



United Way of Northern
Shenandoah Valley

WHAT A DOLLAR BUYS

LIVE UNITED

United we fight. United we win. The United Way NSV fights for the health, education and financial stability of every person in every community. Your contributions add up to enormous wins for your local community.

WHAT CAN YOU SPEND INSTEAD?

See what \$1, \$5, \$10 or more a week can provide in the Northern Shenandoah Valley. **Your dollars make change!**



A \$1 BAG OF CHIPS

=



5 BAGS OF FOOD -Highland Food Pantry



A \$5 CUP OF COFFEE

=



5 DAYS WORTH OF NEWBORN DIAPERS

-Shenandoah Valley Lutheran Ministries



\$10 GAME/APP BUCKS

=



2 NIGHTS OF SHELTER & FOOD FOR 1

FAMILY -The Phoenix Project



\$20 MOVIE TICKETS

=



A COMPLETE SET OF DENTURES FOR 2

PEOPLE -Shenandoah Dental Clinic



\$50 DINNER OUT

=



100 THERAPY APPOINTMENTS FOR

ABUSED CHILDREN -Child Safe Center



\$100 PAIR OF SHOES

=



**PROVIDES SHELTER, CLOTHES, BEDDING &
TOILETRIES TO 30 DOMESTIC ABUSE SURVIVORS**

-The Laurel Center