

Your CFC Gift Buys. . .

"It is the greatest of all mistakes to do nothing because you can only do a little. Do what you can." -- Sydney Smith

You can make a BIG difference through CFC! Charities provided the following information about what your few dollars a week can provide:

Just \$1 a week buys...

- Food for five people for a day.
- 17 children's books for families in a literacy program.
- Six hours of relief for family members that have become primary caregivers for a family member with an illness or disability
- Five youth scouting memberships for girls.
- Education for 40 renters and landlords about their rights under the law.
- Protein-rich tuna fish and peanut butter to supplements 52 hungry families' (one each week) grocery bags.
- Two weeks of transportation to and from work for a victim of abuse or sexual assault while staying at a safe house.
- Legal assistance to 5 individuals in a legal clinic.
- 26 meals for people requiring special dietary needs.



Just \$5 a week buys...

- Clothing, shoes and a winter coat for one individual who has lost everything in a home fire.
- Two months of meals for a homebound person.
- Five wigs for children with cancer undergoing chemotherapy.
- 30 hours' local transportation fare.



- Two nights of shelter for a troubled or neglected youth.
- After school care (food, health, recreation, and homework help) for one child for a year.
- A year of scouting for one boy.
- Temporary shelter for a family of four for three nights following a disaster.
- Three or four bus tokens a week for 162 homeless people to get to job interviews or doctor appointments.
- Three bowling trips for seniors.
- An airline ticket to California or theme park tickets for a family of four with a critically ill child.
- Gas or power service for an elderly or disabled person who has been threatened with a termination notice.
- Access to public structures for people with disabilities.
- 12 hours of a parenting education class for two parents
- Two weeks of developmental preschool for a child with developmental needs.
- An initial prenatal visit for a pregnant teen.
- Three months of help with housekeeping, daily hygiene, and chores for an individual with disabilities or elderly person.
- 11 Braille books for a pre-school class for visually impaired children.
- Respite care provided for a child with a severe or multiple disabilities.
- Five hours of employment counseling, resume preparation, and job interview coaching for legal refugees.
- Shelter for 10 people for a night.



Just \$10 a week buys...

- Two days of care for a terminally ill individual.
- Baby formula for 52 low-income infants (one each week).
- A full year of scouting for two girls.

- Five and a half weeks of work training.
- One month of preschool for a child at risk of falling through the cracks.
- Funding for daily radio legislative updates, during the legislative session and monthly for interim committees.
- Lightweight wheelchair for a person who is physically challenged.
- Sponsors a panel discussion at a state humanities nook festival.
- Allows five people being treated for mental illness to attend recovery classes that provide education, peer support, and healing strategies.
- Helps to construct a tower with associated transmitting equipment to broadcast live City Council meetings and other important public information.