

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. Smoking a pack a day costs more than \$4,000 per year.

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

This chart shows how much money is saved by quitting smoking.



Here is how much you can save...

		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 Monthly electric bill 	\$165 New pair of glasses 	\$2,000 New computer 
	1 pack a day	\$11 Coffee for one week 	\$77 15 round trip rides on the subway or bus 	\$330 32" flat-screen TV 	\$4,000 Weekly dinner out for 4 years 
	2 packs a day	\$22 2 tickets to the movies 	\$154 Groceries for a month 	\$660 Yearly cell phone bill 	\$8,000 One year of college expenses at CUNY 

Make Quitting Count

Tips for saving money and spending it more 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.**
- **Join a gym or take an exercise class. Being physically active is great for your health and may help curb the urge to smoke.**
- **Go hear some music or catch the movie that everyone is talking about.**



For Help in Quitting Smoking

- Call 311 or visit nysmokefree.com

- **NYS Medicaid Benefit**

If you are enrolled in Medicaid, Medicaid Managed Care, or Family Health Plus, you can get quit-smoking medications for 50¢ to \$6.00. Talk to your health care provider for more information. Call 311 if you do not have a health care provider.

- **Quit-smoking programs**

For a list of quit-smoking programs by borough, including low- or no-cost options, visit <http://www.nyc.gov/html/doh/html/smoke/smoke-quit-programs.shtml>

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