



# A thriving Niagara starts with you.

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**\$5**

per pay

per pay can fill the hunger gap for up to 300 children at school.

**\$10**

per pay

per pay can support 12 days of after school programming for one youth.

**\$25**

per pay

per pay can provide mental health support to 29 people in crisis.



**United Way**  
Niagara

Examples based on 26 pay periods. Learn more at [unitedwayniagara.org](https://unitedwayniagara.org).