

CROSSWORD

Living Sensibly

saves some green

Complete the crossword puzzle for a chance to win. You can find the answers in the Health Issues newsletter and Personal Health Guide for the Living Sensibly initiative.

Once you have completed the crossword puzzle, place this entry form in the ballot box at work. One entry per person. See ballot box for prize details.

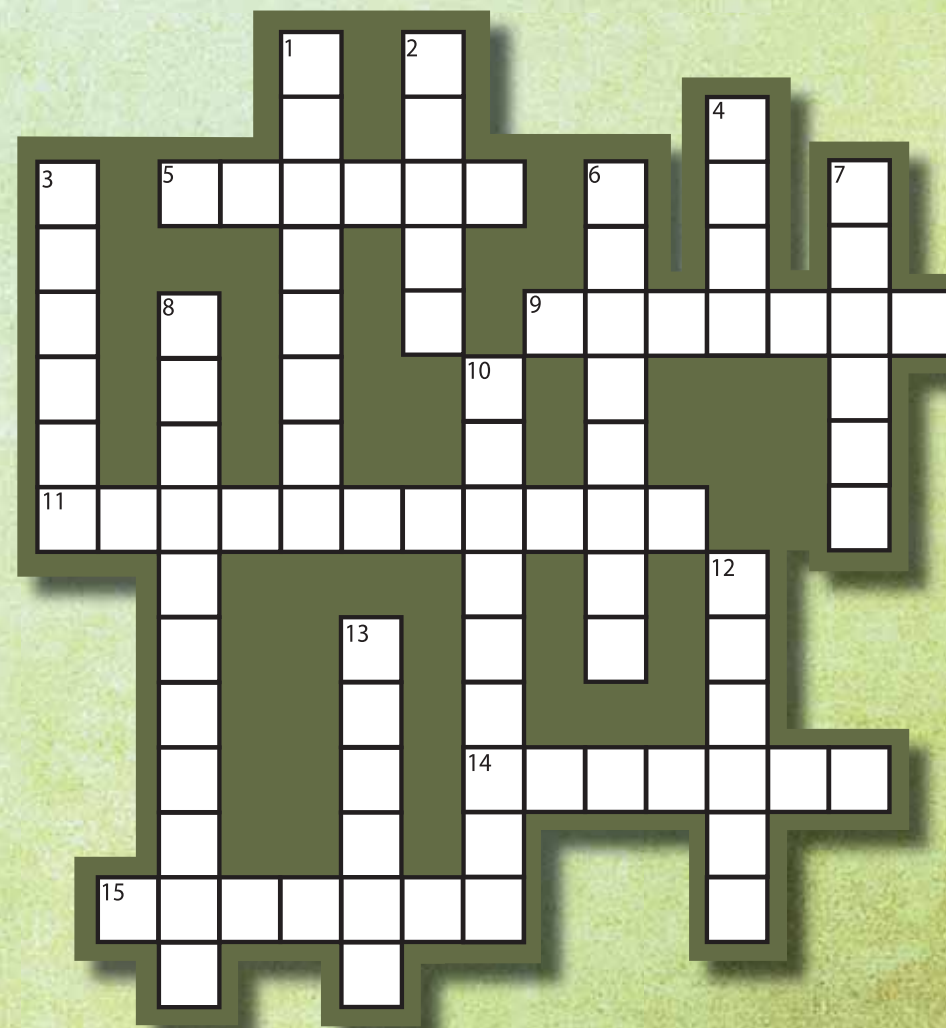
across

- 5 Saving _____ also means saving money.
- 9 To avoid rush purchases, have a 24-hour _____ period.
- 11 Save money for _____.
- 14 Physical activity has been shown to reduce _____.
- 15 A list of each debt you have is known as a debt _____.

down

- 1 To get more control over your financial situation, make a _____ plan.
- 2 You have a _____ duty to pay your bills.
- 3 Buy fresh milk in larger containers and _____ for up to six weeks.
- 4 Check and compare the _____ prices on the price labels of items at the grocery store.

- 6 Eat more _____ meals and choose more alternatives, such as dried peas, beans, lentils, tofu, eggs, canned fish, nuts and seeds.
- 7 Don't shop when you're _____.
- 8 Don't buy things that are _____ or not practical.
- 10 Use a _____ instead of your stove or oven.
- 12 By improving our finances, we can reduce our _____ levels.
- 13 Don't use _____ to pay for things you can't afford.



Name: _____ Dept: _____

BONUS: Include three money saving tips. These tips could appear in future Health Issues initiatives.

- 1. _____
- 2. _____
- 3. _____

