



**United Way**  
Niagara

# Improving food security

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# Lifting families out of poverty



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# Supporting children and youth



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# Creating inclusive communities



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# Improving mental wellbeing



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# Preventing homelessness



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# Imagine what we can accomplish when we are **UNITED.**

**\$5**  
per pay

can provide access to  
mental health and  
community supports for  
a vulnerable adult.\*

**\$10**  
per pay

can provide 10 hours of  
counselling for  
survivors of domestic  
violence and abuse\*

**\$20**  
per pay

can provide 180  
people in need with a  
nutritious meal.\*



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