL EGG MONTH
- BREAD MACHINE BAKING MONTH
- NATIONAL PIE DAY
- NATIONAL PEANUT BUTTER DAY

OTHER HOLIDAYS:

- NEW YEARS DAY
- SUPERBOWL

HAPPY
New Year!

FOODS SALE ITEMS:

- TEAS
- EGGS



Chips

- DIET FOODS
- SOUPS
- SNACK FOODS
- SODA
- OATMEAL

HBA SALE ITEMS:

COLD MEDICATION
PAIN RELIEF
DIET PRODUCTS
VITAMINS

CABBAGE
LEEKs
BROCCOLI
CAULIFLOWER
BRUSSELS SPROUTS
CELERY
AVOCADO
KIWI
ORANGES
GRAPEFRUIT
TANGERINES
TANGELOS
LEMONS
PAPAYAS

Produce in Season

CLEARANCE ITEMS:

- WINTER CLOTHES
- COATS, GLOVES, HATS
- TOYS
- CHRISTMAS/
HANUKKAH PRODUCTS



SEASONAL SALES ITEMS:

- FURNITURE
- EXERCISE EQUIPMENT
- WHITE SALES/HOME PRODUCTS
- ORGANIZATIONAL ITEMS

FEBRUARY SAVINGS

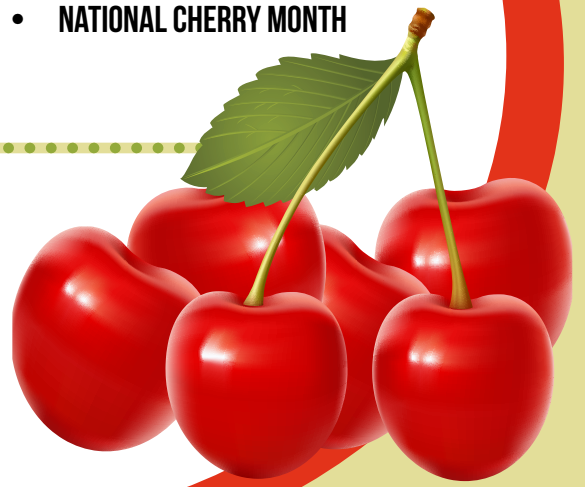
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NATIONAL FOOD HOLIDAYS:

- NATIONAL SNACK FOOD MONTH
- NATIONAL GRAPEFRUIT MONTH
- NATIONAL CANNED FOOD MONTH
- NATIONAL HOT BREAKFAST MONTH
- GREAT AMERICAN PIES MONTH
- NATIONAL FIBER MONTH
- NATIONAL CHERRY MONTH

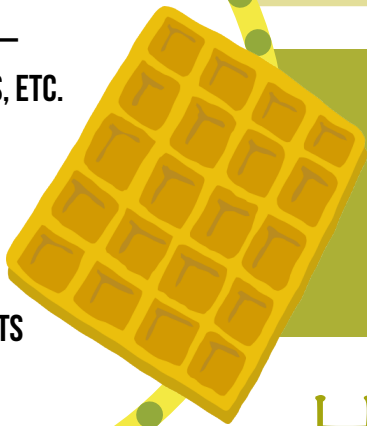
OTHER HOLIDAYS:

- AMERICAN HEART MONTH
- VALENTINE'S DAY
- CHINESE NEW YEAR
- PRESIDENT'S DAY



FOOD SALE ITEMS:

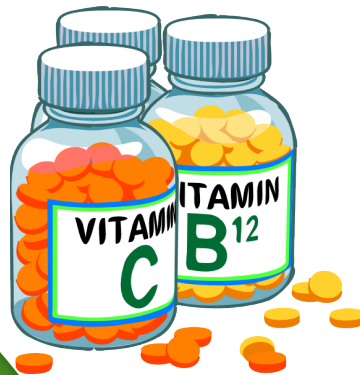
- CANNED PRODUCTS
- HOT BREAKFAST PRODUCTS —
OATMEAL, FROZEN WAFFLES, ETC.
- CHOCOLATE
- SOY SAUCE
- TERIYAKI
- STIR FRY MIX
- LOW CHOLESTEROL PRODUCTS



"Knowing when products will be at their lowest prices and combining them with coupons allows you to stock up until the next great sale rolls around."

HBA SALE ITEMS:

- ASPIRIN
- FISH OIL
- CONDOMS
- KY



Produce in Season:

- BROCCOLI
- POTATO
- CAULIFLOWER
- ORANGES
- GRAPEFRUIT
- ARTICHOKE
- ASPARAGUS
- AVOCADO
- CARROTS
- SPINACH
- KIWI
- LEMONS
- PAPAYAS

CLEARANCE ITEMS:

- VALENTINES PRODUCTS (AFTER 2/14)
- CANDY/CHOCOLATE (AFTER 2/14)



MARCH SAVINGS

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OTHER HOLIDAYS:

- NATIONAL RED CROSS MONTH
- NATIONAL COLORECTAL CANCER AWARENESS MONTH
- NATIONAL CRAFT MONTH
- SPRING CLEANING MONTH
- POISON PREVENTION AWARENESS MONTH
- ST. PATRICK'S DAY
- MARDI GRAS

NATIONAL FOOD HOLIDAYS:

- NATIONAL FROZEN FOOD MONTH
- NATIONAL PEANUT MONTH
- NATIONAL FLOUR MONTH
- NATIONAL PANCAKE WEEK



FOOD SALE ITEMS:

- FROZEN FOODS
- CORNED BEEF

SALE



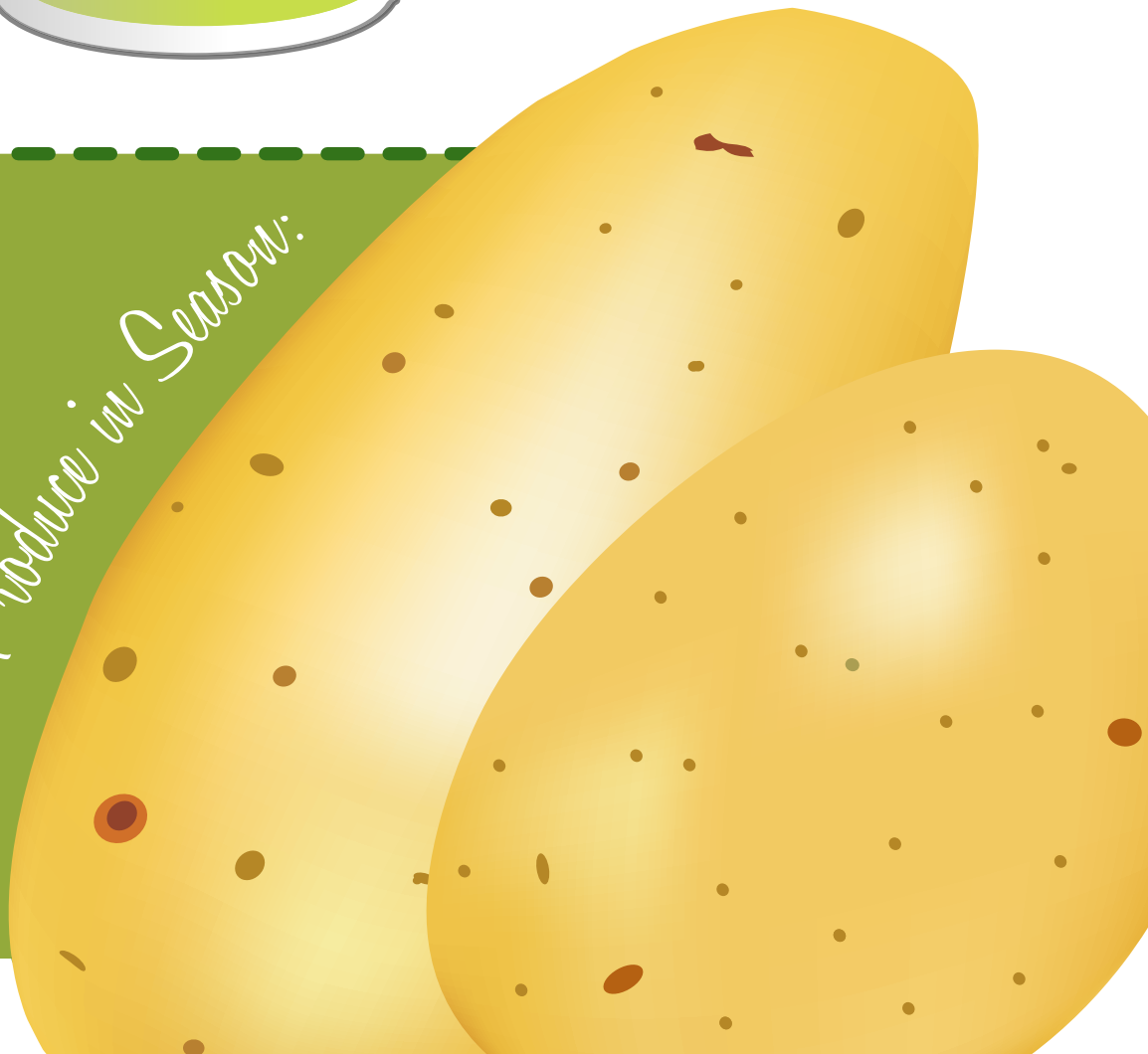
HBA/HOUSEHOLD
SALE ITEMS:
- Cleaners -

CLEARANCE ITEMS:

- WINTER ITEMS -

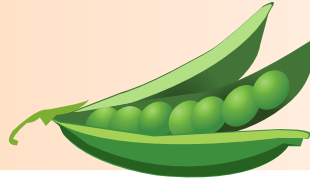
- CABBAGE
- ASPARAGUS
- BROCCOLI
- CARROTS
- CELERY
- LETTUCE
- POTATOES
- LIME'KENIB
- PINEAPPLES
- MANGOES

Produce in Season:



APRIL SAVINGS

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NATIONAL FOOD HOLIDAYS:

- NATIONAL SOFT PRETZEL MONTH
- NATIONAL SOYFOODS MONTH
- NATIONAL PECAN MONTH

SEASONAL SALE ITEMS:

- SMOKE DETECTORS
- CARBON MONOXIDE MONITORS

FOOD SALE ITEMS:

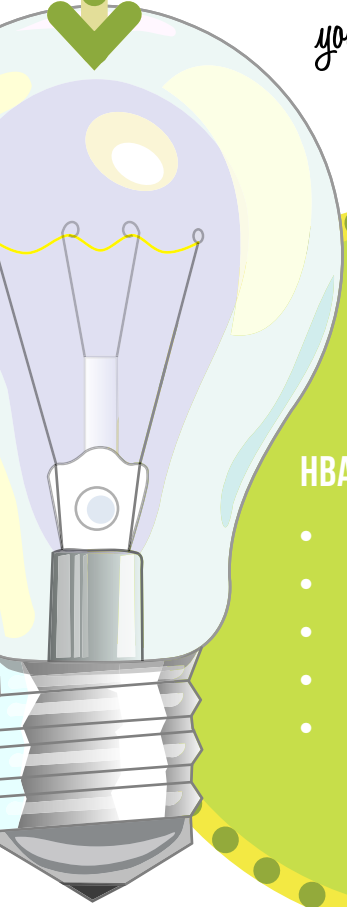
- BAKING PRODUCTS
- FOOD COLORING/DYES
- JEWISH/PASSOVER FOODS
- ORGANIC FOODS
- EGGS



OTHER HOLIDAYS:

- EASTER/PASSOVER
- DAYLIGHT SAVINGS TIME
- APRIL FOOL'S DAY
- EARTH DAY
- ARBOR DAY
- NATIONAL GARDEN WEEK
- INCOME TAX MONTH

"A lot of prices are effected by holidays when things like baking products are sold at great prices or occasions like the Superbowl when you'll find stock up prices on snacks and finger foods."



HBA/HOUSEHOLD SALE ITEMS:

- BATTERIES
- GIFT BASKETS SUPPLIES
- NATURAL CLEANERS
- CFL LIGHT BULBS
- REUSABLE SHOPPING BAGS

Produce in Season



- ARTICHOKES
- ZUCCHINI
- RUBARB
- ASPARAGUS
- SPRING PEAS
- BROCCOLI
- LETTUCE
- CARROTS
- PINEAPPLES
- MANGOS
- AVOCADO
- ONIONS
- RHUBARB

CLEARANCE SALE ITEMS:

- WINTER ITEMS
- EASTER CANDY (AFTER EASTER)

MAY SAVINGS

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National Food Holidays:

- NATIONAL EGG MONTH
- NATIONAL SALAD MONTH
- NATIONAL SALSA MONTH
- NATIONAL BARBEQUE MONTH
- NATIONAL HAMBURGER MONTH
- NATIONAL STRAWBERRY MONTH
- NATIONAL ASPARAGUS MONTH

Food Sale Items:

- CONDIMENTS
- SNACKS
- HAMBURGER/HOT DOG BUNS
- SODA
- GRILLING MEATS
- SALAD DRESSINGS

OTHER HOLIDAYS:

- NATIONAL ALLERGY/ASTHMA AWARENESS MONTH
- SKIN CANCER AWARENESS/PREVENTION MONTH
- MEMORIAL DAY
- CINCO DE MAYO
- MOTHER'S DAY
- GRADUATIONS
- NATIONAL PET WEEK

HBA/HOUSEHOLD SALE ITEMS:

- CHARCOAL
- PAPER PLATES
- COOLERS
- INSECT REPELLENT
- SUNSCREEN
- ALLERGY MEDICATION
- DOG/CAT FOOD

SEASONAL SALE ITEMS:

- POOL TOYS
- POOL EQUIPMENT
- BBQ GRILLS
- GARDEN FURNITURE

PRODUCE IN SEASON:

- | | |
|-------------|--------------|
| OKRA | LETTUCE |
| ZUCCHINI | GREEN BEANS |
| RHUBARB | BEETS |
| ARTICHOKES | CARROTS |
| ASPARAGUS | STRAWBERRIES |
| SPRING PEAS | BLACKBERRIES |
| BROCCOLI | RASPBERRIES |



JUNE SAVINGS

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Hot Price
BIG REDUCTION

NATIONAL FOOD HOLIDAYS:

- NATIONAL DAIRY MONTH
- NATIONAL SEAFOOD MONTH
- NATIONAL ICED TEA MONTH
- NATIONAL FROZEN YOGURT MONTH
- NATIONAL FRESH FRUIT AND VEGETABLES MONTH
- NATIONAL CANDY MONTH

FOOD SALE ITEMS:

- DAIRY PRODUCTS
- POPSICLES
- HAMBURGER BUNS, HOT DOG BUNS
- GRILLING MEATS
- CONDIMENTS



Produce in Season:

- CORN,
- CUCUMBERS
- EGGPLANT
- RED ONIONS
- SUMMER SQUASH
- SWEET VIDALIA ONIONS
- TOMATOES
- APRICOTS
- BLACKBERRIES
- BLUEBERRIES
- CHERRIES
- GRAPES
- HONEYDEW
- NECTARINES
- PEACHES
- RASPBERRIES
- STRAWBERRIES
- WATERMELON

HBA/HOUSEHOLD SALE ITEMS:

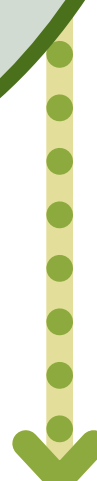
- ASPIRIN
- PAIN RELIEVERS
- HEADACHE MEDICINES
- ALLERGY & SINUS MEDICINES
- PAPER PRODUCTS
- INSECT REPELLENT
- SUNSCREEN
- CHARCOAL

Other Holidays:

- FATHER'S DAY
- NATIONAL HUNGER AWARENESS DAY
- FLAG DAY

Seasonal Sale Items:

POOL TOYS/EQUIPMENT | COOLERS | BBQ GRILLS



JULY SAVINGS

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NATIONAL FOOD HOLIDAYS:

- NATIONAL PICKLE MONTH
- NATIONAL HOT DOG MONTH
- NATIONAL ICE CREAM MONTH
- NATIONAL BAKED BEAN MONTH
- NATIONAL BLUEBERRY MONTH

OTHER HOLIDAYS:

- JULY 4TH -

FOOD SALE ITEMS:

- **CONDIMENTS**
- **BAKED BEANS**
- **GRILLING MEATS**
- **HAMBURGER/HOT DOG BUNS**

PRODUCE IN SEASON:

CORN
CUCUMBERS
GREEN BEANS
EGGPLANT
FIGS
GARLIC
OKRA
RED ONIONS
PEPPERS
POTATOES

SUMMER SQUASH
TOMATOES
PEARS
BLUEBERRIES
GRAPES
NECTARINES
PEACHES
PLUMS
WATERMELON

HBA/HOUSEHOLD SALE ITEMS:

INSECT REPELLENT
SUNSCREEN
PAPER GOODS



AUGUST SAVINGS

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NATIONAL FOOD HOLIDAYS:

- NATIONAL PEACH MONTH
- NATIONAL WATERMELON MONTH
- NATIONAL SANDWICH MONTH

CLEARANCE ITEMS:

- BBQ ITEMS
- POOL TOYS/EQUIPMENT
- SUNSCREEN
- INSECT REPELLENT
- PATIO FURNITURE

NATIONAL FOOD HOLIDAYS:

- NATIONAL PICKLE MONTH
- NATIONAL HOT DOG MONTH
- NATIONAL ICE CREAM MONTH
- NATIONAL BAKED BEAN MONTH
- NATIONAL BLUEBERRY MONTH

HBA/HOUSEHOLD SALE ITEMS:

*Cleaning Items –
wipes, hand sanitizers*

PRODUCE IN SEASON:

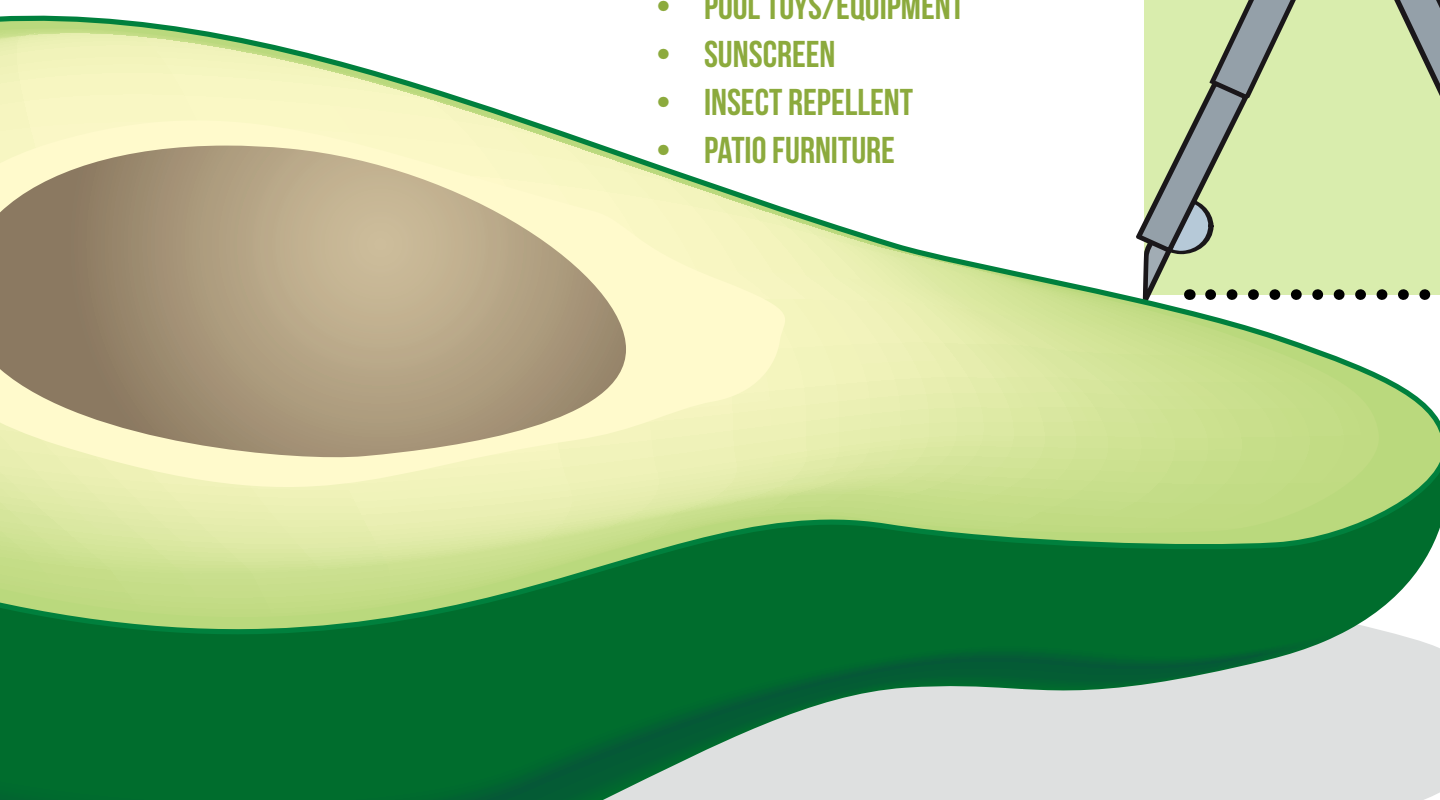
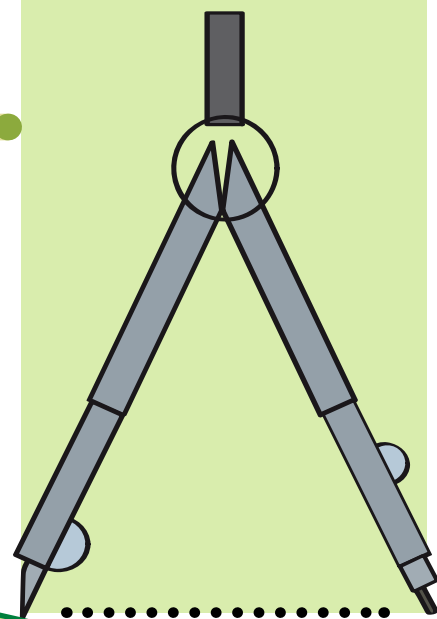
- BEANS
- CORN
- CUCUMBER
- EGGPLANT
- FIGS
- OKRA
- ONION
- PEPPER
- TOMATOES
- AVOCADO
- BERRIES
- GRAPES
- MELONS
- PEACHES
- PLUMS
- RASPBERRIES

SEASONAL SALE ITEMS:

- BACK TO SCHOOL STATIONARY ITEMS
- LUNCHBOXES
- BACK PACKS
- BACK TO SCHOOL CLOTHESMONTH
- NATIONAL BLUEBERRY MONTH

CLEARANCE ITEMS:

- BBQ ITEMS
- POOL TOYS/EQUIPMENT
- SUNSCREEN
- INSECT REPELLENT
- PATIO FURNITURE



SEPTEMBER SAVINGS

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NATIONAL FOOD HOLIDAYS:

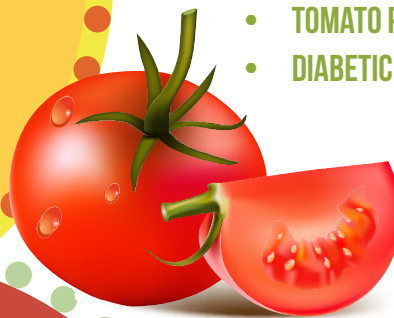
- NATIONAL RICE MONTH
- NATIONAL HONEY MONTH
- NATIONAL BISCUIT MONTH
- NATIONAL CHICKEN MONTH
- NATIONAL BREAKFAST MONTH
- NATIONAL ICE CREAM SANDWICH MONTH

OTHER HOLIDAYS:

- BABY ITEMS MONTH
- LABOR DAY
- ROSH HASHANAH
- NATIONAL COUPON MONTH
- NATIONAL DOG WEEK
- NATIONAL SEWING MONTH
- HISPANIC HERITAGE MONTH

FOOD SALE ITEMS:

- LUNCH BOX PRODUCTS
- BREAD
- TOMATO PRODUCTS
- DIABETIC FOOD PRODUCTS



SEASONAL SALE ITEMS:

- BABY PRODUCTS
- LUNCH BOXES
- BACK PACKS



HBA/HOUSEHOLD:

DIABETIC PRODUCTS/METERS

PRODUCE IN SEASON:

- ARTICHOKEs
- BEANS
- PEPPERS
- CUCUMBERS
- EGGPLANT
- SQUASH
- TOMATO
- APPLES
- ORANGES
- PEARS
- POMEGRANATE

OCTOBER SAVINGS

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NATIONAL FOOD HOLIDAYS:

- NATIONAL PASTA MONTH
- NATIONAL SAUSAGE MONTH
- NATIONAL PRETZEL MONTH
- NATIONAL DESSERT MONTH
- NATIONAL COOKIE MONTH
- NATIONAL SEAFOOD MONTH
- NATIONAL APPLE MONTH
- NATIONAL CHILI MONTH
- NATIONAL PIZZA MONTH



OTHER HOLIDAYS:

- HALLOWEEN
- NATIONAL CHILDREN'S DAY
- WORLD FOOD DAY
- DAYLIGHT SAVINGS TIME ENDS
- FIRE PREVENTION WEEK
- NATIONAL DENTAL HYGIENE MONTH
- NATIONAL ANIMAL SAFETY AND PROTECTION MONTH
- NATIONAL BREAST CANCER AWARENESS MONTH

SEASONAL SALE ITEMS:

- ALARM CLOCKS
- SMOKE ALARMS
- SAFETY EQUIPMENT
- CAR CARE PRODUCTS
- CUSTOMS
- HALLOWEEN DECORATIONS

FOOD SALE ITEMS:

- CANDY
- COOKIES
- BAKING PRODUCTS
- NUTS

EXCLUSIVE SALE *BIG CLEARANCE*



HBA/HOUSEHOLD:

- PET PRODUCTS -

- BATTERIES -



Produce in Season:

- | | |
|------------------|-------------|
| ARUGULA | PARSNIP |
| BEETS | POTATOES |
| BROCCOLI | PUMPKIN |
| BRUSSELS SPROUTS | SPINACH |
| CABBAGE | SQUASH |
| CHESTNUTS | TURNIPS |
| CRANBERRIES | YAMS |
| KALE | APPLES |
| KUMQUAT | CRANBERRIES |
| LEMONS | POMEGRANATE |



NOVEMBER SAVINGS

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NATIONAL FOOD HOLIDAYS:

- NATIONAL PEPPER MONTH
- NATIONAL RAISIN BREAD MONTH
- NATIONAL PEANUT BUTTER MONTH
- NATIONAL APPLE MONTH

SEASONAL SALE ITEMS:

- PRE-SEASON SALE ON HOLIDAY ITEMS
- BLACK FRIDAY SALES!
- BLANKETS

OTHER HOLIDAYS:

- THANKSGIVING
- GREAT AMERICAN SMOKEOUT
- ELECTION DAY
- VETERAN'S DAY
- AMERICAN DIABETES MONTH
- LUNG CANCER AWARENESS MONTH
- NATIONAL AMERICAN INDIAN HERITAGE MONTH
- BLACK FRIDAY

CLEARANCE ITEMS:

- HALLOWEEN PRODUCTS
- HALLOWEEN CANDY

Produce in Season:

- BEETS
- BOK CHOY
- BROCCOLI
- BRUSSELS SPROUTS
- CABBAGE
- CARROTS
- CELERY
- CHARD
- KALE
- LEEK
- MUSTARD GREENS
- PARSNIP
- POTATO
- SWEET POTATOES
- TOES
- WINTER SQUASH
- TURNIP
- YAMS
- PEARS
- CRANBERRIES
- KIWI
- LEMONS
- ORANGE

FOOD SALE ITEMS:

- TURKEY
- COFFEE TEA
- BROTHS
- BAKING SUPPLIES
- CANNED PUMPKIN
- STUFFING
- TURKEY

HBA/ Household Sale Items:

- SMOKING CESSATION PRODUCTS

DECEMBER SAVINGS

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National Food Holidays:

NATIONAL EGG NOG MONTH
NATIONAL FRUIT CAKE MONTH



Clearance Items:

- FALL DÉCOR ITEMS
- AFTER CHRISTMAS SALES

FOOD SALE ITEMS:

BAKING SUPPLIES
STUFFING
BREAD/ROLLS
CREAM SOUPS
PIE FILLING
EGG NOG
PARTY PLATTERS
SOUR CREAM
SNACKS
SODA
HAM



PRODUCE IN SEASON:

BOK CHOY
BROCCOLI
BRUSSELS SPROUTS
CARROTS
CAULIFLOWER
CELERY
DATES
KALE
SWEET POTATOES
RED CABBAGE
SAVOY CABBAGE
SPINACH
WINTER SQUASH
YAMS
TURNIPS
WHITE POTATOES
PEARS
GRAPEFRUIT
HAAS AVOCADOS
KIWI
KUMQUAT
LEMON
ORANGES

OTHER HOLIDAYS:

CHRISTMAS
HANUKAH
KWANZAA

SEASONAL ITEMS:

- HOLIDAY DECORATIONS
- TOYS
- WRAPPING PAPER/CARDS/RIBBONS, ETC

HBA/HOUSEHOLD SALE ITEMS:

- PAPER GOODS •

Living Rich
WITH
COUPONS

Saving You Money on Groceries & more!