

IS DRINKING DRAINING YOUR WALLET?



Drinking alcohol regularly can be costly. Did you know that Americans making low-risk choices spend an average of \$583 a year or less on alcohol? How does your spending compare to the average? While you might think “alcohol is cheaper on base, so no worries—I’m good,” we have a challenge for you. Add up what you spend on alcohol with the steps below.

FIND OUT WHAT YOU’RE SPENDING ON ALCOHOL

Check your alcohol spending in real-time by following these steps:

1. First, use the **alcohol spending** calculator to estimate how much you’re spending on alcohol weekly, monthly, and yearly.
2. The next time you are out, use the notes app on your phone to record how many drinks you have and the total cost including tip.
3. Finally, at the end of the week and month, compare this to what you initially estimated – is it more or less?

If you drink three drinks, four days a week, spending about \$6 on each drink, this will cost you \$288 each month, and up to \$3,456 per year. Figure out how much you are spending and see below for some ways you can save.

HOW TO SAVE SOME EXTRA CASH

- Try decreasing your alcohol consumption by one, or two drinks a week or use a monthly budget.
- Set realistic and safe drinking goals. Give yourself a refresher on **low-risk drinking**.
- **Take a break from drinking**. Whether it’s for a day, week or more, hitting pause on alcohol can be great for your health and wallet.
- Look for ways to practice smart spending (and safe drinking). If you choose to have a drink, consider cheaper drink options, bring a set amount of cash based on the limits you set for yourself or host your buddies at home to control how much you drink and spend.
- Switch things up. Order a mocktail or non-alcoholic beer, which are less expensive. Also, hydrate in between beverages (water is free!). Pacing yourself is good for your wallet, too.

You may not realize it at first, but the costs of drinking can add up really quick. Save the cash instead and treat yourself to a good meal, or buy yourself something fun. Check out other tips on how to follow **low-risk guidelines**, and keep your **financial health** in check.

For more information, please contact your local:
Substance Abuse Program