

UNITED FOR ALICE

35
PERCENT



More than one in three families (35%) in our region struggle to make ends meet.

ALICE is a United Way coined acronym that stands for **A**sset **L**imited, **I**ncome **C**onstrained, **E**mployed. ALICE families are working, in some cases multiple jobs but are still living below the basic cost of living in Connecticut, now known as the Household Survival Budget.

ALICE households often have a difficult time establishing savings and are vulnerable to unexpected expenses, such as medical emergencies or car repairs. In our region a family of four with one infant and one preschooler would need to make up to \$90,000 per year in order to afford the basics. The ALICE Household Budget covers food, housing, health care, child care, technology and transportation.

CHILD CARE

ON AVERAGE THE COST FOR HIGH-QUALITY CHILD CARE FOR TWO CHILDREN IS:

\$62
PER DAY

\$1,850
PER MONTH

FOOD

ON AVERAGE THE COST OF FOOD FOR A FAMILY OF FOUR IS:

\$30
PER DAY

\$930
PER MONTH

HEALTH CARE

ON AVERAGE THE COST OF HEALTH CARE FOR A FAMILY OF FOUR IS:

\$25
PER DAY

\$750
PER MONTH

YOU CAN MAKE A DIFFERENCE

Your gift to United Way matters. This year, we'll continue to invest in programs, services and initiatives that have a direct effect on the household budgets of ALICE families. Our goal is to increase the number of people served this year.

Your additional gift of \$20, \$60, \$120 to the United for ALICE Initiative provides the opportunity for local ALICE households to:

- **participate in quality early childhood education programs** so that they enter kindergarten on track and ready to learn;
- **obtain financial management skills** like how to create and stick to a budget; access income supports such as rent and utility assistance
- **access healthy food** and increased food security through regional food banks and nutrition programs, such as Meals on Wheels



GIVE ADVOCATE VOLUNTEER

unitedwayinc.org

UNITED
FOR ALICE



United Way of Central and
Northeastern Connecticut

WHY UNITED WAY?

United Way invests in programs and services that directly impact the household budgets of ALICE families including: giving children access to quality child care, programs that promote economic mobility through employment services, financial coaching and income supports and access to healthy food.

Quality Early Childhood Education

United Way invests in quality affordable early childhood education programs, ensuring that children ages birth to five acquire language and literacy skills to prepare them for kindergarten.

Early childhood centers provide an educational environment that promotes early literacy, independence, social skills and physical development.

These programs:

- provide a strong foundation for their formal K-12 education; and,
- reinforce and support parent involvement in their child's education.

Last year, nearly 4,000 children enrolled in quality early childhood education programs. With your support, we can continue to help children get off to the best start possible while parents are at work.

Healthy Food Access

United Way helps to ensure that individuals/families have access to healthy food through local food banks (Foodshare and the Connecticut Food Bank), as well as programs like Meals on Wheels which provide people with two nutritious meals a day (lunch and dinner) seven days a week.

Last year, 10.9 million pounds of food were distributed through United Way-supported food bank partners and more than 2,000 people were connected to important benefits such as Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps).

GET INVOLVED

Give

Your gift of \$20, \$60, \$120, or a gift of your choice can make a measurable difference for children and families in our community. Give to United for ALICE today at unitedwayinc.org

Advocate

Take the ALICE Challenge and share your experience with others: makingtoughchoices.org

Volunteer

Volunteer Income Tax Assistance (VITA): Be one of 500 United Way volunteers who provide free tax preparation services to people in our region who file their tax returns through VITA sites.



Economic Mobility

United Way supports programs and initiatives that provide workforce development (employment and training services), financial coaching and connection to benefits across northeastern and central Connecticut.

Together with our partners, we offer a comprehensive approach to connecting individuals with skills and training for jobs in demand by local employers, as well as the financial services and supports that help ALICE families get on the path to financial security by increasing their income and savings, reducing debt and building assets.

Services include:

- financial education;
- benefits screening;
- credit counseling;
- financial coaching;
- employment and career development;
- tax return preparation; and,
- resource and referral.

Last year, more than 10,000 families received no-cost tax preparation services, which resulted in nearly \$24.5 million in refunds and credits returned to central and northeastern Connecticut. In addition, 750 people got jobs.



To download the 2020 Connecticut United Ways ALICE Report, visit alice.ctunitedway.org/downloadreport/

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