

The Cost of Smoking Cigarettes

A pack of cigarettes in New York City costs more than \$11. Even if you only smoke a few a day or if you don't smoke every day, the money adds up.

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



See how much you would save if you quit smoking.

| | 1 Day | 1 Week | 1 Month | 1 Year |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| If you smoke 1/2 pack a day | \$5.50 Laundry - Wash and Dry  | \$38 Lunch for 1 work week  | \$165 New pair of glasses  | \$2,000 Groceries for 6 months  |
| If you smoke 1 pack a day | \$11 Coffee for 1 week  | \$77 14 round trip rides on the subway or bus  | \$330 37" flat-screen TV  | \$4,000 Dinner out once a week for 3 years  |
| If you smoke 2 packs a day | \$22 20 song downloads  | \$154 1-year NYC parks Recreation Center membership  NYC Parks | \$660 New computer  | \$8,000 1 year of college expenses at CUNY  |