

# If you buy one a day, what would it cost you in a year?



**Soda**

**\$580**

**87,000 calories**



**Juice Drink**

**\$726**

**87,600 calories**



**Bottled Water**

**\$507**

**0 calories**



**Tap Water**

**\$0**

**0 calories**

Wow, I could do a lot with that much money. I am going to order water for my daughter and me when we eat out . It will save me money and calories.

I love drinking milk with breakfast. My mom buys me low-fat milk and I think it is yummy!

I am going to start making coffee at home and bring it with me in a travel mug. I spend almost \$10.00 a week on coffee at the convenience store. That is a lot of money I could save.

My friend told me to carry a plastic bottle and fill it with water. Last week I saved over \$7.00 having water instead of soda.

