

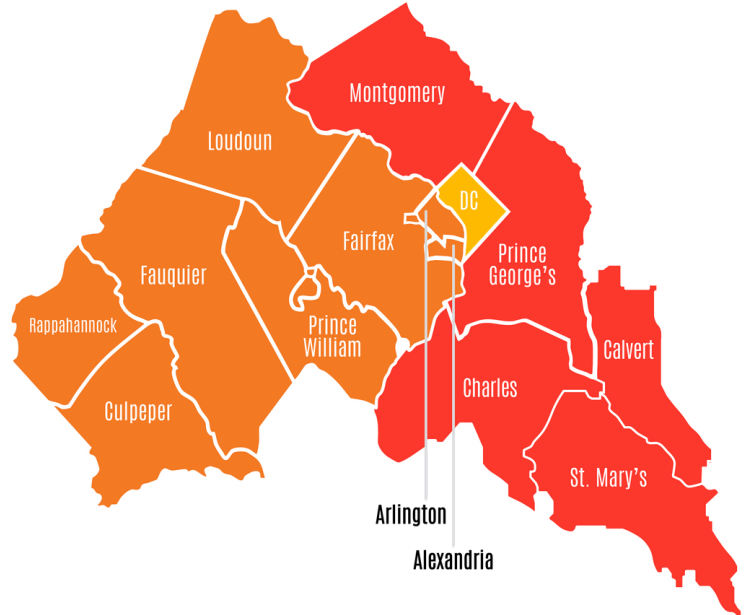


UNITED WAY
of the National
Capital Area

PHILANTHROPY IN THE WORKPLACE

United Way of the National Capital Area brings people and partners together to help ALICE (Asset Limited, Income Constrained, Employed) households build more stable futures. ALICE represents more than 700,000 households in our region who earn above the Federal Poverty Level but still struggle to make ends meet.

Through your workplace campaign, you can help advance lasting change across three key impact areas: Healthy Community, Youth Opportunity, and Financial Security. Make your gift go even further by taking advantage of your employer's matching gift opportunity.



HEALTHY COMMUNITY

\$25

Provides **a new parent and child** with a postpartum care kit

\$50

Provides **two menstrual hygiene kits** to middle school students

\$100

Provides a **diabetes self-management kit to one individual** working to better manage their diabetes at home

\$250

Provides **12 individuals** with A1C screenings to check for diabetes risk

\$500

Supports a community health fair **providing health screenings and education to 50+ individuals**

YOUTH OPPORTUNITY

Provides a weekend food bag for **a student**, ensuring they have access to nutritious meals even when school is out

Provides **a new coat** for a student who doesn't have one for the winter

Provides weekend food bags for **four students**, ensuring they have access to nutritious meals even when school is out

12 students can participate in career readiness training and one-on-one career coaching

Brings a hands-on STEM experience, like "STEM in the Schoolyard," to a **classroom of middle school students**

FINANCIAL SECURITY

Provides **transportation to an in-person financial coaching session** for one individual

Funds an **upskilling course for a veteran** returning to the civilian workforce

Provides an **initial emergency fund deposit** for one family, creating a financial safety net during unforeseen circumstances

Groceries for a **family of four** for one week

Secures a pre-purchase **home inspection** for first-time a homebuyer from a reputable provider

UNITED IS THE WAY

To donate during your workplace campaign, or support your community with a monthly gift, visit unitedwaynca.org.

Learn more about a [company match](#) here and how you can help [ALICE](#).



#31408



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