

SPARE CHANGE FOR COMMUNITY CHANGE

Most of us want to give back to our community and help others—but we don't know how much we can afford. By making just a few small changes in our spending habits, we can each make a much bigger impact than we may realize. Take a look!



If you...

skipped your Starbucks Grande Latte just **once a week** for a year

gave up one pack of cigarettes **everyday** for a year

ate breakfast at home instead of buying a McDonald's breakfast **once a week**

brought your lunch just **one day a week** for a year, rather than going out

brought your lunch **every workday** for a year, rather than going out

refilled your water bottle rather than buying a new bottle **every day** for a year

carpooled with 3 other people **every workday** for a year, rather than driving your own car

rented two movies **a month** for a year, rather than going to the cinema

gave yourself **a weekly** manicure/pedicure, rather than going to the salon

skipped your Dunkin Donuts coffee & donut combo **once a week** for a year

You could save...

\$182 to improve people's lives.

\$1,763 to improve people's lives.

\$260 to improve people's lives.

\$486 to improve people's lives

\$2,431 to improve people's lives.

\$365 to improve people's lives.

\$885 to improve people's lives.

\$113 to improve people's lives.

\$2,080 to improve people's lives.

\$131 to improve people's lives.

SMALL CHANGE REALLY ADDS UP & MAKES A BIG DIFFERENCE!

Estimates based on the following pricing:

- Starbucks Grande Latte: \$3.50
- Pack of cigarettes: \$4.83
- McDonald's breakfast: \$5.00
- Lunch out: \$12
- Brown bag lunch (sandwich, chips and drink): \$2.65
- Bottled water: \$1
- Cost of gas average in Northwest Indiana (as of 8/29): \$2.56/gallon

- Annual cost to carpool (expense shared by 4 people): \$295.10/year
- Cinema movie ticket: \$9.50
- Blockbuster rental: \$4.76
- Manicure/pedicure package: \$40
- Medium Dunkin Donuts coffee & donut: \$2.52

