

Cigarette Substitutes

Apple	Flavored toothpicks	Pebbles
Beads	Ice chips	Pencils
Breath mints	Inspirational verses	Pens
Carrot sticks	Knitting	Playing cards
Catalogues	Magnets	Rubber bands
Chapstick	Markers	Sketch pad
Chewing gum	Movies	Stamp collecting
Club soda	Needle crafts	Straws
Crocheting	Newspapers	Sugar-free candy
Crossword puzzles	Orange juice	Swimming
Dill pickles	Paper clips	Walking
Favorite photos	Paperback novels	smokefree60+