

[Workplace](#)

## Survey: Workers spend \$1,000 a year on coffee

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[Results of a survey](#)<sup>↗</sup>, conducted by Accounting Principals and released on January 30, 2012, found that “50 percent of the American workforce spends approximately \$1,000 a year on coffee or a weekly coffee habit of more than \$20.”

The survey also found that two thirds (66 percent) of working Americans buy their lunch instead of packing it, costing them an average of \$37 per week—nearly \$2,000 a year.

That’s \$3,000 per year for coffee and lunch. Now figure you work for 40 years at that pace and you’ve spent \$120,000 (and that’s not adjusting for inflation).

So what would you otherwise do with \$120,000? Pay for a good chunk of a home mortgage? Send your kids through college? Put it into your retirement fund?

According to the survey, 35% of employees surveyed made it a financial goal to bring lunch instead of buying it in 2012. Of course, even if you make your coffee and lunch at home, there’s still a cost—groceries aren’t free—but with a little creativity, you can significantly lower that number. And yes, technically you could cut out coffee altogether, but for a lot of us, that’s a non-starter.

How do you manage your workday coffee and lunch expenses? Got any cost-saving strategies that are working for you? Share them in our [comments section](#). And leave a little room for cream.