



# What Your Dollar Buys through the NDWCC

The National Defence Workplace Charitable Campaign (NDWCC) works in partnership with United Way and Health Partners to help create positive change in our community. Your contribution, no matter the size, does make a difference. Learn how your donation helps change lives for the better. Based on 24 (military) to 26 (civilian) pays per calendar year, below are some examples of how your donation can impact our community.

## \$5 A PAY/\$120-\$130 YR

Gives two families a one-month recreation membership, helping them stay active and spend time together. Subsidizes healthy, homemade meals for one low-income senior for one year.

## \$10 A PAY/\$240-\$260 YR

Provides a two-week supply of food to a family of four in a crisis situation.

Covers the cost of a skills development program for one adult to improve employability.

Gives 10 seniors access to free social programs and activities for one year.

## \$25 A PAY/\$600-\$650 YR

Stocks a community pantry for low-income seniors with senior-friendly options like Boost, easy-open canned goods, and low-sodium pantry items.

Provides a daily, healthy breakfast to 10 children during a summer day camp program.

Supports monthly workshops & social activities for 500 newcomers.

### \$38 A PAY/\$912-\$1,000 YR

Provides transportation to a peer tutoring program for 60 at-risk youth.

### \$46 A PAY/\$1,104-\$1,200 YR

Provides a woman escaping domestic violence with temporary housing and counselling.

Provides three adults with 1:1 tutoring to help increase their reading, writing, and numeracy skills.

### \$100 A PAY/\$2,400-\$2,600 YR

Provides critical one-on-one mental health support to 50 people.