

## Give up a little to give back a lot!

### If you ...

rented two movies a month for a year, rather than going to the cinema

skipped your coffee and donut combo once a week for a year

skipped your Latte just once a week for a year

refilled your water bottle rather than buying a new bottle every day for a year

brought your lunch just one day a week for a year, rather than going out for a meal

skipped purchasing a ticket at an amusement park

gave yourself a weekly manicure/pedicure, rather than going to the salon

brought your lunch every workday for a year, rather than going out for food

### Your savings could ...

provide a home-delivered meal to **18 elderly people.**

link **10 callers in need** with services that can help 24 hours a day.

provide **5 days of care** to prepare a pre-school child for kindergarten.

provide one hour of afterschool tutoring for **36 inner city youth.**

provide a supply of groceries to **40 families** in a financial crisis.

provide case management services to investigate suspected **elder abuse.**

match **32 children** from single parent homes with adult mentors.

provide 1 week of care for **15 homeless children.**