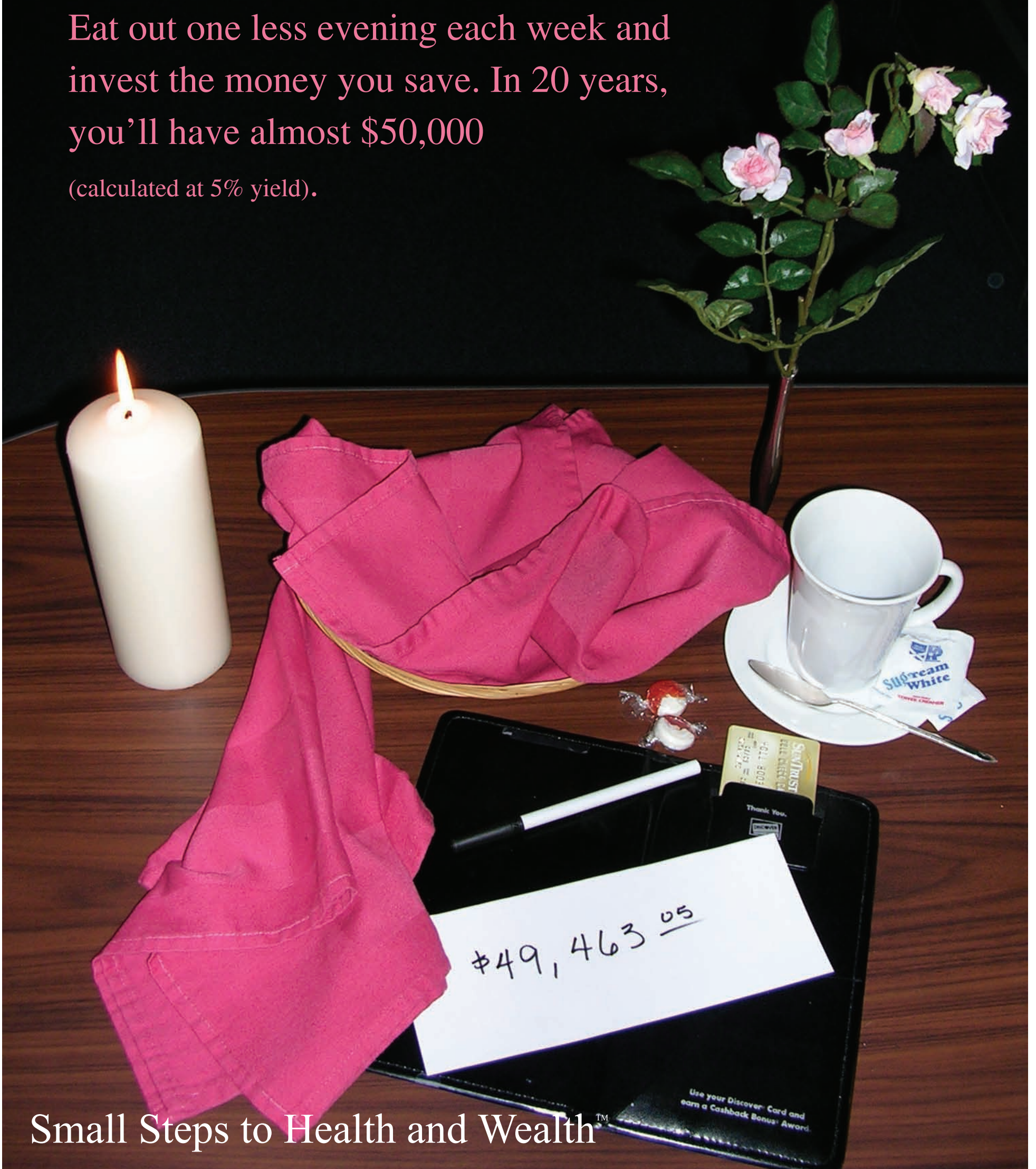


EATING AWAY AT YOUR FUTURE?

Eat out one less evening each week and
invest the money you save. In 20 years,
you'll have almost \$50,000
(calculated at 5% yield).



Small Steps to Health and Wealth™

RUTGERS COOPERATIVE RESEARCH & EXTENSION
NJ AGRICULTURAL EXPERIMENT STATION
RUTGERS, THE STATE UNIVERSITY OF NEW JERSEY
NEW BRUNSWICK

Distributed in cooperation with U.S. Department of Agriculture in furtherance of the Acts of Congress of May 8 and June 30, 1914. Rutgers Cooperative Research & Extension works in agriculture, family and community health sciences, and 4-H youth development. Dr. Karyn Malinowski, Director of Extension, Rutgers Cooperative Research & Extension provides information and educational services to all people without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. (Not all prohibited bases apply to all programs.) Rutgers Cooperative Research & Extension is an Equal Opportunity Program Provider and Employer.

Adapted from the University of Tennessee Extension, 2005.