



of South Puget Sound

WHAT YOUR \$\$ GIVES YOU
THE POWER TO DO
EVERYDAY IN THE LIVES OF
COUNTLESS NEIGHBORS,
FAMILIES, AND PEOPLE
LOCALLY & EVERYWHERE

Ever Think To Yourself

"I can only give a few dollars a week . . . so what possible difference can that make?"

The answer is everything. The CFC enables even a little bit each pay period to make a big difference. A campaign that saw more than 10,000 people donate last year to the tune of over \$1.24 million dollars.

By all of us continuing to walk this line of giving back to our communities—rolling our sleeves up and continuing to stoke the flames of America's generous spirit, we can make not just a difference...but systematic change in our neighborhoods, communities and this great nation.



For \$20 to \$25 per pay period, you've got the power to:

- Provide a full semester of job training for disabled individuals who seek to become employed and self-reliant.
- Provide clothing for FOUR disaster victims who have lost everything.
- Deliver a weeks worth of meals to homebound seniors
- 3 sessions of counseling for a child to heal from the effects of domestic violence
- Enables diabetic to receive a 2-3 mth supply of syringes.
- Provides 20 people food for 2 days each.
- Buys 3 strollers to assist families in need.
- Spays/Neuters 18 pets
- Provides 10 patients with a platelet count.
- Cures malnutrition for 30 children in Dalfur; or irrigates the land of 5 farmers in Sub-Saharan Africa
- Furnishes medical kit to 1,500 refugees for 3 month span.
- Feed a litter of puppies for a month or vaccines for 20 kittens
- Serve 1,132 families with a meal; or 275 turkey dinners for families during the holidays; or 3,600 people with a sandwich and sack lunch
- Food for 1 family for a year from a local food-bank
- Buy 6 home energy conservation kits for WA residents
- Purchase one spotting scope to monitor released wildlife to include the California Condor and the endangered Alpmado Falcon
- Vaccinate 650 refugees against measles, polio & other diseases



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For \$15 per pay period, you've got the power to:



- Offers 2 Cambodian kids orphaned by Aids education/medical care/income skills for a year.
- 2 families tents/blankets and hygiene supplies following a natural disaster
- Transportation for a dialysis patient to and from the hospital
- 15 patients receive a unite of cryoprecipitate blood transfusion for blood disorders
- Pays for 6 hours of camp for a child with diabetes
- 30 meals to low-income home-bound seniors
- Provides 15 people access to domestic violence and child abuse services
- Pay for waterproof boots for a ranger at national park overseas
- Sends 4 diabetes info kits to a newly diagnosed individual
- Provides 15 months of baby formula for an impoverished baby
- Furnish 3 middle-schools with forest ecology curriculum in English and Spanish
- Make & sustain 1 school based mentoring match for an at-risk-youth



For \$10 per pay period, you've got the power to:

For \$5 per pay period, you've got the power to:

- Provide 3 nights of lodging for a family devastated by a natural disaster.
- A week of vocational training to assist people with physical, mental or emotional disabilities to become employed.
- Feed a litter of kittens for 2 weeks.
- Provides 4 days worth of food for 4 people.
- Buys Month's worth of taxi rides home from the ER.
- Cataract Surgery for 5 people in impoverished areas
- Diabetes risk tests to 500 individuals
- 5 sessions of speech pathology for a stroke survivor
- Vaccines for 50 homeless animals
- 452 families served a nutritious meal
- Plant 20 trees to offset 20 tons of carbon dioxide emissions
- Buy 5 water quality test kits for students to learn about Puget Sound's ecology.
- Reforest land in Central America with 2,100 seedlings to reduce erosion and assist family nutrition through gardening
- Host a workshop for 35 farmers on ways to save their farms
- Connect a child to an adoptive
- Ensure that a local family has groceries after losing everything in a house fire.
- Provide a disabled/disadvantaged person training materials necessary to complete a work-training program.
- 2 months of baby formula for a hungry baby
- 55 families get a turkey dinner for the holidays
- Provide a litter of kittens 2 wks of kitty litter or formula for 14 litters of kittens
- Provides 2 days worth of food for 4 people
- Buys a pair of eyeglasses for a needy child
- Allow 5 kids with epilepsy to attend a morning of summer camp
- Provides an elementary school-age child with 5 months of weekend snacks and take-home meals
- Give 720 people a fresh sandwich and a sack lunch
- Conserve 5 acres of a threatened ecosystem
- Plant 5 trees in an inner-city neighborhood
- Buy a hearing-aid for a low-income hearing-impaired person

www.cfcgive.org

Commitment—Focus—Changing Reality