

You can help!

Even \$1 per week makes a tremendous difference!

For

The Cost of

You Can Buy

\$1

A bag of chips



=

8 Meals

from the local food pantry
for a family in need

\$2

A large bottle
of water



=

1 Week

of after school programming
for a low income child

\$3

A magazine



=

**10 Parenting
Classes**

for parents at risk of
abusing or neglecting
their children

\$5

A cup of coffee
& a muffin



=

**Vocational
Services**

to help those with
disabilities succeed

\$10

Lunch



=

1 Week of Housing

meals & case management
for a homeless family of 4

\$20

2 movie tickets



=

Domestic violence
services for
**1 Woman & her
Children**

shelter, counseling,
children's groups &
court advocacy

100% of your donation stays in Ulster County.

GIVE.ADVOCATE.VOLUNTEER.

United Way
of Ulster County

