United Way fights hunger by supporting food shelves, student food packs, and senior meals. We fight for well-being by providing mental health education and food access to quality services.

**HEALTH**

When we are healthy, our community thrives.

**QUALITY OF LIFE**

Like 1 in 4 people in our community, Bryan is working full-time but living in poverty. To help provide for his family, Bryan & his wife visit local food shelves.

During the summer, meals are provided by the Yes Network & Boys & Girls Clubs.

Meet Bryan and his family

Grandma receives a Senior dining meal daily in addition to meals with her family.

1/3 of those participating in the Senior Dining program report that it is the only food they consume that day.

At School, Bryan's two sons receive food packs to help during the weekend.

**WE HEARD YOU ON MENTAL HEALTH**

Mental health is important to Central Minnesota. You reported in our 2018 Survey that it is the #1 community concern and **WE ARE COMMITTED.**

- In 5 years, we've provided mental health training to over 1,400 participants.

But that's just the beginning. We are committed to improved access and awareness in our communities.

**WE NEED YOU TO JOIN THE FIGHT.**

**GIVE.**

- $20 will ensure a child will have access to quality food for a week in the summer
- Money or food to supply our local food shelves
- Make a donation in any amount at www.unitedwayhelps.org

**ADVOCATE.**

- Use your voice to shine a light on community solutions
- Spread awareness by sharing our 211 helpline with someone who may need help
- For long term advancement in community health success by making a planned gift to United Way

**VOLUNTEER.**

- Host a food drive
- Deliver meals to aging seniors
- Attend an educational mental health workshop
- Put together a team for our Kick Summer Hunger Kickball Tournament in May.