

# The Real Cost of Coffee and Lunch

---

More than 82% of Americans spend an average of \$57 per week on coffee and lunch<sup>1</sup>

- \$21/week on coffee
- \$36/week on take-out lunch

\$2,964 per year total

<sup>1</sup>Accounting Principals, Workonomix Survey 2013.





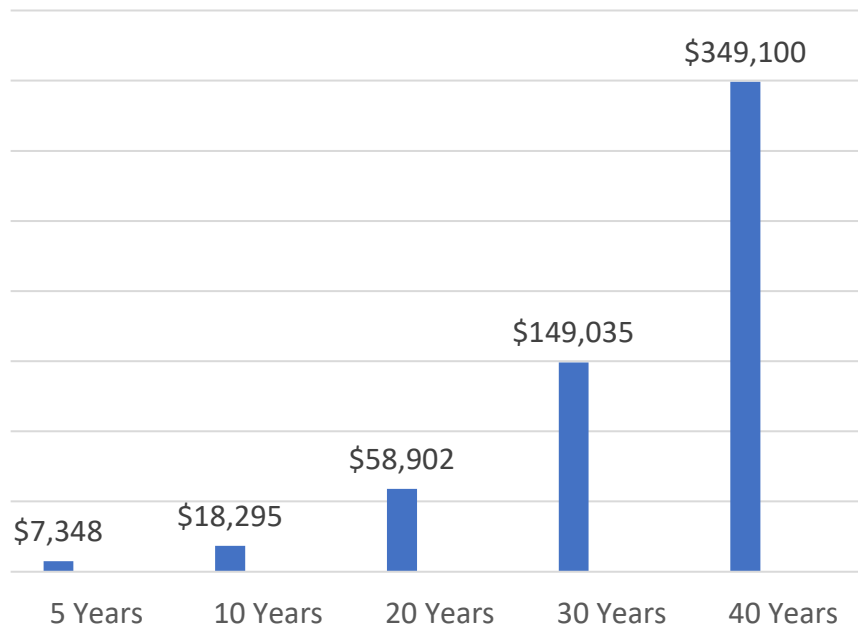
What can you save by not spending on lunch and coffee two days per week?

---

- \$23/week in savings
- \$1,196/year total
- Alternatives:
- Bring your lunch
- Have coffee at work

# What an extra \$1200 per year actually looks like:

Total Bank Account Balance over Time<sup>1</sup>:



<sup>1</sup>Assumes 6% annual rate of return compounded.

