



October

In Season Fruit

Pomegranate
Apples
Grapes

In Season Veggies

Pumpkin
Sweet Potatoes
Winter Squash
Spinach
Cranberries
Artichokes
Sweet Potatoes
Yams

Notable Events

Yom Kippur
Halloween
Columbus Day

What is on Sale

Baking Products
Candy
Cookies/Cakes/Baked Goods
Canned Pumpkin
Italian Foods (pasta, pizzas, wine)
Pet Food

Looking ahead @ November

Black Friday!
Thanksgiving
Post Halloween Clearance