

The Very High Cost of Smoking Cigarettes

Did you know that smoking could cost you a chance at a job?

Many employers are reluctant to hire smokers. They think that smokers take more breaks and sick days and cost the employer more in health insurance. It may not be fair, but it's something to think about as you get ready to apply for jobs.

Here are other ways that smoking hits you right in the wallet!

How Smoking Affects Your Budget



\$ Cost of cigarettes

In RI a pack of cigarettes costs at least \$8. For someone who smokes a pack a day, here's what cigarettes cost:

- \$56 every WEEK
- \$240 every MONTH
- \$2,920 every YEAR



\$ Higher medical and dental costs

- Smokers get sick more often and have more dental problems.
- Children of smokers get sick more often with ear infections, respiratory infections and asthma.
- This means more trips to the doctor and higher costs for medicine.



\$ Higher insurance costs

Smokers may pay more for:

- health insurance
- life insurance
- homeowner's insurance
- car insurance

These costs can add up to thousands of dollars a year.

If you'd like to know just how much cigarettes cost YOU, turn the page over for a simple worksheet to figure your costs.

What Could You Do with an Extra \$30 (or more!) a Week?



Take a few moments to figure out how much extra money you would have if you quit smoking cigarettes.

Fill in the blanks below.

My **DAILY COST** of cigarettes:

$$\boxed{} \times \$ \boxed{} = \$ \boxed{}$$

Number of packs* I smoke each day Cost I pay per pack DAILY COST

(*20 cigarettes = 1 pack, 10 cigarettes = 1/2 pack, 5 cigarettes = 1/4 pack)

My **WEEKLY COST** of cigarettes:

$$\$ \boxed{} \times 7 = \$ \boxed{}$$

DAILY COST WEEKLY COST

My **MONTHLY COST** of cigarettes:

$$\$ \boxed{} \times 30 = \$ \boxed{}$$

DAILY COST MONTHLY COST

My **YEARLY COST** of cigarettes:

$$\$ \boxed{} \times 365 = \$ \boxed{}$$

DAILY COST YEARLY COST

Now think about what could you do with that money if you weren't spending it on cigarettes.

Fill in the blanks below.

My *weekly* cost of cigarettes:

\$

or

- Movie tickets for the family: \$36
- Dinner out for 2: \$40
- My idea: _____



My *monthly* cost of cigarettes:

\$

or

- Monthly payment on a car: \$300
- Monthly cellphone calls: \$90
- My idea: _____



My *yearly* cost of cigarettes:

\$

or

- Vacation trip: \$1500
- New laptop: \$1000
- My idea: _____

