

FIGHTING FOR 41

HOW UNITED WAY HELPS SOLVE THE HUNGER EQUATION

41+ MILLION AMERICANS MAKE LESS THAN \$24,858 A YEAR ¹

Many of these families often choose between food and other expenses. How would you budget if you only had \$2,071.50 a month?

THAT IS LESS THAN THE ESTIMATED MONTHLY TOTAL EXPENSES FOR A FAMILY OF FOUR:



HOUSING ²

Rural \$1,271;
Urban \$1,640;
Suburban \$1,695;



CHILDCARE ³

\$800+



TRANSPORTATION ⁴

\$798



HEALTHCARE ⁵

\$625



GROCERIES ⁶

\$604



UTILITIES ⁷

\$171

TOTAL: \$4,269 - \$4,693



BUILDING HEALTHIER COMMUNITIES ONE FAMILY AT A TIME

United Way knows that healthy families mean healthy communities. From mobile food pantries to health education that helps families maximize their food budgets and cook healthy meals, we're finding creative solutions to help communities fill the gap.

COMMUNITIES HELP FAMILIES EAT FRESH, NUTRITIOUS FOODS

Many community partners leverage United Way programs to provide opportunities for families to eat fresher, healthier foods on a budget. Farmers markets often double SNAP benefits, while programs like Breakfast in the Classroom, Summer Meals and Weekend Backpacks provide vital meals that keep kids fueled to learn and succeed.



WITH UNITED WAY, YOU CAN HELP.



ENCOURAGE

Individuals needing help to call 2-1-1 to connect to available community & Federal resources like the Supplemental Nutrition Assistance Program (SNAP)



ADVOCATE

To lawmakers for investments in early childhood education and care for parents



DONATE

To your local United Way



IMPROVE

Access to healthy food through community garden programs and farmers markets



SUPPORT

School programs that provide consistent, quality meals to children



VOLUNTEER

With local community partners like food pantries

United Way fights for the health, education and financial stability of every person in every community. Help now at: www.unitedway.org/41 GIVE. ADVOCATE. VOLUNTEER.



CITATIONS:

1. <https://www.ers.usda.gov/webdocs/publications/84973/err-237.pdf?v=429791> (page 6)
2. <https://www.ers.usda.gov/webdocs/publications/84973/err-237.pdf?v=42979> (page 13)
3. http://studentsagainsthunger.org/wp-content/uploads/2016/10/Hunger_On_Campus.pdf (page 7)
4. <https://www.ers.usda.gov/webdocs/publications/90023/err-256.pdf?v=0> (page 13)

5. <https://www.ers.usda.gov/webdocs/publications/90023/err-256.pdf?v=0> (page 13)
6. <https://www.valuepenguin.com/average-household-budget>
7. <https://www.ers.usda.gov/webdocs/publications/90023/err-256.pdf?v=0> (page 13)