

Survival kit

Items to have with you in smokefree places

Straws or coffee stir sticks

Cinnamon or mint flavored toothpicks

Flavored dental floss

Assorted flavors of toothpaste

Hand cream

Strong mints

Assorted flavors of sugarless gum

Flavored lip balm or gloss

Bottled water

Stress ball

Modeling clay or putty

Mp3 or portable cd player & favorite music or relaxation tapes

Small healthy snacks

carrot sticks

celery

grapes

cherry tomatoes

nuts

Ice cubes

Rubber bands

A Journal

