



The Real Cost of Coffee and Lunch

Saving can be challenging. However, what you may not realize is that by making small adjustments you can save a substantial amount that can be added to your retirement plan.

How often do you find yourself stopping for coffee on the way to work? Do you go out for lunch several times a week? Cutting back on these minor expenses can lead to big savings.

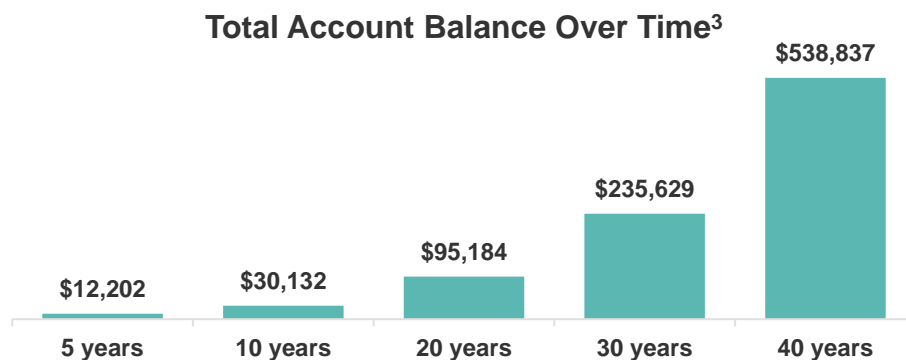
FACT: Spending on food increased 12.7 percent in 2022, compared to an increase of 13.4 percent in 2021. The increase was driven by food away from home spending, up 20.1 percent, accompanied by an increase in food at home spending, up 8.4 percent. Expenditures for food away from home in 2022 exceeded 2019 levels, marking the first time since the onset of the COVID-19 pandemic that this has happened.¹

That's \$35 per week on coffee and \$100 per week on lunch, for a total of \$7,020 per year.²

How much can you save by not spending on coffee and lunch for just two days per week?

By cutting back on purchasing coffee and lunch for just two days a week, you could save \$54 per week, which is a total of \$2,808 per year.

What does an extra \$2,800 per year really look like?



For more information on how you can enhance your financial wellness, contact [NAME] visit [WEBSITE] or call [PHONE NUMBER].

¹ <https://www.bls.gov/news.release/cesan.nr0.htm>

² <https://www.moneyunder30.com/latte-factor-calculator/>

³ Assumes 8% annual rate of return compounded. The illustration is hypothetical and intended for illustrative purposes only. The results do not represent the performance of any investment and rates of return will vary over time depending on market conditions and the costs of account administration and trading.