

# BUYING-HABITS WORKSHEET

Small expenses can add up to a big cost. Figure out the yearly costs of your food-buying habits such as a morning coffee on the way to work, sodas from the vending machine, or fast-food lunches.

## INSTRUCTIONS

- Use the chart below to list your food-buying "habits," how often you buy the item each week, and how much it costs each time you buy.
- Multiply the number in column 2 by the number in column 3 by 52 weeks per year.

Suppose you buy coffee 5 days per week and it costs you \$3 per day:

5 days per week X \$3 per day X 52 weeks per year  
= \$780 per year

- Now add up your yearly total.

1. Your food-buying habit	2. You buy it this often per week	3. It costs this much each time	4. It will cost this much per year
<i>Example:</i> Buy coffee on the way to work	5 days a week	\$3 a day	$5 \times \$3 \times 52 = \$780$
Yearly total:			

## QUESTION

What could you do with money you save by eating meals and snacks prepared at home?

