

# How much cash will you save if you stop smoking?



*Aboriginal Respect Symbol.  
Designed by Marcus Lee Design  
for Cancer Council NSW.*

**Quitline 13 7848**

*Cancer Council NSW would like to thank  
Quit Victoria, NorthWestern Mental Health,  
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us to adapt and reproduce this resource.*



**Cancer Council**  
**Tackling Tobacco**

# QUIT FOR CASH

For someone who  
smokes a pack  
a day, stopping  
smoking could  
mean an extra:



Looking after  
your pets



Clothes



Groceries for the family



A tablet or  
smartphone



A relaxing holiday



Six months' rent



Gym membership  
for a year



Enrol in a course



A second-hand car

**\$180**  
**a week**

**\$730**  
**a month**

**\$9,500**  
**a year**