

# Čanlí Coalition of CRST

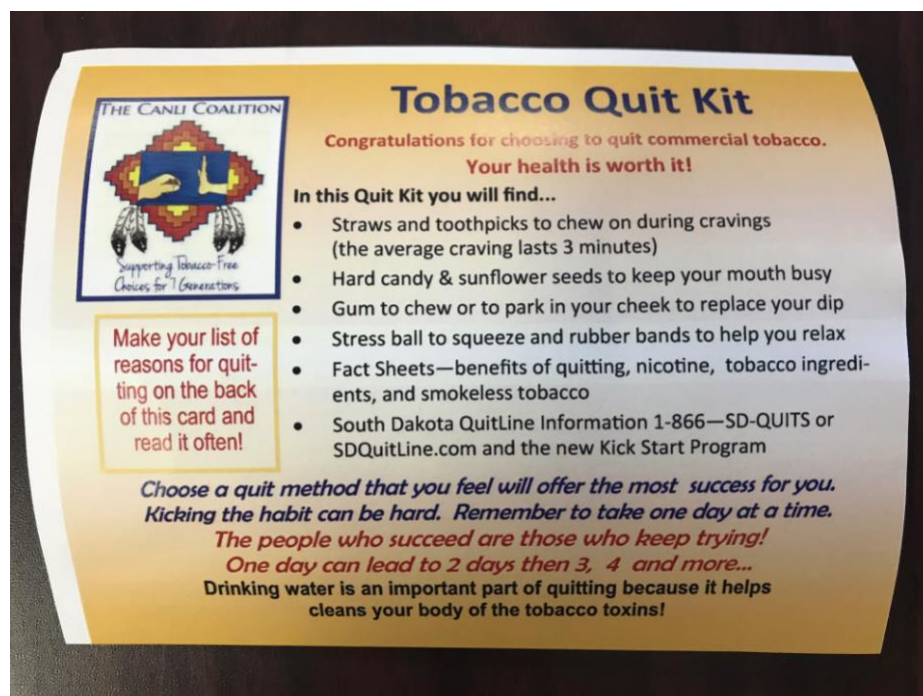
## Quit Kit Guide



Our Quit Kit contents and packaging vary from year to year based on our budget. Kits range from \$5 to \$7. To keep your costs down, you may opt to use paper or plastic bags to store your contents. If your budget allows, putting your contents in a nice water bottle with an inspirational message is a great incentive for people quitting.

Items we've included in the past include:

- Straws
- Toothpicks
- Sugar-free hard candy
- Sunflower seeds
- Gum
- A stress ball
- Fact sheets on the benefits of quitting
- Worksheets on “my reason for quitting” and “craving solutions”
- South Dakota QuitLine information
- Quit Kit card with encouragement and an explanation for each item.



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Adapted from the Čanlí Coalition's Tribal Tobacco Toolkit. Available at <https://quittobaccosd.com/tribal-tobacco-advocacy-toolkit>.