



# *Extras That Add Up*

ITEM AND FREQUENCY	PRICE	SAVINGS/ MONTH
<b>Candy Bar</b> 1 per day		
<b>Potato Chips</b> 1 pkg. per day		
<b>Chewing Gum</b> 1 pkg. per day		
<b>Snack</b> 1 per day		
<b>Smoothie</b> 1 per day		
<b>Ice Cream</b> 1 per day		
<b>Specialty coffee</b> 1 per day		
<b>CDs</b> 2 per month		
<b>Movie</b> 2 per month		
<b>Magazine</b> 1 per week		
<b>Meals eaten out</b> 2 per week		

**Source:** Adapted from *Making Money Work for You*, UNH Cooperative Extension, for Project C.A.S.H. Handout #7