

How Much Does Smoking Cost?

It is important for you to realize how much money you spend on tobacco.



- ✓ Smoking cigarettes is very expensive.
- ✓ It costs \$7.00 or more to buy a pack of cigarettes today.
- ✓ The tobacco companies only spend only pennies (about 6 cents) to make a pack of cigarettes.
- ✓ That means that the tobacco companies make several dollars profit on each pack of cigarettes that you buy and the government gets a few dollars!
- ✓ The more you smoke...the more money the tobacco industry makes. Did you know that the Tobacco Companies make more than \$32 billion dollars each year

Important point to remember:

1 Pack of Cigarettes Costs Approx	\$7.00
Minus 6 Cents it Costs to Make	<u>-.06</u>
BALANCE	\$6.94



This balance includes the profits made by the tobacco companies and taxes paid to the government.

How much does smoking cost?

Look at the chart below and estimate how much smoking cigarettes costs you every day, week, month and year.

Sometimes we don't realize how much we are spending on things until we stop to total the cost. The following chart is based on a pack of cigarettes costing about \$7.00:



Column 1	2	3	4	5	6
Approximate Number of Cigarettes that I Smoke Each Day	Average Cost Per Day	Average Cost Per Week	Average Cost Per Month	Average Cost Per Year	Average Cost in 10 Years
1/2 pack (10 cigs)	\$3.50	\$24.50	\$98.00	\$1,176.00	\$11,760.00
1 pack (20 cigs)	\$7.00	\$49.00	\$196.00	\$2,352.00	\$23,520.00
1 1/2 packs (30 cigs)	\$10.50	\$73.50	\$294.00	\$3,528.00	\$35,280.00
2 packs (40 cigs)	\$14.00	\$98.00	\$392.00	\$4,704.00	\$47,040.00
2 1/2 packs (50 cigs)	\$17.50	\$122.50	\$490.00	\$5,880.00	\$58,800.00
3 packs (60 cigs)	\$21.00	\$150.50	\$602.00	\$7,224.00	\$72,240.00

(This chart is based on a pack of cigarettes costing about \$7.00 and does not include inflation.)

In Column 1, select:

How much do you smoke per day? _____ pack

Follow the row across to figure out:

Column 2 Average Cost per Day \$ _____

Column 3 Average Cost per Week \$ _____

Column 4 Average Cost per Month \$ _____

Column 5 Average Cost per Year \$ _____

Column 6 Average Cost in 10 Years \$ _____

**If YOU Quit Smoking...YOU WILL SAVE
A LOT OF MONEY!**

If you are on a Fixed Income, it can be hard to manage a monthly budget

Write Your Monthly Income Here	\$	/ month
SUBTRACT BILLS	-	
Rent or Mortgage	-	
Utilities (heat, electric bills)	-	
Telephone or cable TV	-	
Food	-	
Clothes or Entertainment	-	
Other:	-	
AMOUNT LEFT	\$	



Can you really afford to keep smoking?

It is important for you to think about what you can buy or do for yourself with this money.

It is a special way to congratulate you for being able to quit smoking.

Thinking of something special that you may want can help to stick to your goal to quit.

What Can You Do With the Money That You Will Save?



What things do you need or want that you could buy or do for yourself with the extra money you will have from quitting smoking?

- | | |
|---|---|
| <input type="checkbox"/> Shirt | <input type="checkbox"/> Music CDs or MP3 player |
| <input type="checkbox"/> Pants | <input type="checkbox"/> Go on a trip |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Take guitar lessons |
| <input type="checkbox"/> Shoes | <input type="checkbox"/> Join a gym |
| <input type="checkbox"/> Coat or Jacket | <input type="checkbox"/> Go out to dinner |
| <input type="checkbox"/> Jewelry | <input type="checkbox"/> Have a party for my friends |
| <input type="checkbox"/> Television | <input type="checkbox"/> Celebrate my birthday |
| <input type="checkbox"/> Cell Phone | <input type="checkbox"/> Take significant other on a date |
| <input type="checkbox"/> Microwave Oven | <input type="checkbox"/> Go to the movies |
| <input type="checkbox"/> Coffee Maker | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Computer | <input type="checkbox"/> Other _____ |

What are the three most important things that you would want to have or something you would like to do?

- | | Approximate Cost |
|----------|------------------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |