



# Quit Smoking FOR A BETTER LIFE

**FAMILY:** "It came down to choosing between putting plenty of food in the cupboard or smoking. My daughter was so proud of me when I quit."



**It's like getting a  
PAY RISE**

**What else could you buy with that money?**

\$ \_\_\_\_\_ x \_\_\_\_\_ x 52 ÷ 12 = \$ \_\_\_\_\_

**COST OF A PACK OF CIGARETTES**

**NUMBER OF PACKS BOUGHT PER WEEK**

**AMOUNT SPENT ON CIGARETTES PER MONTH**





**CONTROL:** "What I've gained is priceless. You can't go and buy a new pair of lungs! I don't want my children to smoke and I feel I've taken back control of my life once again."

**MOKOPUNA:**  
"We quit smoking for the babies. We didn't want them growing up around smoke and with the example of us smoking."

**STRESS:** "Quitting has removed so much stress. I used to go without food so I could get a pack of cigarettes!"

# KEEP YOUR TAMARIKI / KIDS SMOKEFREE



## YOU CAN TAKE STEPS LIKE:

- Quit smoking
- Never give or buy your tamariki/kids cigarettes
- Don't smoke around your tamariki/kids
- Make your home and car Smokefree
- Talk to your tamariki / kids about how bad smoking is
- Pack your tamariki/kids lunch. It will reduce the chance that they'll buy cigarettes with the money
- Ask your whanau / family and friends to support keeping your tamariki/kids Smokefree

# Contact us FOR FREE HELP TO QUIT SMOKING

## Aukati Kai Paipa



Aukati Kai Paipa is a free quit smoking programme for Maori women and their whanau. It provides one-on-one face-to-face counselling to help people quit smoking.

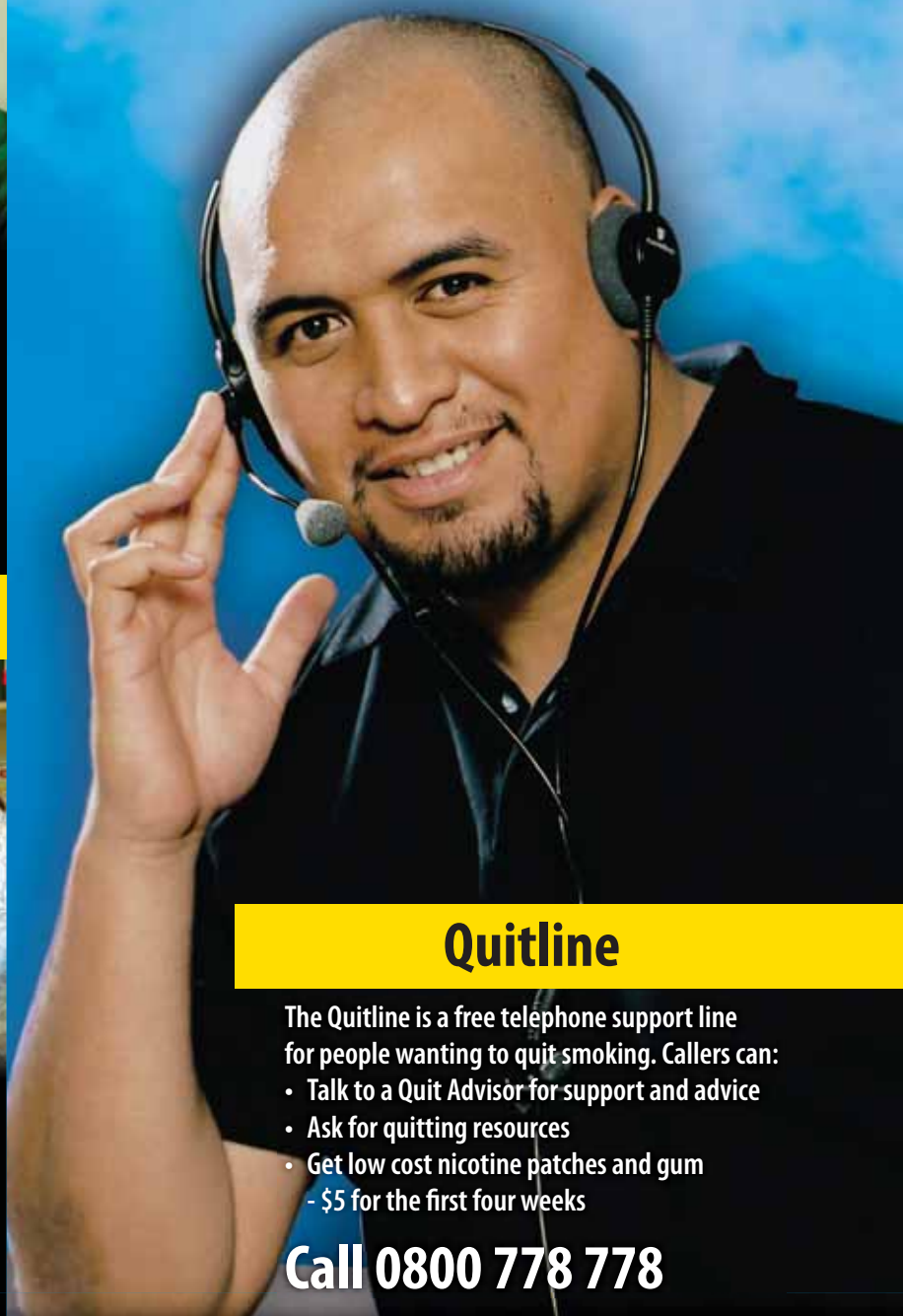
Your local Aukati Kai Paipa provider is:

## Other Services



Lots of areas also have quitting courses and support provided through PHOs and other groups.

Your local service provider is:



## Quitline

The Quitline is a free telephone support line for people wanting to quit smoking. Callers can:

- Talk to a Quit Advisor for support and advice
- Ask for quitting resources
- Get low cost nicotine patches and gum - \$5 for the first four weeks

**Call 0800 778 778**

This resource has been produced by:



NEW ZEALAND FEDERATION OF  
FAMILY BUDGETING SERVICES (INC)  
TE ROPU PENAPENA PUTEA  
MHĀHĀU O AOTEAROA



Cancer  
Society

[www.quitsmoking.org.nz](http://www.quitsmoking.org.nz)

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