

**You can give through the Combined Federal Campaign RIGHT NOW!**  
 Go to [cfcgiving.opm.gov](http://cfcgiving.opm.gov)

To learn much more about the work of these CFC charities and many others:  
**CharityChoices.com**



You Can Be The  
**Face Of Change**

To find out where to give away cars, clothes, computers, more:  
**CharityChoices.com/Where**

**Help Protect Imperiled Wildlife**

[www.defenders.org](http://www.defenders.org) CFC #10624

**From The Battlefield To The Tennis Court**

**CFC# 92757**

**ADAPTIVE TENNIS**

Damian Wright - USMCetling

Adaptive Tennis US seeks to use the game of tennis as a means of reintegration and to create a connection for existence.

Giving back to those who have sacrificed so much for us!

[www.adaptivetennisus.com](http://www.adaptivetennisus.com)

**National Park Foundation**  
 WONDER CALLS

Protect the wonder of America's national parks today and ensure their future for generations to come.

Give at [nationalparks.org](http://nationalparks.org) | CFC #11252

**HELP EDUCATE THE CHILDREN OF THOSE WHO SACRIFICED ALL**

MC-LEF.org • 877-606-1775  
 CFC #10507

**MARINE CORPS-LAW ENFORCEMENT FOUNDATION**

**Children's FOOD FUND**  
 World Emergency Relief

Giving children a living chance®

[www.CFF-WER.org](http://www.CFF-WER.org) CFC # 10984

**TUSKEGEE AIRMEN Scholarship Foundation**

Providing scholarships to assist academically deserving students who dare to dream big.

CFC #47202

[TAISF.org](http://TAISF.org)

**STEP UP TO LIFT UP!**

Haiti is experiencing an extreme crisis due to natural disasters, the pandemic and turbulent unrest. Since March, Food For The Poor has shipped 1,186 tractor-trailer loads, including 725 containers specifically for COVID-19 relief.

**Because of you, our mission continues.**



**In 2020, Generous Donors Provided\***

- Over 20 Million Lifesaving Meals a Month
- 1,872 Safe & Secure Homes
- Over \$5.3 Million Toward Clean Water Projects
- 3,157 Tractor-Trailers of Aid

**And So Much More!**

\*Year ended 12/31/20.



6401 Lyons Road, Coconut Creek, FL 33073  
 877-654-2960, ext. 6658 • [www.FoodForThePoor.org/cfc](http://www.FoodForThePoor.org/cfc)





# Why Should I Support Your Charity's Work?

## Food for the Hungry

Ending all forms of human poverty



**FOOD FOR THE HUNGRY**

At Food for the Hungry (FH), we seek to end all forms of human poverty by going to the hard places and walking with the world's most vulnerable people in 20 countries globally. FH programs include education, clean water, agriculture, disaster response, and more as we walk with communities to create sustainable solutions.



As communities are empowered to walk independently, they have hope for a brighter future and are able to reach their God-given potential.

CFC #11732 • FH.org

## Support Our Aging Religious – SOAR!

They were there for us. Now it's our turn to give.



Sisters, Brothers and religious order Priests—who have given their lives to the Church and its work—are facing a crisis. Many worked for only modest stipends. As their median age rises, their communities have little for retirement. Healthcare costs have soared. **In response, SOAR! awards grants to congregations of Catholic Sisters, Brothers and Priests to care for their retired members.** Your donation addresses their immediate needs and ensures their safety, comfort and dignity. Please help.



CFC #10041 • SOAR-usa.org

## The Children's Inn at NIH

"A Place Like Home"



The Children's Inn at NIH

The Children's Inn is a place families can stay as their sick child participates in pediatric research at the National Institutes of Health. Our donors provide housing and supportive services, like nightly dinners, **at no cost to families.**



With your support, we are making childhood possible for the over 1,700 children who stay at The Inn each year, as they search for answers to their tough, and sometimes rare, medical conditions.

CFC #10324 • ChildrensInn.org

## National Association of American Veterans

Serving Veterans with Honor and Respect



As America leaves Afghanistan and Iraq, these countries will never leave many veterans who fought there. More than two in five have a disability. One in five struggles with PTSD or major depression. Many more veterans commit suicide than are killed in action (893 vs. 37 in 2016). **NAAV's volunteers provide basic help to these veterans:** someone to talk to, help when rent or a utility bill is overdue, help navigating the VA bureaucracy. With an overhead of just 5.3%, **your support goes directly to help vets and their families.**



CFC #85065 • NAAVets.org

## Cancer Research America: National Foundation for Cancer Research

Research for a Cure



NATIONAL FOUNDATION FOR CANCER RESEARCH

Since 1973 the National Foundation for Cancer Research has been leading the fight to prevent, treat and cure cancer—all cancer. With the help of our donors, NFCR supports cutting edge cancer research by funding the world's leading cancer researchers and scientists. Through the years, we've helped make numerous scientific breakthroughs, leading to new prevention and detection tools and better treatments options. **Please pledge your support today and help us continue to save lives.**



CFC #11267 • NFCR.org

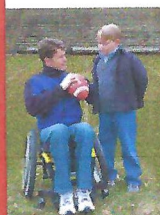
## Paralyzed Veterans of America Spinal Cord Research Foundation

Support the Cure!



Paralyzed Veterans of America

We support innovative research to find a cure as well as to improve people's everyday lives. **100% of your gift supports:**



- Basic research to regenerate nerve fibers.
- Studies of how to lessen the many effects of spinal cord injuries and disease.
- Design and development of technology that allows people to do more, such as adaptive canoe seats.
- Fellowships to get scientists, clinicians and engineers to focus on spinal cord injuries.

CFC #12096 • PVA.org/research

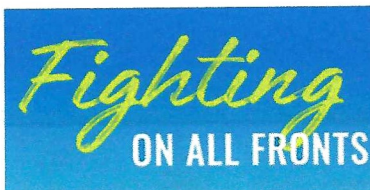
## American Kidney Fund

Fighting on All Fronts



American Kidney Fund® FIGHTING ON ALL FRONTS

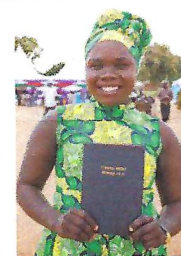
When you join our fight, you change lives. You help empower people to prevent kidney disease and slow its progression. You make lifesaving health care affordable and accessible for patients. You support innovation in education for patients and professionals. You promote advances in nephrology research. You're by our side as we fight for patient rights in Congress and the states. **And, you help give patients a voice.**



CFC #11404  
KidneyFund.org

## Wycliffe Bible Translators

Sharing hope through Bible translation



The hope found in the Bible is needed now more than ever. Yet 2,000 languages lack these words that tell of God's love. Wycliffe is an international Christian ministry that translates God's Word and teaches literacy.

In Nigeria, a woman named Martha received audio Scripture in her own language. *"Those words make sense to me; they sink in,"* Martha said. She discovered Christ through Scripture. **Help bring life transformation to many more worldwide!**

Wycliffe® Bible Translators

CFC #11737  
Wycliffe.org/cfc



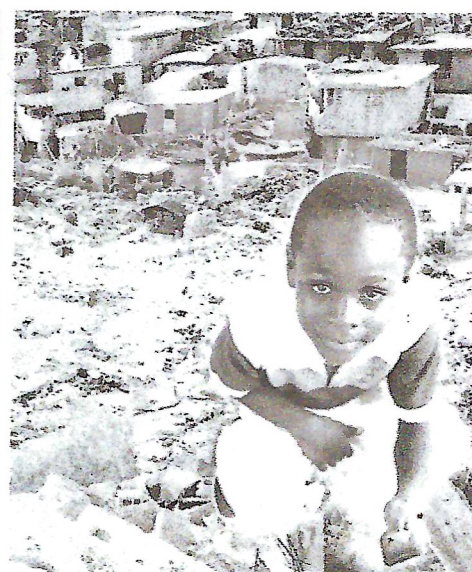
# THE NEEDS ARE ENORMOUS



Ethiopia



Indonesia



Haiti

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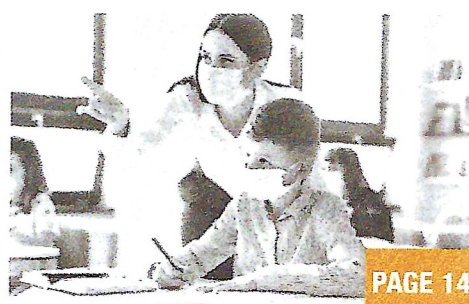
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How to respond to a crisis



PAGE 12

Why should I support your charity?



PAGE 14

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All your donation goes to fund educational projects that improve the lives of veterans and others with spinal cord dysfunction. The projects focus on helping caregivers and healthcare providers better meet the needs of paralyzed veterans. 3.4% (#11958)

[PVA.org/education](http://PVA.org/education)

### POVERTY

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1224 E. Washington St., Phoenix, AZ 85034

Food for the Hungry (FH) is a Christian humanitarian organization ending all forms of human poverty through life-changing development programs, disaster relief, and advocacy. FH serves more than 5.3 million people in over 20 countries worldwide. 20.5% (#11732)

[FH.org](http://FH.org)

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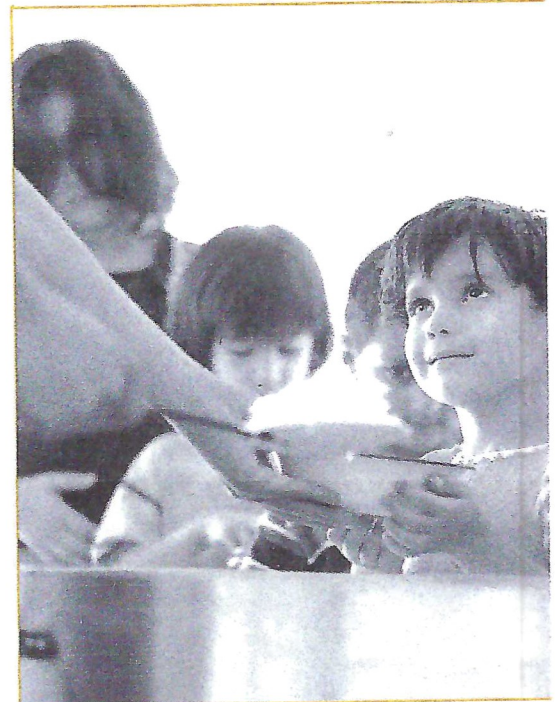
[NationalCops.org](http://NationalCops.org)

### SOCIAL/ ECONOMIC JUSTICE

#### Unitarian Universalist Service Committee

689 Massachusetts Ave., Cambridge, MA 02139

UUSC is a human rights organization powered by grassroots collaboration. We foster social justice, protect rights at risk and work toward a world free from oppression. 18.9% (#11685) [UUSC.org](http://UUSC.org)



### WOMEN

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With more than 2.5 million members, representing every US state and territory, NARAL has been on the front lines organizing and mobilizing to preserve and expand reproductive freedom and abortion access for all, for more than 50 years. 14.7% (#11714)

[ProChoiceAmerica.org/foundation](http://ProChoiceAmerica.org/foundation)

## How much do Americans give?

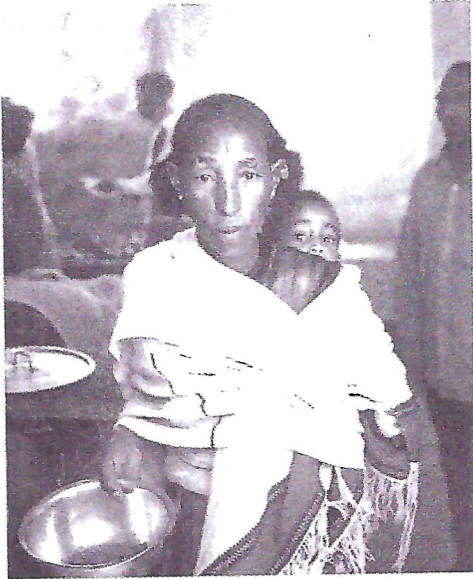
In 2020, despite the pandemic and economic downturn, giving went up nearly 4%, to \$471 billion. Individuals gave more than two thirds of this total (68.8%). The rest came from foundations, corporations and bequests.

However, the percentage of people who give at all has been declining. It was 66% of all households in 2000. It was under 50% (49.6%) in 2018. Part of it is fewer people attending and supporting churches. Part of it is people under 40 giving to charities at a much lower rate: about 33%.

This downward trend changed in 2020, with the number of donors going up 7.3% from 2019. Most of this increase was driven by donors giving small amounts.



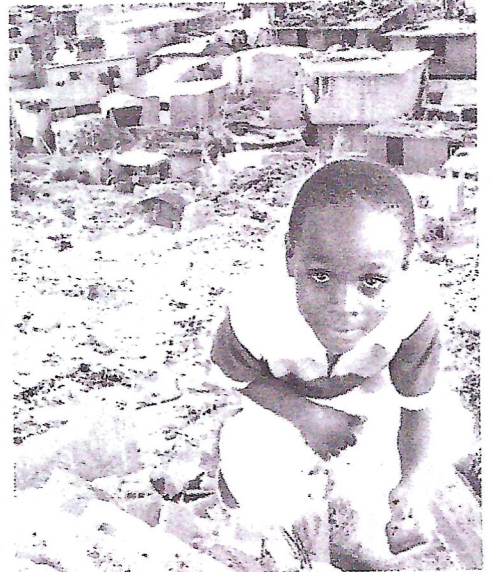
# THE NEEDS ARE ENORMOUS



Ethiopia



Indonesia



Haiti

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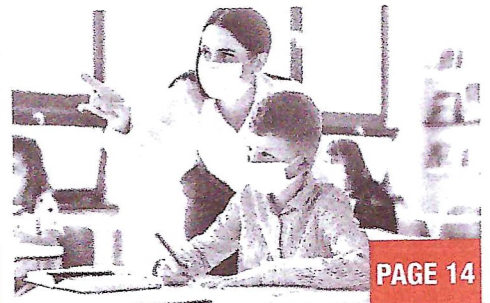
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801 18th St. NW  
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All your donation goes to fund research to restore function and improve the quality of life for veterans and all others paralyzed by spinal cord injury or disease. Great progress is being made, with your support. Thank you. 3% (#12096)  
[PVA.org/research](http://PVA.org/research)

## MILITARY/ VETERANS

### Adaptive Tennis US

105 Massbury St., Gaithersburg, MD 20878

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## SOCIAL SERVICES

### Mary House

4303 13th St. NE, Washington, DC 20017

Our safe haven provides sanctuary to immigrant and refugee families, allowing them to reclaim their dignity and move forward. Mary House provides shelter, transitional housing, food, education and support services to 60 families, using private donations. [casademary@aol.com](mailto:casademary@aol.com) 1.6% (#33368) [MaryHouse.org](http://MaryHouse.org)



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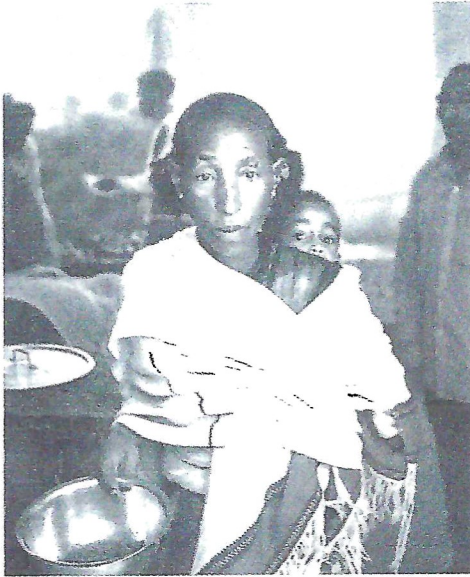
273 Columbus Ave., Suite 10  
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Scholarship accounts to children of Marines and Federal law enforcement personnel who die while on active duty. Over \$79 million awarded since 1995. MCLEF - Educating the children of those who sacrificed all. More than 94% of every dollar goes toward the mission. 6.2% (#10507) [MC-LEF.org](http://MC-LEF.org)





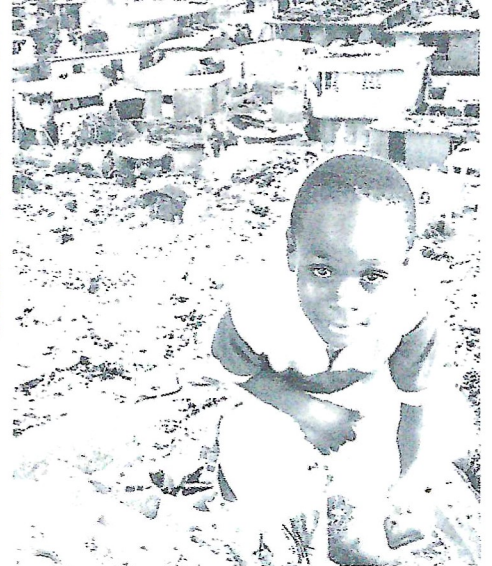
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Ethiopia



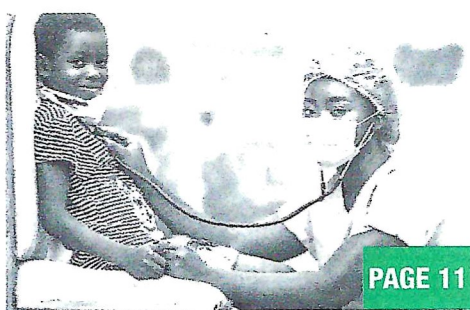
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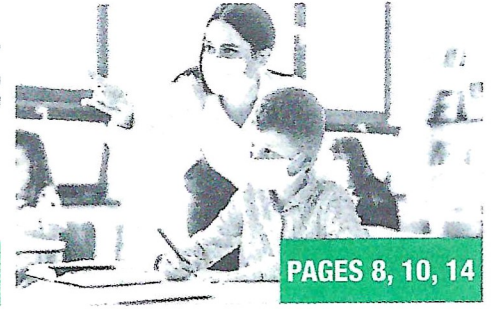
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Stories of charities making a difference.

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