



# UNITED WAY OF THE CAPITAL REGION POWER OF A GIFT

LIVE UNITED



**\$1 per week** - Provides 312 meals through the Central Pennsylvania Food Bank.



**\$2 per week** - Provides an individual in need with glasses.



**\$3 per week** - Provides 26 literacy kits with books and crafts to help children prepare academically for kindergarten.



**\$4.50 per week** - Enables 1 individual in urgent dental pain to see a dentist.



**\$6.50 per week** - Enables 3 individuals the ability to receive one psychotherapy treatment.



**\$7.50 per week** - Provides 19 people with 2 suits/dresses, a pair of shoes and a personal grooming kit to prepare them for job interviews and employment.



**\$8 per week** - Provides a full day of food and shelter to 2 families of 4. This service includes providing breakfast, lunch and dinner, the costs to mobilize and distribute a cot, two blankets and a comfort kit as well as the costs of workers to provide this service.



**\$18.50 per week** - Provides child care for 1 infant for 1 month so their parent(s) can go to work.

For more information, contact United Way of the Capital Region at 717.732.0700, or visit [uwcr.org](http://uwcr.org).

United Way of  
the Capital Region

