

Hidden Food Cost Calculator

We know how much time, effort and money goes into planning your family meals! **What happens when you are not prepared for dinner?** Some of our customers tell us:

- We order in or pick up something on the way home
- Often this FAST FOOD
- We rush around to prepare and don't enjoy our family time
- We don't eat a meal at all
- The kids are cranky
- The adults are cranky

What about you? What do you do? Having some nutritious healthy prepared meals in the fridge every week will help you through those difficult days!! Below are some of the benefits we hear from our customers:

- I have more time to enjoy my family and the family meal time
- I have confidence that there is a good meal when I get home
- I am enjoying our meal times so much more
- The kids are enjoying taking great lunches to school
- Everybody is in a better mood and happier
- We actually are SAVING money!

Try this exercise below:

Learn your hidden costs and see if we can show you how ordering prepared foods can be a **COST SAVER!**
Perhaps even a **LIFE SAVER!!**

Hidden Cost Calculator:

Assign a value to your time.(example \$10 - \$30 per hour)

| Activities | Hours per week | # hours x value of your time |
|--------------------------------------|----------------|------------------------------|
| Grocery Shopping | | |
| Menu Planning | | |
| Travelling to the store and back | | |
| Standing in check out lines | | |
| Waiting in traffic | | |
| Preparing the food | | |
| Cooking the food | | |
| Cleaning up after cooking | | |
| Other | | |
| Total hours and cost per week | | A |

Other Hidden Costs

| Item | Cost per week |
|---|---------------|
| Food wastage (approx 1/3 of food ends up in the garbage) What is 1/3 of your weekly food bill? | |
| Gas, Electricity and Water to cook your food | |
| Wear and tear on kitchen materials | |
| Going out to eat for those emergencies!! | |
| Wear and Tear on YOU!! | |
| Total Cost per week | B |
| Total Hidden Cost : Add A + B to get C (COST) | C |

Consider: Now what is the value to your Health! What is the value to know that your family is eating 'clean' food that has no chemicals, no additives, no preservatives, and is providing them with the food value they need to be healthy and happy! Calculate this and add it to C! You can save a lot of money and time by buying prepared food, and then add the extra value of Organic, Natural and Local with no antibiotics ... It is actually PRICELESS!