



# January

## *In Season Fruit*

Tangerine  
Pears  
Grapefruit  
Lemons  
Papaya  
Apples  
Pears  
Pomegranate

## *In Season Veggies*

Celery  
Avocado  
Cauliflower  
Leeks  
Cabbage  
Broccoli  
Artichoke

## *Notable Events*

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National Oatmeal Month  
Post Christmas Clearance (toys, wrapping paper, food items)  
New Years Eve- champagne and wine are deeply discounted  
Superbowl Sunday

## *What is on Sale*

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Diet foods - Special K, Lean Cuisine, Slim Fast and more  
Healthy foods- Kashi, yogurt  
Football snack items- appetizers, dips, chips, snack foods, soda, wings  
Cold and Flu Medicines and vitamins  
End of the winter clothing clearance

## *Looking ahead @ February*

Valentine's Day- candy, flowers, champagne, wine, cards, perfume  
Chinese New Year- sales on chinese food

National Breakfast Month

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