

Spending on little things

Have you ever thought about how much you might be spending on the “little things” every day or every week? It adds up over time. One way to find more money for eating healthy on a budget is to **track your expenses—even on the little things—and then change your spending habits**. Fill in the blanks below, and prepare to be amazed!

Soft Drinks

One a day at \$ _____ =

\$ _____ a week (x7)

\$ _____ a year (x365)

Cigarettes

One pack a day at \$ _____ =

\$ _____ a week (x7)

\$ _____ a year (x365)

Coffee

One a day at \$ _____ =

\$ _____ a week (x7)

\$ _____ a year (x365)

Candy Bars

One a day at \$ _____ =

\$ _____ a week (x7)

\$ _____ a year (x365)

Fast Food Meal

Two times a week at \$ _____ =

\$ _____ a week

\$ _____ a year