

How much cash will you save if you stop smoking?



 **Quitline 137848**

Cancer Council NSW would like to thank Quit Victoria, NorthWestern Mental Health, Orygen Youth Health and EACH for allowing us to adapt and reproduce this resource.



Cancer Council
Tackling Tobacco

QUIT FOR CASH

For a pack-a-day
smoker, stopping
smoking could
mean an extra:



Clothes



Looking after your pets



Groceries for the family



A tablet or smartphone



A relaxing holiday



Gym membership for a year



Six months' rent



Enrol in a course



A second-hand car

\$180
a week

\$730
a month

\$9500
a year