

Your Weekly United Way Gift Buys...

Your United Way contribution is an investment in your community. Over a year’s time, see what your weekly gift can accomplish right where you live.

If you...	you could save...
skipped your Starbucks Grande Latte just once a week for a year	\$182 to improve people’s lives.
brought your lunch just one day a week for a year, rather than going out	\$486 to improve people’s lives.
brought your lunch every workday for a year, rather than going out	\$2,431 to improve people’s lives.
refilled your water bottle rather than buying a new bottle every day for a year	\$365 to improve people’s lives.
carpooled with 3 other people every workday for a year, rather than driving your own car	\$885 to improve people’s lives.
rented two movies a month for a year, rather than going to the cinema	\$113 to improve people’s lives.
gave yourself a weekly manicure/pedicure, rather than going to the salon	\$2,080 to improve people’s lives.
skipped your coffee & donut combo once a week for a year	\$131 to improve people’s lives.

Estimates based on the following pricing:

* Starbucks Grande Latte: \$3.50	* Annual cost to carpool (expense shared by 4 people): \$295.10/year	* Cost of gas average in Chicago (as of 8/29): \$3.29/gallon
* Lunch out: \$12	* Cinema movie ticket: \$9.50	* Average commute mileage: 29 miles/day (average car getting 21 miles per gallon)
* Brown bag lunch (sandwich, chips and drink): \$2.65	* Blockbuster rental: \$4.76	* Annual cost of gas used for commute to work: \$1,180.40/year (\$4.54/day)
* Bottled water: \$1	* Manicure/pedicure package: \$40	
	* Medium coffee & donut: \$2.52	

Greater Twin Cities United Way

Your weekly gift of:

- \$1.00 provides work clothes for someone to interview and start a job.
- \$2.50 teaches two students from abusive backgrounds violence prevention so they can break the pattern of abuse.
- \$3.00 provides job coaching for three unemployed young adults to help develop a résumé and interviewing skills.
- \$5.00 pays for a week of activities at a senior center.
- \$6.50 provides two children with temporary shelter during a family crisis.
- \$8.00 pays for a family of five to have a hot meal a day for one month.
- \$10.00 provides ten children with screenings for medical, behavioral and developmental needs before entering kindergarten.
- \$10.50 provides one year of in-home meals, allowing an elderly person to continue living in his/her home.
- \$12.00 pays short-term emergency housing for a family in crisis.

- \$15.00 provides a struggling student with after-school tutoring to help the student succeed in school.
- \$18.00 provides job-readiness skills and counseling for two parents, helping them to find jobs that support their families.
- \$20.00 helps 83 new immigrants learn English and moves them toward U.S. citizenship.
- \$25.00 helps two high school drop-outs get off the streets and back into education.
- \$50.00 helps stabilize families in crisis with short-term shelter, food and/or childcare assistance.

United Way of Greater Houston

Your weekly gift of:

- \$10.00 provides 50 school age youth with tobacco prevention education services.
- \$20.00 provides 140 families with basic needs (food, clothing and shelter) for a week.
- \$30.00 provides transportation to medical appointments for 54 seniors.
- \$50.00 provides 14 individuals who are battling drug and alcohol addiction with counseling and recovery services.
- \$100.00 provides 31 youth with supervised after-school activities.
- \$200.00 provides three children with one year of quality child care to help them grow and develop to be successful in school, or provides employment services for 62 individuals.

United Way of Metropolitan Atlanta

Your weekly gift of:

- \$1.00 provides one night of shelter including a meal, clothing and case management counseling for a survivor of domestic violence.
- \$1.00 gives job training skills, coaching and referral for a developmentally disabled person seeking self-sufficiency.
- \$2.00 provides 100 days of quality child care, ensuring children are ready to learn when they enter school.
- \$2.00 gives one-on-one case management for a year for one homeless person suffering from mental illness.
- \$5.00 buys four weeks of groceries for a family of five who are struggling through a job loss.
- \$5.00 pays for course materials for three people to complete their GEDs.
- \$10.00 provides one year of therapeutic counseling for a mother and child to overcome the scars of abuse.
- \$10.00 pays for the necessary resources for a teen violence reduction project created and carried out by the students themselves.
- \$20.00 provides support for youth leadership and engagement in the community, which results in housing repairs, community festivals and clean-ups.
- \$20.00 offers one month of transitional housing and support services to a homeless family seeking to gain self-sufficiency.

United Way of Massachusetts Bay

Your weekly gift of:

- \$20.00 provides a safe, supportive after school environment for youth at risk.
- \$20.00 provides a low-income family with health insurance for one year.
- \$30.00 provides financial skills training to 120 low-income families.

United Way of Metropolitan Dallas

Your weekly gift of:

- \$1.00 buys one week of after school care for a child.
- \$4.00 allows eight families to participate in an eight-week parent education class for children ages 0-6 years old.
- \$10.00 allows a senior citizen one-on-one, in-home instruction assistance to modify their home and provide adaptive and devices to continue to live independently.
- \$50.00 provides 40 hours of training to one blind or visually impaired individual on assistive technology to regain literacy.
- \$200.00 allows 125 children to attend a quality after school program for one year.

United Way of New York City

Your gift of a dollar a day can provide:

- seven weeks of before and after-school care for one child.
- personal safety training for 14 children.
- 24 days of shelter, security and food for one victim of domestic violence.
- 19 days of rehabilitation for a recovering alcoholic.
- two months of physical therapy to a low-income child with disabilities.
- eight days of adult day care for a frail elderly individual.

United Way of San Diego County

Your weekly gift of:

- \$1.00 provides one month's supply of pre-natal vitamins for four uninsured mothers.
- \$1.00 provides a five-week anger-management class for two teenagers to learn conflict resolution alternatives.
- \$2.00 provides one month of prescriptions for a low-income uninsured adult with diabetes and heart disease.
- \$2.00 provides ten hours of babysitting to enable a single parent to work.
- \$4.00 allows 120 meals to be delivered to seniors in their homes.
- \$4.00 provides vision screening and eye glasses for one low-income learner.
- \$10.00 provides six months of domestic violence treatment for a perpetrator to end the cycle of family violence.
- \$10.00 provides a blood pressure reader or a breast cancer screening mammogram for three low-income.

United Way of Southeastern Pennsylvania

Your weekly gift of:

- \$2.00 allows volunteers to make monthly "check-in" phone calls to elderly patients who live alone.
- \$5.00 helps a client receive nursing care at a mental health drop-in center.
- \$10.00 provides for an hour long workshop on financial literacy.
- \$13.00 covers the cost of matching and supporting a local young person with a school-based mentor for one school year.
- \$20.00 provides educational and consumable supplies for one year for 20 children in family day care homes.