

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