

How Much Money Will You Save By Quitting Smoking?

To find out how much money you will save by quitting and instead investing the same amount of money in a savings account that pays 6% interest, first find the number of packs that best represents how much you smoke each day. Then, follow that row to see how much money quitting will save you over the years. All calculations are based on a cost of \$3.63 per pack, which is the current (as of May 2007) average cost of a pack of cigarettes in North Carolina.

Number of years quit										
	1 Year	3 Years	5 Years	8 Years	10 Years	12 Years	15 Years	20 Years	25 Years	30 Years
Each day, I smoke about										
1 pack of cigarettes	\$1,325	\$4,218	\$7,469	\$13,114	\$17,464	\$22,352	\$30,839	\$48,739	\$72,693	\$104,748
2 packs of cigarettes	\$2,650	\$8,436	\$14,938	\$26,227	\$34,928	\$44,704	\$61,679	\$97,478	\$145,385	\$209,496
3 packs of cigarettes	\$3,975	\$12,654	\$22,407	\$39,341	\$52,392	\$67,055	\$92,518	\$146,217	\$218,078	\$314,244

For example, if you smoke 2 packs a day...if you quit today, in 20 years you will have saved \$97,478.14 by not buying cigarettes.

So what else could you do with all that money?

Take a vacation, buy a car (or several cars!), put a down payment on a home, go out to dinner more often, send your kids to college, renovate your home, buy a new TV, save for retirement....

**To Quit the Use of Tobacco,
Call 1-800-QUIT-NOW (1-800-784-8669) TTY 1-877-777-6534**

