
What Your Contribution Buys

\$1.00 per week for one year = \$52

- purchases 5 smoke detectors for a self-help home
- prints 80 fliers regarding consumer and collection issues for low-income Utah County families in danger of bankruptcy
- provides 20 hours of safe haven to women and children who have been abused and who are temporarily living at a shelter or provides half of a start-up kit for families leaving the shelter in need of basic essentials

\$2.50 per week for one year = \$130

- provides eye exams and glasses for 7 children
- provides 2 months of one-on-one tutoring for an adult who is learning to read
- pays for a 12-week prenatal course about nutrition, prenatal care and parenting for 2 expectant mothers who may be in danger of giving birth to babies born addicted or have birth defects due to low birth weight

\$5.00 per week for one year = \$260

- provides 3 weeks of nutritious meals for 50 hungry children
- provides 17 at-risk youth with a one-on-one mentor for a month
- provides one month of an after-school social recreational program for 4 autistic children

\$10.00 per week for one year = \$520

- provides emergency food boxes to 188 families and/or elderly people for one week
- provides 18 hours of support and care for 3 children of a recently divorced mother while she explores educational opportunities and seeks employment
- provides 2 weeks of counseling for a homeless two-parent family with children regarding shelter, food and self-sufficiency

But I Can't Afford to Give...

Buying Habit Changes (per person)	=	Savings	
		Monthly	Yearly
Go to the dollar theater instead		\$6	\$72
Buy grocery store brands		\$10	\$120
Save \$.50 a day by cutting out your can of soda at lunch		\$15	\$180
Buy 1 less article of clothing per month		\$20	\$240
Eat out 2 fewer times a month		\$30	\$360
Bring lunch to work (saving an estimated \$3/day)		\$60	\$720