

“But, fast food is cheaper...”

By packing a lunch, you could save \$50 a week and about \$2000 by the end of the school year!



**WHY
ACT
NOW**

Don't be
fast, easy,
cheap or
fake.



OR



*Buying fast food daily empties your wallet and expands your waistline.
Still lovin' it?*

Packing your own food saves you money.



Facebook.com/WhyActNow



UNIVERSITY OF
ALBERTA

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