

## Avocado Toast transcript

If you cut back on your morning coffee  
You'll save \$3.78 a day.  
That's \$982.80 per year.

If you cut back on manicures, and paint your nails at home  
You'll save \$25 twice a month.  
That's \$600 a year.

If you skip one \$20 meal out a week  
You'll save \$1,040 per year.

If you skip two \$20 meals out a week  
You'll save \$2,080 per year.

If you skip three \$20 meals out a week  
You'll save \$3,120 per year.

If you ride your bike to work twice a week  
You could save \$3 per trip on transit.  
That's \$624 per year.

These small changes add up to \$6,788 every year.  
What would you do with those savings?

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