

BUILD A QUIT KIT

FOR YOUR COMMUNITY

These free kits contain items that can help commercial tobacco users quit. The kits are aimed at dealing with the most difficult days of quitting such as physical cravings, restlessness, and psychological stress. These can be distributed to your community during events, presentations, and educational workshops. The contents for kits may vary, but include items such as:

- Straws
- Hard candy
- Chewing gum
- Mints
- Toothpicks
- Stress ball
- Rubber bands
- Tips for quitting
- Quit Partner Contact Card

For questions and assistance on developing and compiling Quit Kits for your community, contact Esha Seth at esha@ansrmn.org.



The Association for Nonsmokers-Minnesota is dedicated to reducing the human and economic costs of tobacco use in Minnesota.
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