

# The Real Cost of Pop



Sugar-sweetened beverages are hard on your health, AND on your wallet!

The cost of pop may change by brand and community. No matter where you live in the NWT, they are an expensive habit.

Let's say that 1 can of pop costs \$2.50, that means:

	Cost per week	Cost per month	Cost per year	Cost per 10 years
1 can/day	\$17 <sup>.50</sup>	\$75 <sup>.00</sup>	\$912 <sup>.50</sup>	\$9,125 <sup>.00</sup>
2 cans/day	\$35 <sup>.00</sup>	\$150 <sup>.00</sup>	\$1,825 <sup>.00</sup>	\$18,250 <sup>.00</sup>
3 cans/day	\$52 <sup>.50</sup>	\$225 <sup>.00</sup>	\$2,737 <sup>.50</sup>	\$27,375 <sup>.00</sup>
4 cans/day	\$70 <sup>.00</sup>	\$300 <sup>.00</sup>	\$3,650 <sup>.00</sup>	\$36,500 <sup>.00</sup>
5 cans/day	\$87 <sup>.50</sup>	\$375 <sup>.00</sup>	\$4,562 <sup>.50</sup>	\$45,625 <sup>.00</sup>

Track how much pop your family drinks over a week.  
Where would you fall in the chart above?  
**You may be surprised what you learn.**

