

Make Quitting Count

Tips for saving money and spending it wisely

Start a money jar. Each day you don't smoke, put your cigarette money in the jar.

As the money in your jar accumulates, put it in the bank. Your savings will add up.

With the money you save...

- Celebrate! Reward yourself for being smoke-free for a week, month or year.
- Stock up on healthy snacks. Try munching on nuts, carrots or grapes instead of smoking a cigarette.
- Listen to music or catch that movie everyone is talking about.
- Join a gym or take an exercise class. Being physically active is great for your health and can help curb the urge to smoke.



Quit-Smoking Resources

- Talk to your doctor.
- New York City Department of Health and Mental Hygiene
 - Visit nyc.gov and search “NYC quits”
 - Visit [Facebook.com/nycquits](https://www.facebook.com/nycquits)
- Quit-Smoking Programs in New York City
 - Visit nyc.gov and search “quit-smoking programs” or call 311
- NYC Quits
 - Text NYCQUITS to 877877 for free supportive text messages to help you quit smoking and stay smoke-free.

Message and data rates may apply. Text STOP to quit, HELP for more information. For Terms of Use and Privacy Policy, visit nyc.gov/health.
- New York State Department of Health
 - Call the Smokers' Quitline at 1-866-NYQuits or visit nysmokefree.com
- New York State Medicaid Benefit
 - If you are enrolled in Medicaid or Medicaid Managed Care, you can get quit-smoking medications for 50¢ to \$6.00. For more information, talk to your health care provider or call 311.

Quit to Save

Quitting smoking can save your life.
It can also save you money.



The cost of smoking

A pack of cigarettes in New York City costs more than \$11. Even if you only smoke a few a day or if you don't smoke every day, the money adds up.

Instead of watching your money go up in smoke, spend it on things you need and want.



See how much you would save if you quit smoking.

		Amount Saved			
		1 day	1 week	1 month	1 year
If You Smoke This Much	1/2 pack a day	\$5.50 Laundry— wash & dry	\$38 Lunch for 1 work week 	\$165 New pair of glasses 	\$2,000 Groceries for 6 months 
	1 pack a day	\$11 Coffee for 1 week 	\$77 14 round trip rides on the subway or bus 	\$330 37" flat-screen TV 	\$4,000 Weekly dinner out for 3 years
	2 packs a day	\$22 20 song downloads 	\$154 1-year NYC Parks Recreation Center membership	\$660 New computer 	\$8,000 1 year of college expenses at CUNY 