



HOW MUCH WILL YOU \$AVE?

If you eliminate:	Estimated Average Cost:	Savings Per Year
Cable TV	\$45.00/month	\$540.00
Cigarettes	\$3.50/day	\$1277.00
Meals Out	\$20.00/meal X 4 times per month	\$960.00
Telephone	Five 30 minute In-state calls/month	\$200.00
Unnecessary Groceries	\$10.00/week	\$520.00
Soda	1/Day X \$.50/can	\$182.50
	TOTAL SAVED	\$3,680.00

Prepared by Nutrition Education Program Staff – Brown County.

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