

Pack a Budget Friendly Lunch

The average American household spends about \$3,000 a year* dining out and according to the Business Insider, New Mexicans spend an average of \$10 per meal. To make a profit, restaurants charge about a 300% mark-up on items they serve so pay yourself instead! Imagine the possibilities with the extra money per year!



The challenge:

- Bring your lunch to work each weekday for 2 weeks and write it down on the chart below.
- No takeout, fast food, or restaurant food can be packed – pack your budget friendly and healthy lunches at home.
- Make sure you eat a balanced meal. Fill half of your plate with non-starchy vegetables, one quarter with lean protein, and one quarter with whole grain or starchy vegetable. Add a low-fat dairy and/or fruit serving, along with healthy fats and you're good to go!

Week 1	Week 2
Monday	Monday
Tuesday	Tuesday
Wednesday	Wednesday
Thursday	Thursday
Friday	Friday

How much do you typically spend each day on lunch? _____

What were some positives with the Lunch on a Budget Skill Builder? _____

What were some challenges? _____

Resources to help you in lunch on a budget:

<http://www.eatingwell.com/gallery/11785/cheap-healthy-lunch-ideas-for-work/>

<https://celebratingsweets.com/healthy-lunch-ideas-for-adults-and-kids/>

* Bureau of Labor Statistics

Submit your skill builder to NMPSIA.wellness@phs.org by April 10 to be eligible for a prize!

Name: _____

Email: _____

Wellness Ambassador: _____

