

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

# 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](http://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](http://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](http://nyc.gov/health).

- **New York State Department of Health**
  - Call the Smokers’ Quitline at 1-866-NYQuits or visit [nysmokefree.com](http://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.