Maria has a problem. What can she do?

Maria wants to save money for college. On weekdays she’s a cashier at Dunkin Donuts. She eats donuts for breakfast and bagels for lunch. Her shift ends at 5:00. Two days a week she has English class in the evening until 9. The other three days she works until 10:00 in the kitchen of a neighborhood restaurant. At work she only has time for snacks.

Maria has headaches and she doesn’t feel well. Her doctor says she needs to eat well and exercise. But she says she doesn’t have time.

What can she do?