

MONITOR

**WHY
ACT
NOW**

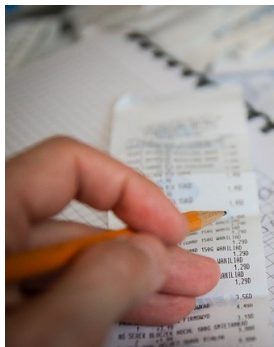
Spending & Eating Habits

Why should you monitor your spending & eating?

- * Identifies your spending habits.
- * Allows you to plan ahead, create a budget & save more.
- * Keeps you in check to see if you are following your budget.



Become a Conscious Spender



- 1) Grab a notebook or use your smartphone to track your food spending. After every purchase, write it down & keep receipts! There is nothing like the **facts** to make you aware of how you're using your money.
- 2) This includes every penny; spending at school, any snacks/lunches, restaurants & grocery stores.
- 3) At the end of each week, review your notes and add it up! How often did you buy something? How much do you wish you hadn't spent?
- 4) Do this for 4 weeks to see how much you spend monthly.
- 5) Are you surprised at the results?

Tips

- Eat out less, pack food from home more often.
- If you choose to eat out, only buy a snack rather than a full meal.
- Choose water (it's free!) instead of pop, tea, or coffee.



Pop Costs...

If you stop buying a sweetened drink every day and save that \$20 a week instead...

you will have an extra \$1000 in your pocket at the end of the year!



STAY CONNECTED WITH US:



facebook.com/WhyActNow



@whyactnow



Indigenous & Global Health Research Group
(780) 492 - 3214 info@whyactnow.ca