

Grocery Sales Cycles:

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January

- **Post Christmas:** Decorations, Toys, Wrapping Paper etc. on clearance. Also look for regular food items packaged in Holiday packaging that will be on sale (refrigerated cookies, breads, crackers etc)
- **Super Bowl:** Soda, Chips, Cheese, Sandwich items, Condiments, Crackers, Snack foods, Dips
- **National Oatmeal Month:** Most Quaker items will be on sale (not just oatmeal, look at Life cereal, syrup etc)
- **Winter Health:** Cold Medicines and Vitamins
- **Seasonal Items:** Canned soups & Chili, Household Cleaners

February

- **National Canned Food Month:** Canned Fruit & Veggies, Pie Fillings, Canned tuna & other meats
- **American Heart Month:** Aspirin, Cholesterol Meds, Low Cholesterol “butter” spreads / sprays etc.
- **Chinese New Year:** Soy Sauce, Crunchy noodles, Teriyaki Sauce, Ramen, Stir fry sauce, stir fry veggies, water chestnuts
- **National Hot Breakfast Month:** Malt O Meal, Oatmeal, Eggo Waffles, Syrup, frozen potatoes
- **Valentines:** Chocolate, Hershey’s, KY
- **Other:** Dog Foods, Push on store brands

March

- **Frozen Food Month:** All thing frozen
- **Seasonal Items:** Household Cleaners; Gardening supplies (occasionally earlier depending on where you live)
- **National Peanut Month:** Peanut Butter, Peanuts
- **St Patrick’s Day:** Potatoes, Corned Beef
- **Easter / Passover** (sometimes not until April): Eggs, Ham, Horseradish, Spices, Sugar, Chocolate Chips, Coconut, Butter, Baking mixes, Marshmallows

April

- **Easter / Passover** (If not in March): Eggs, Ham, Horseradish, Spices, Food coloring, Sugar, Chocolate Chips, Coconut, Butter, Baking mixes, Marshmallows
- **Daylight Savings:** Batteries, Smoke / Carbon Monoxide detectors, Light Bulbs
- **Earth Day:** Organic Foods, Energy Saver items, Eco-friendly items, Reusable Totes / Grocery Bags, Natural Cleaners
- **Post Easter:** Decorations, Toys, Wrapping Paper etc. on clearance. Also look for regular food items packaged in Holiday packaging that will be on sale (refrigerated cookies, breads, crackers etc)
- **Other:** Olive Oil, Popsicles (change of inventory this month), Kelloggs Cereal, ConAgra Products

May

- **Memorial Day** (Most will be on sale again in late June / Early July): Soda, Charcoal, Grilling Meats, Salad Dressing (often free with a coupon), Potato Chips, S'mores items, Dips, Grilling Meats, Hot Dogs, Hamburger Meat, Buns, Marinades, Juice Drinks (like Capri Sun)
- **Allergy Meds:** Alavert, Zyrtec, Claritin etc (and generics)
- **Paper Products:** Plates, Utensils, Insect Repellant, Sunscreen
- **National Pet Week:** Dog & cat food and treats
- **Cinco De Mayo:** Salsa, tortillas, Taco seasonings
- **Other:** General Mills Cereal

June

Stay away from full priced summer items early this month that were on sale last month (and next month) such as allergy meds, paper plates, sunscreen, insect repellent, BBQ items etc.

- **National Dairy Month:** Eggs, Milk, Ice Cream, Cottage Cheese, Sliced / Shredded / Block Cheese, Cream Cheese, Butter, Yogurt, Sour Cream, Whipping Cream, Whipped Cream, Cool Whip, Drumsticks
- **Father's Day / July 4th** (end of June): BBQ items again: BBQ Sauce, Condiments, Grilling meat, Charcoal, Potato chips, Hamburger / Hot dog buns
- **National Headache Month:** Aspirin, Sinus meds, Other Painkillers

July

- **National Ice Cream Month:** Ice cream, Popsicles, Drumsticks etc.
- **More 4th of July BBQ Sales** (Beginning of the month): Hot Dogs, Hamburgers, BBQ Sauce, Ketchup, Condiments, Charcoal, Salad Dressing, Potato Chips, Dips
- **Back to School Sales** (sometimes at the end of the month; sometimes not until Aug): Lunch meat, Lunchables, Bread, Cold Cereal, Waffles, Lunchboxes, Crayons, Pencils, Folders, Binders, Granola bars, fruit snacks, pudding cups

August

- **Back to School** (may continue into September through Labor Day): Lunch meat, Lunchables, Bread, Cold Cereal (especially Kelloggs), Waffles, Lunchboxes, Crayons, Pencils, Folders, Binders, markers, Glue, paper Granola bars, fruit snacks, pudding cups
- **Clorox Classroom Cleanup:** Sanitizing wipes, hand sanitizers
- **Seasonal Clearances:** Insect Repellent, Sunscreen, charcoal

September

- **Diabetes Products:** Bayer Glucose Meters, Glucerna Cereal
- **Tomato Products:** Tomato Sauce /, paste / juice, spaghetti sauce, Canned tomatoes, tomato soup, ketchup occasionally
- **Other:** Honey, Oral care (typically more at drug stores than grocery stores), condensed soups

October

- **Halloween:** Candy, Fresh Pumpkin
- **Holiday Baking Sales** (end of month especially, but wait for Thanksgiving and Christmas week for the best deals): Canned pumpkin, Evaporated Milk, Baking Chips
- **Daylight Savings:** Batteries, Smoke / Carbon Monoxide detectors, Light Bulbs
- **Adopt a Shelter-Dog Month:** Dog foods and treats
- **Other:** National seafood month

November

- **Great American Smoke Out:** Nicorette, Commit etc.
- **Post Halloween:** Candy Clearances, Costumes etc. Also look for regular food items packaged in Holiday packaging that will be on sale (refrigerated cookies, breads, crackers etc)
- **Peanut Butter Month:** Peanuts, Peanut Butter
- **Holiday Baking Sales:** Nuts, Chocolate Chips, Evaporated Milk, Sweetened Condensed Milk, Coconut, Cake Mixes
- **Canned Holiday Items:** Soup, Broth,
- **Thanksgiving Items:** Turkey, Canned Pumpkin, Stovetop Stuffing, Boxed Potatoes, Gravy Mixes, Frozen Pies, Cranberry Sauce, Jello, Marshmallows

December

- **Christmas Dinner:** Gravy Mixes, Frozen Pies, Egg Nog, Deli Platters, Instant Potatoes, Cranberry Sauce, Jello, Marshmallows, Sour Cream Dips, Crackers, Chips, Soda, Ham, Turkey
- **Baking:** Flour, Sugar, Butter, Cream, Chocolate Chips, Cake Mix, Brownie Mix, Muffin Mix, Breads, Pie Crust, Marshmallow, Whipped cream
- **Post Thanksgiving:** Look for regular food items packaged in Holiday packaging that will be on sale (refrigerated cookies, breads, crackers etc)