



# WHAT CAN YOUR DOLLAR DO *in the Greater Capital Region*

**\$5 A PAY CHECK = \$130 PER YEAR**



Provides a child a **free book mailed** to their home each month



Provides a child a **free lunch** during the summer months

**\$15 A PAY CHECK = \$390 PER YEAR**



Helps provide ongoing **mental health services** for teens



Helps provide essential **baby items to parents** in need

**\$25 A PAY CHECK = \$650 PER YEAR**



Provides **sustainable food solutions** for struggling families



Helps provide **transportation services** in underserved parts of our community

**\$50 A PAY CHECK = \$1300 PER YEAR**



Provides **free tutoring** for grades 1-5



Helps secure **affordable housing** for low-income families

From strengthening local resilience to advancing health, youth opportunity, and financial security, United Way is mobilizing communities to action so all can thrive.

[unitedwaygcr.org](http://unitedwaygcr.org)