

Strategies Applied:

Frozen Vegetables: Although many are so unpalatable as to be a waste of money at almost any price, many are so full of additional water that they don't even make up half the weight of the package. A few good values are peas, limas, onions, all vegetables that stand up well to freezing and are often tedious to prepare fresh. Use a coupon and buy on sale and it's possible to pick up packages for a pittance. I shoot for \$1.00 or less per pound.

Bread: Making your own is really quite easy, especially if you're just looking for a serviceable loaf, but look for French or Italian bread for about \$1.00 a loaf, on sale.

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 11 cents.

Olive Oil: I have a little strategy for buying [olive oil](#) – using coupons and sales to lower the price, so click on the link. I also look for new brands and stock up – heavy competition means that when a new brand comes to the store, it is often at a fantastic price for a few weeks, then settles in at around the same price as the others. I think it's important to use olive oil as opposed to many others – the health benefits outweigh a bit more extra cost, and it can be had at a very reasonable price. I also like the fact that Olive oil contains no hidden trans fats like Canola or Vegetable oil. Cost for this recipe: 8 cents.