



What would you do with...

**£365**

every month?\*

\*Based on quitting smoking 20 cigarettes  
a day at a cost of £12 per pack.

**Healthy**  
**lifestyles**  
*Gloucestershire*

**Get FREE help to  
stop smoking & save**

**[www.hlsglos.org](http://www.hlsglos.org)**

# Break Free & Save... The Hidden Treasure of Quitting Smoking

Smoking costs money as well as affecting your health. Cigarettes are expensive, and quitting can save you money now, as well as on future health costs. It is time to discover the financial benefits of kicking the habit and giving you, as well as your loved ones a brighter future.

## Money going up in smoke:

If you quit smoking 20 cigarettes a day and assuming a pack of cigarettes costs £12-£14, here is an estimation of the potential savings you could achieve:

- o **Daily Savings:** By quitting 20 cigarettes a day, you would save up to **£14 per day.**
- o **Weekly Savings:** Multiplying the daily savings by 7, your savings would amount to approximately **£98 each week.**
- o **Monthly Savings:** Continuing the calculation, you could save around **£365 -£430 per month.**
- o **Annual Savings:** Finally, multiplying the monthly savings by 12, your savings could reach around **£4,464 to 5,160 a year.**

(costs may vary depending on the actual cost of cigarettes in your area)

## 10 ideas to spend money from quitting smoking on you and your family

By breaking free from the smoking habit, you open new opportunities to spend quality time with your family and treat yourselves without breaking the bank. Here are 10 family treats where you can invest your savings from quitting smoking.

### 1. **Day trips:**

Invest in exciting day trips and create lasting memories for you and your family.

### 2. **Family holiday:**

Instead of letting your hard-earned money go up in smoke, redirect those savings towards creating unforgettable memories together.

### 3. **Invest in your home:**

You can renovate, redecorate, or add those personal touches that make your house truly feel like a home.

### 4. **Support activities:**

Allocate funds towards enrolling yourself or your family in activities, such as music lessons, sports clubs, or art classes.

These activities can nurture talents, boost self-confidence and promote overall personal development.

### 5. **Picnic in the park:**

Pack a delicious lunch, grab a blanket, and head to a nearby park for a fun-filled family picnic.

### 6. **Go to the cinema/theatre:**

Take your family to see a movie or performance and enjoy quality time together.

### 7. **Outdoor adventure:**

Take a hike in a local forest, go on a nature scavenger hunt, or have a family bike ride.

### 8. **Buy healthy food and cook together:**

Get everyone involved in the kitchen by preparing a delicious homemade meal or baking session. It is an excellent opportunity to teach children about healthy eating and teamwork.

### 9. **Game night:**

Unleash your competitive spirit with a fun-filled game night. Buy a new board game or computer games and spend an evening laughing and bonding as a family.

### 10. **Craft day:**

Explore various craft ideas using simple materials like paper, glue, and recycled items. Engaging in creative activities promotes imagination.



## Quit for health milestones

### Health Benefits Of Quitting Smoking



#### Two days

- o Fresher skin, hair, and breath
- o Improved breathing due to reduced carbon monoxide.



#### One week

- o Higher levels of protective antioxidants, like vitamin C
- o Enhanced sense of smell and taste.



#### One month

- o Your heart is working more efficiently
- o Exercising is easier
- o Your immune system is starting to recover.



#### Three to 6 months

- o The small hair-like structures that clean your lungs called cilia, are working better
- o You are likely to cough and wheeze less and cough up less phlegm
- o Blood flow to your fingers and toes improves
- o Your body is better at protecting cuts and wounds from infection
- o You may feel less stressed than when you were smoking.



#### One year

- o Your lungs have continued to improve
- o Your small airways are healthier, and your lung function is better than if you had kept smoking.





## Eating healthy doesn't have to be expensive

With the money you can save from quitting smoking combined with our research on the best tips and digital apps to save you money, you'll be quid's in and healthier.

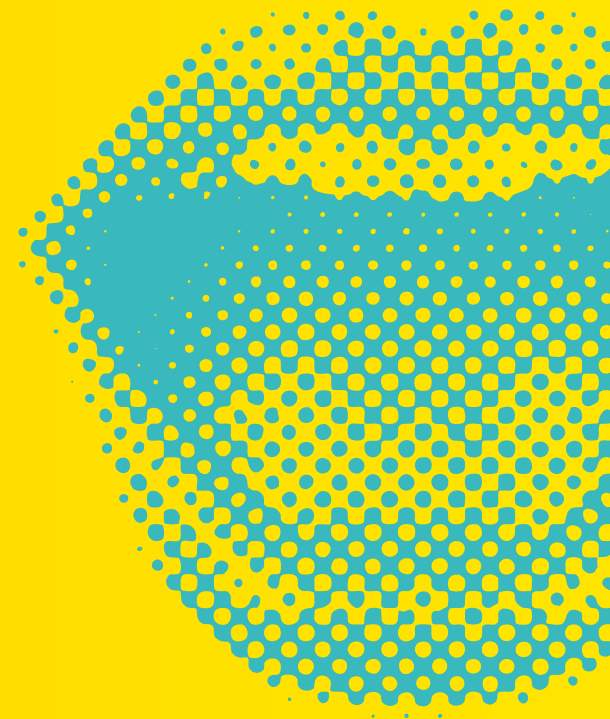
The average cost of a healthy family of four weekly shop is around £100-150. This can vary depending on the location of shops, and the types of food purchased.

**It is possible to eat healthy on a budget. Here are some tips:**

- **Plan your meals** ahead of time to avoid impulse purchases and make sure you have everything you need on hand.
- **Cook at home more often** to save money. A healthy meal at home can cost as little as £3 for a main course, side dish, and drink.
- **Make use of leftovers** for lunch or dinner the next day, which can save you time and money.
- **Buy in bulk** to save you money in the long run, especially on non-perishable items like pasta, rice, and beans.

- **Look for sales and discounts** on healthy foods, so be sure to check the weekly circular.
- **Use coupons and vouchers.** There are many websites and apps offering coupons and vouchers for healthy foods.
- **Food pantries and community social shops** are a great resource for people who are struggling to afford healthy food. They offer free or low-cost food. There is no shame in using them. In fact, many people who use them are working families, veterans, and people who need help to eat well on a budget.

- **Shop at discount stores** they often have a wide selection of healthy foods at a fraction of the cost of supermarkets.
- **Grow your own food** if you have the space, it's a great way to save money and eat healthy.



## Apps & Websites

There are also several apps and websites out there to help you keep costs down while staying healthy. Here is a selection:



**Too Good To Go:** Discounted food that would otherwise be thrown away from restaurants and shops.



**FlashFood:** Discounted produce close to its expiration date.



**Eat This Much:** Helps plan healthy meals and grocery lists.



**Budget Bytes:** Wide variety of budget friendly healthy recipes.

## Make the commitment to quit smoking today:

Embrace the journey of smoke-free living. You don't have to face this journey alone.

Our team of Healthy Lifestyle coaches are ready to provide the support and guidance you need, for free. Take that first step towards a healthier and more fulfilling life by reaching out to us today.

Together, let's conquer the challenges, thrive and inspire a positive change. You deserve it.

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