

# SHOPPING



**WHY  
ACT  
NOW**

## Healthy Budget, Healthy Body

You think fast food is budget friendly because it's cheap?? **THINK AGAIN!**

- \* Eating out regularly adds up quickly = budget stress.
- \* Fast food is high in calories, fat, sugar and salt.
- \* Save money by packing your own lunches and snacks.
- \* Making your own meals puts you in charge of your health.



Homemade Meal	Fast Food Meal
<p>Homemade Chicken sandwich with whole wheat bread, roasted chicken, tomato, lettuce &amp; lemon-lime water</p> <p><b>Cost per day = \$2.99</b></p> 	<p>Homestyle Chicken Combo with fries &amp; soft drink</p> <p><b>Cost per day = \$8.18</b></p> 
<p>Cost 5 days = <b>\$14.95</b> This price provides you with lunch for 5 days.</p> <p><b>WHY IS THIS THE BETTER CHOICE?</b></p> <ul style="list-style-type: none"> <li>- Saves you money</li> <li>- Higher in protein, fiber, vitamins/minerals, what your body needs to be healthy!</li> </ul>	<p>Cost 5 days = <b>\$40.90</b> This price provides you with lunch for 5 days.</p> <p><b>WHY IS THIS POOR CHOICE?</b></p> <ul style="list-style-type: none"> <li>- Spend more money in a week</li> <li>- Higher in calories, fat, sugar &amp; salt, what you should avoid for a healthy body!</li> </ul>

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