

Zone 1: The "Spring Peak" Grocery List

Focus on high-fiber, antioxidant-rich produce and building a "Smoothie Station" in your freezer.

- [] **Fresh Strawberries:** Buy 3 or 4 flats; wash, hull, and freeze half for summer.
- [] **Asparagus:** Look for the thin stalks (often on sale in bundles) for quick roasting.
- [] **Artichokes:** A great high-fiber "activity food" for family dinners.
- [] **Cherries:** Grab these during Memorial Day weekend for the first price drop of the year.
- [] **Apricots:** A nutrient-dense snack that is finally in season.
- [] **Bulk Salad Greens:** Spinach and arugula are at their best quality and lowest price now.
- [] **Frozen Berry Bags:** Check for "Smoothie Season" discounts on 3lb bags of mixed berries.
- [] **Spring Onions:** Stock up to add fresh flavor to salads and grilled dishes.

Zone 2: The "Spring Up" Home & Garden

Focus on curb appeal and essential home maintenance before the summer heat hits.

- [] **Bulk Mulch:** The goal is the "5 for \$10" or "6 for \$12" deal. Most households need 15–20 bags for a full refresh.
- [] **Potting Mix/Garden Soil:** Stock up now; prices rise significantly once the "planting fever" passes in June.
- [] **Perennial Flowers:** Look for hostas, daylilies, or lavender—plants that pay for themselves by returning next year.
- [] **Interior/Exterior Paint:** If you have a room to refresh, buy the paint now to take advantage of the holiday rebates.
- [] **Lawn Mower Blades/Tune-up Kit:** If your mower is struggling, these maintenance parts are often discounted mid-month.
- [] **Paver Stones:** Great for a quick DIY weekend walkway or trash can pad while they are on bulk-buy discount.

Zone 3: The "Big Ticket" Household Staples

Memorial Day weekend (the last Monday of May) is the target for these items. Do not buy them at full price earlier in the month!

- [] **High-Efficiency Air Filters:** Buy the 6-month supply; pollen is peaking and you'll want fresh filters for the AC.



[] **New Bed Sheets:** Look for "cooling" cotton or linen sets—retailers discount these for the transition to summer.

[] **Cookware Set:** If your pans are warped or the coating is peeling, May is the best time for a high-quality replacement set.

[] **Dishwasher Detergent & Rinse Aid:** Often bundled with major appliance promotions at big-box retailers.

[] **New Pillows:** Replace any that have lost their shape during the spring bedding sales.

[] **Running/Walking Shoes:** A staple sale item in May as everyone heads outdoors for fitness.

