

# CHEAP

**WHY  
ACT  
NOW**

## Doesn't Mean Sweet

### FAST FOOD

They draw you in with their convenience, low prices, and tempting commercials, but not everything is as it's made out to be.



#### I don't buy that much fast food...

- Think again, until you actually write it down, you're probably buying it more often than you think.

#### Fast food tastes so much better than healthy food...

- You've learned to think it is, but by making a switch you can unlearn this.

#### I'm spending less on fast food than making my own...

- Yah right, those small purchases add up fast. If you buy lunch daily, you're spending \$50.00 in a school week.

#### I don't know where to start...

- Have patience, it takes about 6 weeks of healthy eating to ditch your fast food cravings.

#### I don't have time to make my own food...

- It's possible, there are a zillion ways to prepare your own food, you just have to plan for it.

#### I don't want to give up fast food...

- OK, we know giving it up forever isn't realistic, so focus on moderation. Instead of every day, try weekly.

### HOME MADE MEALS/SNACKS

May not be as exciting but with proper planning it can save you a lot of money and extra weight around your waist.



**EXAMPLE 1:** I spend \$5.00 every morning on a muffin & French Vanilla from Tim Horton's = \$25 from Mon-Fri  
For ~\$12.00, you can buy whole grain cereal + 5 bananas + 2L 2% milk, that's breakfast for a week for HALF the cost!

**EXAMPLE 2:** I spend \$10.00 a day on lunch, either a poutine, fries, burger & pop = \$50 from Mon-Fri  
For ~\$25.00, you can buy a loaf of bread + lunch meat + cheese + lettuce + tomatoes + fruit for water. That's lunch for a week for HALF the cost!

**EXAMPLE 3:** I spend \$6.00 a day on snacks during the day or after school, like chips, cookies or pop = \$30 from Mon-Fri

For ~\$16.00, you can buy nuts + dried cranberries + wheat crackers + peanut butter. That's enough snacks for a whole week for nearly half the cost! Carry them with you so you have a solution when hunger strikes!



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