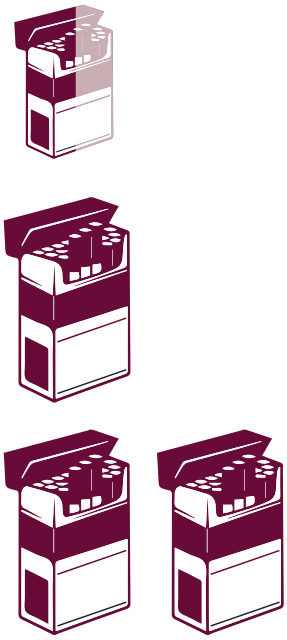
Breaking the Bank: What is Smoking Costing You?

Smoking is Expensive!

In **2016**, the average cost of a pack in Vermont was $8.03, according to the CDC*.

*How much are **you** actually spending?*

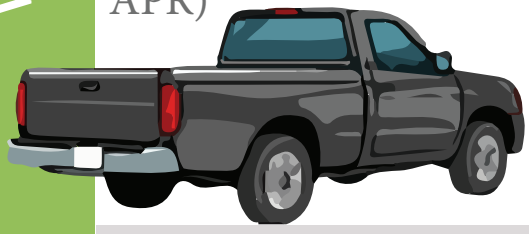
In just **1 month** you spend... And in **1 year**...

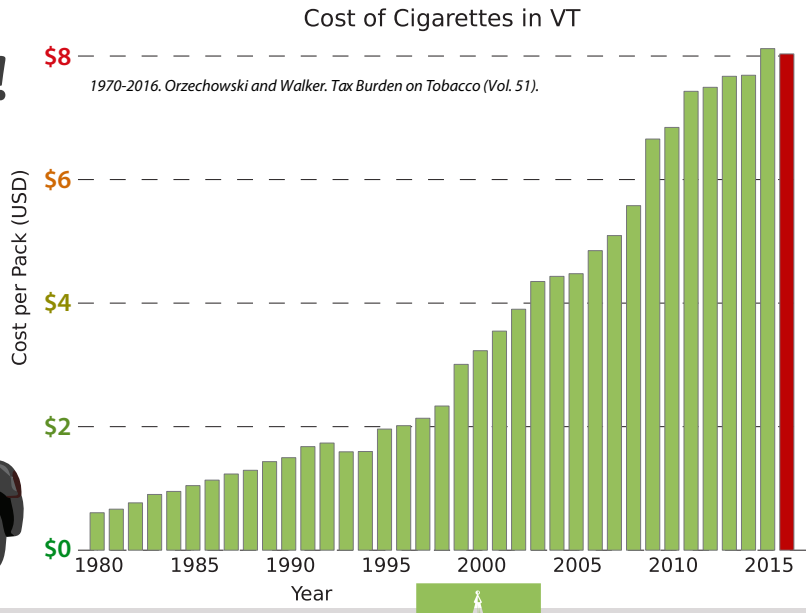


½ Pack per Day	$125	$1,465.50
1 Pack per Day	$250	$2,930.00
2 Packs Per Day	$500	$5,861.90

Did you know?!

At **1 PPD** you are spending the same as ***buying a $14,000 car*** (60 month, 3.11% APR)





* *The Tax Burden on Tobacco Survey (Vol. 51) Orzechowski and Walker accessed from the CDC Data Archive: https://data.cdc.gov/Policy/The-Tax-Burden-on-Tobacco-Volume-51-1970-2016/7nwe-3aj9*

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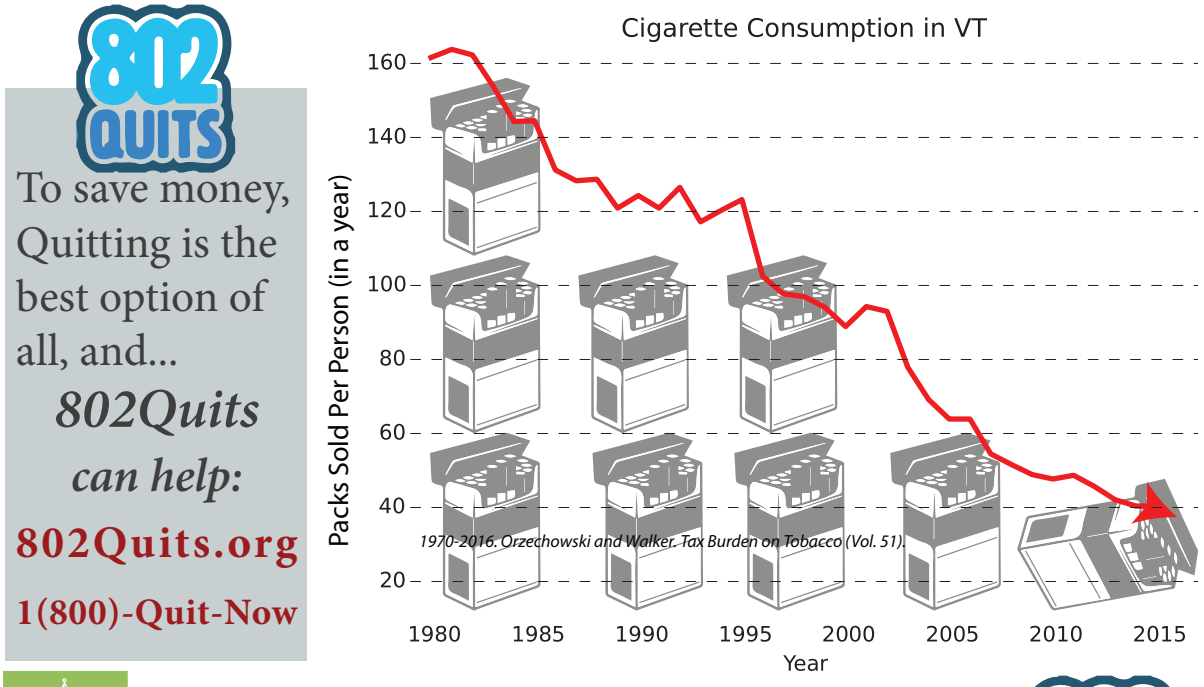
Alternatives are made Cheaper!

Cigarettes are the **Most Expensive**** option for Nicotine.

You can have nicotine, improve your health and save money

How much Nicotine can $10 get you?

	$10 in Nicotine	Savings	Monthly Savings ...at 1 PPD
*Cigarettes***	30 mg	1x	$0
Nicorette Gum	45 mg	1.5x	$83
Kirkland Quit2 Lozenge	90 mg	3x	$167



802 QUITS

To save money, Quitting is the best option of all, and...

802Quits can help:

802Quits.org

1(800)-Quit-Now

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**Benowitz, N. L., & III, P. J. (1984). Daily intake of nicotine during cigarette smoking. Clinical Pharmacology and Therapeutics, 35(4), 499–504. doi:10.1038/clpt.1984.67

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