

The object of the United Way Campaign is not to get a lot of money from you, but instead get a little bit of money from a lot of people. Even a dollar can add up to significant change in our local community!

Think about some minor things you might be able to give up that could help the United Way feed our neighbors in poverty, provide shelter to children from abuse or the many other charities that the local United Way assists with your donations. Some might even be healthy for you!

What's it worth?	
This amount	Is equal to:
\$1 per week <i>Or \$2 per paycheck</i>	<ul style="list-style-type: none"> • Give up ONE THIRD of a cigarette PER DAY or TWO cigarettes PER WEEK (7 days) • Give up ONE PINCH of chewing tobacco PER WEEK (7 days) • One snack from the vending machine PER WEEK • A one way trip on the Thruway from Newburgh to Kingston ONCE PER WEEK
\$2.50 per week <i>Or \$5 per paycheck</i>	<ul style="list-style-type: none"> • ONE cup of Dunkin Donuts Coffee PER WEEK • ONE mix drink at the bar EVERY TWO WEEKS
\$4 per week <i>Or \$8 per paycheck</i>	<ul style="list-style-type: none"> • Say NO to the Ham, Egg & Cheese Biscuit. Say YES to a banana! • ONE beer at the bar PER WEEK!
\$5 per week <i>Or \$10 per paycheck</i>	<ul style="list-style-type: none"> • Don't rent a movie from the video store – read a book or play with the kids! • Give up some scratch tickets! Or at least only do the \$1 ticket instead of the \$5 spot
\$6 per week <i>Or \$12 per paycheck</i>	<ul style="list-style-type: none"> • Pack your lunch ONE DAY instead of McDonalds or the Deli • Give up ONE PACK of cigarettes PER WEEK (this is for you one pack a day people!)
\$7 per week <i>Or \$14 per paycheck</i>	<ul style="list-style-type: none"> • Drink Water for lunch instead of Soda. How easy is that? • Get Bud Lite instead of Heineken or Blue Moon. Bud is a real man's choice.
\$8 per week <i>Or \$16 per paycheck</i>	<ul style="list-style-type: none"> • Don't buy the girl at the end of the bar the fruity drink. You're not her type anyway. • ONE ticket to the movies. Donate here and you're in the raffle for the awesome TV.
\$9 per week <i>Or \$18 per paycheck</i>	<ul style="list-style-type: none"> • For women – this is equivalent to getting your nails done ONCE A MONTH. • Take your date for a walk instead of the movies. You'll get brownie points for being romantic.
\$10 per week <i>Or \$20 per paycheck</i>	<ul style="list-style-type: none"> • Eat at home with your significant other instead of the diner ONCE every TWO WEEKS. • Go to the diner instead of the expensive restaurant. You can't speak French anyway.

What's important to remember:

- The United Way audits the organizations it funds to make sure the money is getting to the people who really need it. This makes sure your money goes where you want it to, not to people 'playing the system.'
- The United Way only funds organizations that make measurable change in our community and routinely audit the organizations to ensure they have quantifiable outcomes that will positively affect our community and our economy.
- You can designate a specific non-profit on your United Way Pledge Card, even if it is not one the United Way currently funds. For instance, if you wanted your money to help the Boy Scouts or the American Cancer Society, you can elect to do so on your form.
- You can also 'GIVE WHERE YOU LIVE' by noting on your pledge card you want your monies to go to the United Way in the county that you live in!

