

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.



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