

A Guide to **TRUSTWORTHY** Charities

You can Support through the
COMBINED FEDERAL CAMPAIGN,
United Way, or by making a direct gift



Connecting heart and mind when giving
PAGE 14



How to respond when disaster strikes
PAGE 11



Why should I support your charity?
PAGE 12

You can make your CFC donation NOW: CFCGiving.opm.gov

Your Can Make a DIFFERENCE



WAYS TO MAKE A DIFFERENCE

Aging.....	3
Animal/Wildlife Protection.....	3
Arts/Museums.....	3
Children.....	3
Conservation.....	3
Disabilities.....	4
Disaster Relief.....	4
Education.....	4
Energy.....	4
Environmental Protection.....	4
Faith-Based Services.....	5
Health.....	5
Homeless.....	6
Hospice.....	6
Hunger.....	6
Medical Research.....	6
Military/Veterans.....	6
Poverty.....	7
Public Safety.....	7
Social Services.....	7
Social and Economic Justice.....	7
Women.....	7

HOW TO RESPOND WHEN DISASTERS STRIKE.....	11
WHY SHOULD I SUPPORT YOUR CHARITY'S WORK?.....	12
CONNECTING HEART AND MIND WHEN GIVING.....	14

Most of us can't afford to give a lot to charities. But nearly all of us can give something...and whatever we give does make a difference.

This is because our small gifts add up. Individuals like us still provide more than 80% of all giving to charities in this country.

Charities depend on our support to help the poor and homeless, protect animals and the environment, heal the sick and cure dreaded diseases and much, much more.

This guide tells you what dozens of charities accomplish with the support donors provide.

All of them have met a series of accountability standards, including annual audits.

This guide also explains a few basics about how to give (page 14) and how to respond when disaster strikes (page 11).

Giving is not hard. It mainly requires a little thought and a willingness to invest in making a difference.

PHOTOS: Copyright 2019 by **Earl Dotter:** Cover (girl working), Page 3 (boy at piano), 5 (nurse with patient), 7 (exam); **Jim West:** Pages 2, 3 (llama), 4, 5 (flooding) 15; **Kristy Scott:** Cover (children); **MaryAnn Dolcemasclo:** Cover (women embracing).

Giving is very easy if you're a federal or military employee. You can support all the charities in this guide and many others through the **COMBINED FEDERAL CAMPAIGN.**

You simply go to the CFC's new giving website: **CFCgiving.opm.gov.** You can learn more about how to search for charities on the CFC website by going to **CFCcampaign.org.** You can also support these charities through United Way*.

Giving by payroll deduction through the CFC is an excellent way to give, allowing you to give a little each pay period, which really adds up.

If you can't give at your workplace, you can give to any charity in this guide by going to its page on our website: **CharityChoices.com.** You can learn much more about each charity. And you can go to that charity's online donation page, allowing you to give directly to the charity.

However you choose to give, **please give as generously as you can. Your gift will make a difference.**

* For charities with 4-digit "U.W." numbers, you can designate your United Way donation to them using this number. You can support other charities in this guide as well, but your gift must exceed \$100.

This is the charity's website. You will find a link to each charity's website at **CharityChoices.com.**

This is the charity's United Way number. If you give at work through United Way, use this number.

Christ House

1717 Columbia Rd. NW, Washington, DC 20009

Comprehensive health care for sick, homeless individuals and assistance in addressing critical issues to break the cycle of homelessness: 24-hour medical care, food services, addictions treatment and housing placement. 16.9% (#34256)

(U.W. #8385) **ChristHouse.org**

This is the amount the charity spends on fund raising and administration.

This is the charity's "CFC" number. Use it to find a charity on the CFC website.

This is not an official CFC publication. It does not include all CFC charities.

MORE CHOICES!



AGING

Hebrew Home of Greater Washington

6121 Montrose Rd., Rockville, MD 20852

Committed to fulfilling Jewish values by honoring older adults and ensuring the dignity of each individual. Open to all, we deliver a full continuum of innovative, compassionate and award-winning person-centered services and living options to older adults. 16.4 % (#49705) SmithLifeCommunities.org

Jewish Council for the Aging of Greater Washington (JCA)

12320 Parklawn Dr., Rockville, MD 20852

Helping over 30,000 local elders of all faiths to thrive through award-winning programs that include adult day services, transportation, employment programs, caregiver support, information, outreach and diverse, intergenerational services. 14.5% (#52847) (U.W. #8127)

AccessJCA.org

Support Our Aging Religious

3025 4th St. NE, Suite 14, Washington, DC 20017

The needs of elderly Catholic Sisters, Brothers and Priests in religious orders are critical. We distribute grants to these Communities to ensure the safety and dignity of their aging members. 8.8% (#10041) SOAR-USA.org

ANIMAL/WILDLIFE PROTECTION

Defenders of Wildlife

1130 17th St. NW, Washington, DC 20036

Working since 1947 to save America's imperiled animals and their threatened habitat for future generations through public education, citizen advocacy, legal action and scientific research. 15.6% (#10624) Defenders.org

Humane Society International

700 Professional Dr., Gaithersburg, MD 20879

Humane Society International leads the way in animal protection. With hundreds of thousands of supporters, we are a voice for all animals. We educate, investigate, advocate and act, working to prevent cruelty and promote compassion. 15% (#67938) HSI.org



Humane Society of the United States

700 Professional Dr., Gaithersburg, MD 20879

With millions of supporters we fight to end suffering for ALL animals, taking on puppy mills, factory farms, animal testing and other cruel industries; rescuing and caring for animals through our Animal Rescue Team's work with hands-on animal care services. 32.7% (#11894)

HumaneSociety.org

ARTS/MUSEUMS

WETA

3939 Campbell Ave., Arlington, VA 22206

Local, not-for-profit public broadcasting station, WETA serves the Greater Washington community, producing and broadcasting radio and television programs of intellectual integrity and cultural merit that inspire, enlighten and entertain. 17% (#99581) WETA.org

CHILDREN

Birth Defect Research for Children

976 Lake Baldwin Lane, #104, Orlando, FL 32814

Because every birth defect has a cause, we sponsor the National Birth Defect Registry and Healthy Baby Resource, critical tools that will help us track down these causes. We also provide information, support and partner networking for families of children with birth defects. 9.1% (#10374)

BirthDefects.org

Learn more about the work
of each of these charities:
Charity Choices.com

Children's Food Fund/ World Emergency Relief

425 W. Allen Ave., #111
San Dimas, CA 91773

For 34 years, we have delivered food to hungry children, provided medical care for the sick, supplied relief goods to disaster victims and given hope to millions living in poverty. With your support, we are "giving children a living chance." 3.1% (#10984)

CFF-WER.org

Children's Inn at NIH

7 West Dr., Bethesda, MD 20814

The Children's Inn is a free, supportive "home" to sick children and their families as they receive groundbreaking medical treatment from the NIH in hopes of finding a cure. 31.7% (#10324)

ChildrensInn.org

CONSERVATION

National Park Foundation

1110 Vermont Ave. NW, Suite 200
Washington, DC 20005

As the official nonprofit partner of the National Park Service, the National Park Foundation generates private support and builds strategic partnerships to protect and enhance America's national parks for present and future generations. 23.3% (#11252) NationalParks.org



The Nature Conservancy

4245 N. Fairfax Dr., #100, Arlington, VA 22203

The Nature Conservancy is a global environmental nonprofit working to create a world where people and nature can thrive. Learn more at Nature.org.

27.6% (#10643) Nature.org**DISABILITIES****American Academy for Cerebral Palsy and Developmental Medicine**

555 E. Wells St., Suite 1100, Milwaukee, WI 53202

Leading the way to optimal quality of life for individuals with cerebral palsy and other developmental disabilities through professional education, research and advocacy. Our values are being family-centered, collaborative and innovative. 16.6% (#10581)

AACPDM.org**Autism Speaks**

1060 State Rd., 2nd Floor, Princeton, NJ 08540

Autism Speaks promotes solutions, across the spectrum and through the life span, for individuals with autism and their families, through advocacy and support; increasing understanding and acceptance of people with autism; and advancing research into causes and better interventions. 21.4% (#12413)

AutismSpeaks.org**DISASTER RELIEF****Children's Food Fund/ World Emergency Relief**425 W. Allen Ave., #111
San Dimas, CA 91773

Recent world disasters, some of historic proportion, have left children orphaned, sick, homeless or starving. Our worldwide network of churches and program partners helps us to respond quickly when disaster strikes. By donating, you are "giving children a living chance."

3.1% (#10984) CFF-WER.org**Food For The Poor**

6401 Lyons Rd., Coconut Creek, FL 33073

When poverty-stricken Caribbean and Latin American nations are devastated by storms, earthquakes and natural disasters, Food For The Poor provides immediate emergency relief assistance, and assists communities with long-term rebuilding. 5.4% (#10328)

FoodForThePoor.org/cfc**Humane Society of the United States**700 Professional Dr.
Gaithersburg, MD 20879

Our Animal Rescue Team responds to large-scale emergencies: hurricanes, tornadoes, wildfires, earthquakes, utility outages and more. Every year with our affiliates, we rescue thousands of animals from puppy mills, animal-fighting operations and natural disasters. We can't do it without you. 32.7% (#11894)

HumaneSociety.org**Samaritan's Purse**

PO Box 3000, Boone, NC 28607

Samaritan's Purse is a Christian Relief organization dedicated to saving lives and reducing suffering caused by wars, disease, famine and natural disasters. We work in 100 countries across the globe. 9.7% (#10532)

SamaritansPurse.org

The % figure is administration
and fund raising expenses.

**EDUCATION****Tuskegee Airmen Scholarship Foundation**1816 S. Figueroa St., Suite L.5
Los Angeles, CA 90015

We ensure the legacy of Tuskegee Airmen—who helped integrate the military and our country—by awarding scholarships to 40 financially and academically deserving high school seniors every year. We emphasize students pursuing careers in aviation, aerospace and science. 17.6% (#47202)

TAISF.org**ENERGY****Environmental and Energy Study Institute (EESI)**

1020 19th St. NW, #650, Washington, DC 20036

We engage with Congress to advance win-win bipartisan policy solutions to address climate change urgently and defend clean energy programs and budgets. We're also expanding work to help families improve their homes' energy efficiency with no upfront costs. Join us! 11.7% (#10627) EESI.org

ENVIRONMENTAL PROTECTION**Chesapeake Bay Foundation**

6 Herndon Ave., Philip Merrill Environmental Center, Annapolis, MD 21403

Save the Bay! We're committed to reducing pollution, improving fisheries, protecting and restoring natural resources and building an environmental ethic in the Chesapeake Bay watershed. 24.3% (#11325) CBF.org

MORE CHOICES!

National Parks Conservation Association

777 6th St. NW, Suite 700
Washington, DC 20001

Voice of the American people in the struggle to protect wildlife, majestic scenery, history and culture in parks from Yellowstone to Gettysburg. Fights air and water pollution, overdevelopment and noise.

21% (#12069) NPCA.org

FAITH-BASED SERVICES**Catholics for the Poor and Needy Worldwide**

6930 Carroll Ave, Suite 820
Takoma Park, MD 20912

Serving in faith, transforming through love! We connect Catholic volunteers and missionaries with opportunities to serve the poor and make a difference in communities across the globe. 3.5% (#10174)

CatholicVolunteerNetwork.org

**Wycliffe Bible Translators**

PO Box 628200, Orlando, FL 32862

Wycliffe Bible Translators offers hope by translating Scripture and teaching literacy worldwide. You can help Wycliffe provide powerful tools for life change to minority language groups around the world. 20.4% (#11737)

Wycliffe.org/cfc

HEALTH**Arlington Free Clinic**

2921 11th St. South
Arlington, VA 22204

Arlington Free Clinic provides free, high quality healthcare to low-income uninsured Arlington County adults through the generosity of donors and volunteers. 17.5% (#86926) (U.W.#8247)

ArlingtonFreeClinic.org

American Kidney Fund

11921 Rockville Pike, Suite 300
Rockville, MD 20852

AKF is the most efficient, highest-rated national kidney nonprofit in the United States. When you partner with us, you know that your gift is being well-managed, has the greatest possible impact, and positively affects the most lives. 2.4% (#11404)

KidneyFund.org

Breast Cancer Action

275 Fifth Ave., Suite 307, San Francisco, CA 94103

Breast Cancer Action is a national education and activist organization working to achieve health justice for women at risk of and living with breast cancer. 25.3% (#12010) BCAction.org

Cancer Prevention and Treatment Fund

1001 Connecticut Ave. NW, Suite 1100,
Washington, DC 20036

Saving lives every day as we help your family prevent cancer and help cancer patients choose the most effective, affordable treatments. We don't accept money from pharmaceutical companies, so you can trust us to provide the most up-to-date, unbiased assistance. 0.7% (#11967) StopCancerFund.org

Cancer Research and Prevention Foundation (Prevent Cancer Foundation)

1600 Duke St., Suite 500, Alexandria, VA 22314

The mission of the Prevent Cancer Foundation® is saving lives across all populations through cancer prevention and early detection. Founded in 1985, the Foundation fulfills its mission through research, education, outreach and advocacy. 25.9% (#11074)

PreventCancer.org

**Diabetes National Institute**

9109 Levelle Dr., Chevy Chase, MD 20815

Create better futures for people with diabetes by sponsoring: diabetes research to cure diabetes, educational grants to teach and help children cope with diabetes, free educational workshops, nutrition consultations and support groups in the MetroDC area, educational newsletters and free educational library. 6.9% (#60349) (U.W.#8121) DiabetesNI.org

The Jimmy Fund/ Dana-Farber Cancer Institute

10 Brookline Place West, 6th Floor
Brookline, MA 02445

Ranked #1 in New England by U.S. News & World Report, Dana-Farber provides expert care to children and adults with cancer while advancing research. 10% (#10080)

JimmyFund.org DanaFarber.org

HOMELESS

Christ House

1717 Columbia Rd. NW
Washington, DC 20009

Comprehensive health care for sick, homeless individuals and assistance in addressing critical issues to break the cycle of homelessness: 24-hour medical care, food services, addictions treatment and housing placement.

16.9% (#34256) (U.W. #8385)

ChristHouse.org

Coalition for the Homeless, INC. (DC)

1234 Massachusetts Ave. NW, Suite C-1015
Washington, DC 20005

The Coalition for the Homeless provides transitional and permanent housing, employment placement assistance, substance abuse counseling and supportive social services to individuals and families who are homeless or vulnerable. 9.1% (#83436) (U.W. #8194)

DCCFH.org

So Others Might Eat (SOME)

71 O St. NW, Washington, DC 20001

SOME restores hope and dignity to the homeless through comprehensive services, including meals (1,200 served daily), medical care, addiction treatment, job training and more than 700 units of permanent affordable housing. (202) 797-8806. 8.2% (#74405) (U.W. #8189) SOME.org

HOSPICE

Hospice Foundation of America

1707 L St. NW, Suite 220
Washington, DC 20036

Supporting individuals through life-ending illness and assisting families and caregivers with grief and loss. We emphasize hospice and palliative care while also providing public and professional education. 5.6% (#10611)

HospiceFoundation.org



Cancer Research America—National Foundation for Cancer Research

5515 Security Lane, Suite 1105,
Rockville, MD 20852

From prevention and early diagnosis to better treatments, NFCR funds cancer research. NFCR's discoveries have led to improved treatments and today's research will lead to a cure for all cancers. 29.1% (#11267)

NFCR.org

HUNGER

Celestial Manna

7800 Suthard Dr., Gaithersburg, MD 20855

Celestial Manna recovers food from restaurants, grocery stores and local farmers that would otherwise be discarded. We then distribute it to our food insecure neighbors across the DMV daily. We reach over 10,000 each month. Celestial Manna, where food waste meets food insecurity.

Share in the Harvest! 56.9% (#76440)

CelestialManna.org

Farmers and Hunters Feeding the Hungry

PO Box 323, Williamsport, MD 21795

Needy children and families hunger for meat and protein. Our ministry pays local butchers to process donated deer and livestock for food banks and hunger relief programs. Please give today! 8.9% (#10308) FHFH.org

MEDICAL RESEARCH

Alliance for Cancer Gene Therapy

96 Cummings Point Rd., Stamford, CT 06902

ACGT funds the best scientists and biotechnology companies harnessing the power of cell and gene therapy to transform how cancer is treated and drive momentum towards a cure. 100% of your donation directly supports research. 6.7% (#41537)

ACGTFoundation.org

Diabetes Research Institute Foundation

200 S. Park Rd., Suite 100, Hollywood, FL 33021

A recognized world leader, the DRI is committed to curing children and adults living with diabetes and leads the world in bringing promising treatments to patients as quickly as possible. 27.9%

(#11149) DiabetesResearch.org

JDRF International

26 Broadway, 14th Floor, New York, NY 10004

JDRF is the leading global organization funding type 1 diabetes (T1D) research. Our strength lies in our exclusive focus and singular influence on the worldwide effort to end T1D. 20.3% (#10569)

JDRF.org

The Michael J. Fox Foundation for Parkinson's Research

Grand Central Station, PO Box 4777
New York, NY 10163

The Michael J. Fox Foundation is dedicated to accelerating improved therapies and a cure for Parkinson's disease. 86 cents of every dollar spent goes to research. 13.8% (#12227)

MichaelJFox.org

MILITARY/VETERANS

National Association of American Veterans

1725 I St. NW, Suite 300, Washington, DC 20006

We support service members severely injured in combat, military caregivers, single-parent service members, and veterans and their families. We provide claims and benefits assistance, respite care assistance, emergency assistance resources, housing and financial aid referrals, legal help and career coaching. 2.4% (#85065) NAAVets.org

New Directions for Veterans

11303 Wilshire Blvd., Los Angeles, CA 90073

New Directions helps homeless veterans reintegrate into civilian life, including veterans from every part of the country. Our transitional housing, food, clothing, counseling, workforce development and permanent housing solutions help each veteran transition to transformation. 22.9% (#16466)

NDVets.org**Marine Corps Law Enforcement Foundation**273 Columbus Ave., Suite 10
Tuckahoe, NY 10707

Scholarship accounts to children of Marines and Federal law enforcement personnel who die while on active duty. Over \$76 million awarded since 1995. MCLEF - Educating the children of those who sacrificed all. 96.6% of every dollar goes toward the mission. 3.4% (#10507) **MC-LEF.org**

POVERTY**Food for the Hungry**

1224 E. Washington St., Phoenix, AZ, 85034

A Christian international relief and development organization responding to human suffering and graduating communities from extreme poverty. 19% (#11732) **FH.org**

Food For The Poor

6401 Lyons Rd., Coconut Creek, FL 33073

Food For The Poor serves the poor in 17 countries in the Caribbean and Latin America, providing food, housing, water, healthcare, education, emergency relief and sustainable development. 5.4% (#10328)

FoodForThePoor.org/cfc**PUBLIC SAFETY****Concerns of Police Survivors – COPS**

PO Box 3199, Camdenton, MO 65020

COPS is a nonprofit with 55 chapters across the country. Our members are always prepared to help survivors when they need it, where they need it. Our mission is to “rebuild shattered lives” of surviving family members and co-workers affected by line-of-duty death. Our 51,000 members are survivors themselves. 6.9% (#11183)

ConcernsofPoliceSurvivors.org**SOCIAL SERVICES****Islamic-American Zakat Foundation**

4323 Rosedale Ave., Bethesda, MD 20814

We assess, collect and distribute mandatory (ZAKAT) and voluntary (SADAQA) Islamic charity primarily to assist the poor and needy in America and seek to help them attain self-sufficiency. 7% (#17934) **IAZF.org**

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 on private donations. casademary@aol.com. 3.5% (#33368) **MaryHouse.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. 19% (#11685) **UUSC.org**

WOMEN**NARAL Pro-Choice America Foundation**1156 15th St. NW, Suite 700
Washington, DC 20005

With two million members, representing every state, we are on the front lines organizing and mobilizing to preserve and expand reproductive freedom and abortion access in the 21st century. 17.1% (#11714) **ProChoiceAmerica.org/foundation**



How to feed 100 children a day for \$28

"Our doctors found Princess lying on the floor of a group hospital room in Lwiro, DR Congo," explains Kristy Scott, director of Children's Food Fund/World Emergency Relief (CFF/WER). "She was severely malnourished, so weak she could barely stand."

The doctors immediately admitted 7-year-old Princess to the hospital to receive IV fluids and therapeutic milk – the first life-saving step in CFF/WER's malnutrition program. Princess was so tiny she fit in a baby's bed in the ICU.

After two months of milk, medicine and treatments for ailments including TB, Princess entered into CFF/WER's malnutrition program. It arranged for Momma Flo, a friend who lives near the hospital, to care for Princess for six months – nursing her back to the now healthy, happy 8-year old girl she is today. Princess

now lives with her mother and 10 siblings, attending school for the first time.

Princess is just one of the estimated five million malnourished children in DR Congo who are also at high risk of contracting malaria, tuberculosis, cholera and the measles.

"The extraordinary scale of suffering in this country is horrifying," Scott says. "Violence, hunger and disease are ever present. It breaks my heart that we can't save all the children."

But CFF/WER (CFC #10984) does what it can, working with local partners in Lwiro and Kaziba to provide enough food to feed 100 children at a cost of just \$28 a day.

This is how CFF/WER works across Africa and Asia, using trustworthy partners as its everyday "boots on the ground" to help people in need, especially children. And CFF/WER provides not just food, but also life-saving medicine, water filters and agricultural supplies, with an overhead of less than 4% of donated resources.

"I wish we had the means to do more," Scott says. "Seeing the impact of our efforts on children like Princess is what keeps me

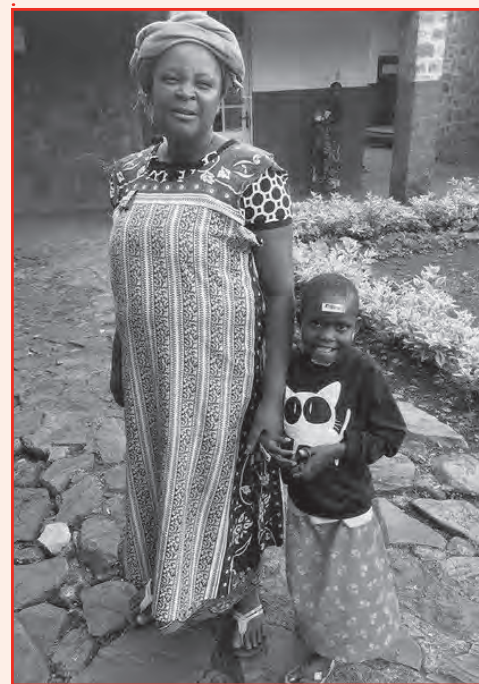
going. It can be heart-breaking work, but also incredibly rewarding to know you've made a difference."



"Princess was so weak she could barely stand."



"It's incredibly rewarding to know you've made a difference."



Princess with Momma Flo, who cared for her.

MARINE CORPS-LAW ENFORCEMENT FOUNDATION



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

CFC #10507

MC-LEF.org • 877-606-1775

The Nature Conservancy



**United
by Nature**

nature.org
CFC #10643



© YARON SCHMID

**Many
Ways
To
Make
A
Difference!**

Needing dialysis is hard. It's even harder when you can't afford it.

Help give hope

CFC #11404



American Kidney Fund®



HELPING IN JESUS' NAME®

Join us as we provide physical aid and offer eternal hope through Jesus Christ to the world's poor, sick, and suffering.



Samaritan's Purse®
INTERNATIONAL RELIEF

CFC #10532

Samaritan's Purse®, Franklin Graham, President
P.O. Box 3000, Boone, NC 28607

f SamaritansPurse @SamaritansPurse @SamaritansPurse

© 2019 Samaritan's Purse. All rights reserved.



SHE DESERVES BETTER

Military women have less access to abortion and reproductive healthcare. We make sure that when women sign up to protect our country, they aren't signing away their rights.



NARAL
PRO-CHOICE AMERICA FOUNDATION

CFC #11714

www.ProChoiceAmericaFdn.org
(202) 973-3000

Help Protect Imperiled Wildlife




www.defenders.org **CFC #10624**

OREGON DEPARTMENT OF FISH AND WILDLIFE

**You have the
right to choose
which charities
you want to support
through the
COMBINED
FEDERAL
CAMPAIGN!**



FOOD FOR THE HUNGRY

CFC #11732

Ending poverty for the world's most vulnerable people.
FH.ORG



**TUSKEGEE AIRMEN
Scholarship Foundation**

*Providing
scholarships
to assist
financially
disadvantaged
and deserving
students.*



CFC #47202

TAISF.org

Help us respond to needs of animals during natural disasters...and whenever animals are at risk

Earlier this year, a devastating tornado tore through Alabama, the deadliest tornado in the U.S. since 2013. The destruction was enormous, extending over 70 miles.

In response, the **Humane Society of the United States** Animal Rescue Team was on the ground quickly, coordinating efforts to empty local shelters of unowned, adoptable animals, allowing these organizations to respond to urgent community needs and repair their facilities. A flight transported 120 dogs and cats from Alabama to animal rescue and shelter partners on the West Coast.

The period following a tornado is a difficult and chaotic one for people who may have lost everything and may also have to bear the pain of losing a beloved family member or pet.

Often after events like these, shelters see an increase in the number of animals who are either lost, or whose families have lost their homes and need temporary care for their animals. In addition to freeing up space at the shelter for other animals, relocation gives these animals a second chance at finding forever homes.

At the HSUS, we pivot at a moment's notice when disaster strikes. We train year-round, we maintain and upgrade our vehicles and equipment, and we stay connected with emergency response authorities so we can best serve the affected communities. With many years of experience, we are well-equipped and ready to respond.



Cat being rescued during Hurricane Florence's severe flooding. *Meredith Lee for San Diego Humane*

During hurricane season, we are often called in to assist. Your support (CFC #11894) will help us reach the most animals and ensure their safety during natural disasters and whenever animals need urgent rescue.

Many look to us when disasters and other emergencies arise. You make it possible for us to help them.

Children's
FOOD FUND
World Emergency Relief

Giving children
a living chance®

www.CFF-WER.org CFC #10984

WETA

Trusted news, beautiful music, educational kids shows,
history, science, drama: your window to the world!

Support your favorite WETA programs through your CFC gift!
Thank you.

99581

How to respond when disaster strikes

Technology has made it easy to respond almost immediately to a disaster anywhere in the world. You can give on Facebook or GoFundMe, by text, by clicking on an online ad. This is good: it can generate a lot of resources very quickly.

But is responding quickly the best way to help people and communities in need?

In a way, responding to a disaster is like responding to an emergency: often it's best to think before you act. Don't panic. Think about what you can do to help.

- **Give money if you can.** Money allows charities working on the ground "to quickly purchase the supplies they need to address the ever-changing needs of those affected," according to Charity Navigator, a site that rates many charities. Physical donations must be sorted, transported, stored and distributed. This all takes money.
- **Give locally if you can.** One problem with making a quick donation is that it often goes to one charity, the Red Cross. This certainly helps the Red Cross respond to a disaster and maintain its disaster-response capacity, which takes resources. But it may not be the best way to help the people and communities hurt by a specific disaster.
Often a local United Way or "community foundation" or will set up a fund specifically to respond to a local disaster. This may take a few days to set up, but your money will go to people who know their community and will be there over time.
- **Give to meet both short and long-term needs.** When a disaster happens, the immediate needs are overwhelming: for rescue, food, shelter. But the harm is long-term: Individuals need to heal. Families and communities need to be rebuilt. This takes resources over time, sometimes years, as in Puerto Rico. This is why giving to local funds often makes sense. Plus, it can connect you to that community over time.
- **Give to prevent the next disaster.** In every state and most countries, there are charities working to prevent or mitigate disasters, often by protecting the local environment. There are also charities fighting climate change and its impact on disasters.
- **Give to real charities.** Before you give, make sure the charity you're supporting is an actual charity. This is easy. Go to **Guidestar.org** and do a search on the charity's name.
- **Give in a way that is most helpful to the charities.** A direct gift through a charity's online donation page is often the most efficient way to give. One problem with giving through Facebook, for example, is that your data goes to Facebook, not the charity. This makes it hard for charities to connect with and report to their donors.



- **Give to charities you already know and trust.** Many national and international charities regularly respond to disasters. They often have existing connections to people on the ground in communities hit by a disaster, as well as connections to donor companies that can supply water, medicine and other critical supplies. You'll find much more advice about giving on **CharityChoices.com/donors**.

We're Fighting for a World Without Type 1 Diabetes.

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

jdrf.org

Provided as a public service.
CFC #10569

 **National Park Foundation**
Contribute at nationalparks.org

CFC #11252

Support your national parks today and guarantee their future for generations to come.

Why Should I Support Your Work?

JDRF International

*Improving Lives,
Curing Type 1 Diabetes*

Type 1 diabetes (T1D) is an autoimmune disease that strikes both children and adults suddenly. It has nothing to do with diet or lifestyle, you can't prevent it, and at present, there is no cure. JDRF is leading the fight against T1D by funding research, advocating for policies that accelerate access to new therapies, and providing a support network for people impacted by T1D. **Please help us cure, prevent and better treat type 1 diabetes.**



CFC #10569
JDRF.org

The Children's Inn at NIH

"A Place Like Home"

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.



The Children's Inn at NIH



CFC #10324
ChildrensInn.org

Breast Cancer Action

*Help us end the
breast cancer epidemic*

Not your average breast cancer organization, Breast Cancer Action is fiercely independent and refuses corporate funding from any company or organization that profits from or contributes to breast cancer. As the watchdog of the breast cancer movement, **we educate, organize and take action for systemic change to ensure that fewer women develop and die from breast cancer** and so that no community bears a disproportionate burden of diagnosis or death from this disease.



CFC #12010

BCAction.org

Cancer Prevention and Treatment Fund

We're here for you with hope and help

We help children and adults reduce their chances of getting cancer and choose the best treatments. We are also helping to lower prices of cancer drugs and to ban BPA and other cancer-causing chemicals from our homes and communities. You can trust our advice because we don't accept donations from pharmaceutical or chemical companies. **100% of your donation helps prevent and treat cancer, 0% on flashy fundraising events.** With your help we'll fight cancer together!



CFC #11967
StopCancerFund.org

Humane Society International

Protect all animals

Humane Society International works around the globe to promote the human-animal bond, protect street animals, support farm animal welfare, stop wildlife abuse, eliminate painful animal testing, respond to natural disasters and confront cruelty to animals in all its forms. With the support of donors and advocates, we are helping create a humane and sustainable world for all animals, including people, through education, advocacy and the promotion of respect and caring.



Jean Chung for HSI



**HUMANE SOCIETY
INTERNATIONAL**

CFC #67938 • HSI.org

Diabetes Research Institute Foundation

Our vision is a world without diabetes

As the most comprehensive research center dedicated to curing diabetes, we are intensely focused on the discovery of a biological cure. Building upon our extraordinary progress, the Institute is testing a tissue-engineered BioHub platform that restores natural insulin production, and tackling the complex challenges of the immune system. **For the millions affected by diabetes, the Diabetes Research Institute Foundation is the best hope for a cure.**



CFC #11149
DiabetesResearch.org

Why Should I Support Your Work?

Alliance for Cancer Gene Therapy

Effective, safe, targeted cancer therapy

For 20 years, the Alliance has funded the research that has brought entirely new types of treatments to people living with deadly cancers—treatments that have saved lives and brought hope to all cancer patients.

ACGT continues to drive innovative research forward today— funding cutting-edge science ranging from the development of cancer vaccines to cell and gene therapies for brain cancer. Currently, ACGT is advancing research in ovarian, prostate, sarcoma, glioblastoma, melanoma and pancreatic cancers.



CancerGeneTherapy.org
CFC #41537

American Kidney Fund

A World Without Kidney Disease

The American Kidney Fund helps one of every five dialysis patients in the U.S. – a total of 84,000 people. Many kidney patients find they can't work full-time due to frequent dialysis treatments. At the same time they face the cost of health insurance, prescription medications and other expenses. With your help, last year *we provided direct financial assistance to 84,000 people living with kidney failure.* We also conduct screenings and outreach to prevent kidney disease.



CFC #11404
KidneyFund.org

Food for the Hungry

Ending poverty for the world's most vulnerable people

Food for the Hungry (FH) is a Christian nonprofit organization that seeks to end ALL forms of human poverty by serving communities around the world through life-changing resources such

as clean water, medical aid, food, equal educational opportunities, vocational training, empowerment, and more. Since 1971, FH has been going to the world's hardest places with an exit strategy: to respond to human suffering and graduate communities from extreme poverty into self-sustainability.



CFC #11732 • FH.org

Wycliffe Bible Translators

Give hope through Bible translation

The Bible reveals God's love and offers us hope and wisdom for life. There are 7,000+ languages used in the world today, yet more than 2,000 languages still don't have a single word of Scripture. God's love compels us to provide everyone with the opportunity to hear the Good News in a language that speaks to their hearts. *Thanks to donors like you, Wycliffe Bible Translators can provide the life-changing Word of God.*



CFC #11737

Wycliffe.org/cfc

Samaritan's Purse

Helping in Jesus' Name

Following the example of the Good Samaritan (Luke 10), Samaritan's Purse goes to the aid of the world's poor, sick and suffering with food, medicine, clean water and other assistance in over 100 countries. As president of Samaritan's Purse, Franklin Graham, describes why we help those in need: *"Whether it's here or anywhere else in the world, the answer is always, 'We have come to help you in the Name of the Lord Jesus Christ.'"*



CFC #10532

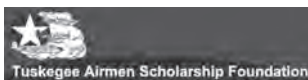
SamaritansPurse.org

©2017, Samaritan's Purse. All rights reserved.

Tuskegee Airmen Scholarship Foundation

We're preparing the next generation now!

By supporting our work, you are honoring the legacy of the Tuskegee Airmen—who helped integrate the military and our country—and ensuring the future of young people trying to bridge the gap between high school and college. The Airmen knew how difficult this transition can be, especially for low income students. That's why they created the Scholarship Foundation in 1978. We emphasize students who want to pursue careers in aviation, aerospace and science.



CFC #47202 • TAISF.org

Connecting heart and mind when we give

For most of us, giving comes from the heart. We give because we care. We give because we're moved by a tragedy or an injustice or a story – perhaps the story of someone we know who died of cancer or struggles with a disability.

But when we give, it's good to connect our hearts with our minds. That can help our giving have the most impact, no matter how much or little we can give.

One useful way to think about giving away our money is how many think about investing money: **Diversify.** Don't put all your money into oil fields in Oklahoma....or a no-risk, low-interest savings account.

In giving, this principle means:

- **Support a range of charities:** local and national, new and old, small and large.

- **Support charities that work in many ways.** For many people, "charity" means direct services to people in need: food, housing, scholarships. But charities work in many ways: they educate people about an issue or need, advocate for change, protect people's rights. There are many ways to make a difference.

- **Invest in what you know.** Supporting a few charities you know and trust makes sense, and it's a very efficient way to give – for you and the charities. You can see first-hand the impact of your donations.

- **Take risks.** "No risk, no gain." Over time, that safe low-interest savings account doesn't generate a lot of money for retirement. In the charity world, some of the greatest advances have been stimulated by newer, less well-known charities. Think about the impact that supporting Martin Luther King's Southern Christian Leadership Council in the 1960s had on America in the 21st century.

- **Have a plan.** A plan can be very simple: 25% to my congregation or a faith-based charity, 25% to my community, 25% to charities working



on climate change, 25% to charities helping the poor in other countries. Or 33% for charities helping the hungry and homeless, 33% to charities advocating for policies to help the hungry and homeless, 33% to charities supporting research on Alzheimer's Disease.

- **Don't invest before you verify.** Would you invest in something based on a phone call or letter? It's the same when you invest in a charity. Today it's easy to verify a charity: look it up on GuideStar.org, a database of every registered charity in the country. You can also learn how big and old a charity is and, with a little more time, how much it spends on overhead.
- **Don't let your mind block your heart!** Don't get bogged down worrying if you should support a certain charity. If it's doing work you care about and it's a real charity, support it.

**Our vision
is a
world
without
diabetes.**



The Best Hope for a Cure®

CFC#11149

DiabetesResearch.org

PUTTING FAITH INTO ACTION



Support 25,000+ people serving the poor across the U.S. and in over 100 countries worldwide.

**CATHOLICS FOR THE POOR
AND NEEDY WORLDWIDE**

CFC # 10174



SUPPORTED BY



Dana-Farber.org

**Make a gift and conquer
cancer with Dana-Farber
Cancer Institute
and the Jimmy Fund.**

CFC #10080

You can give to these charities NOW at: **CFCGiving.opm.gov**

Alliance for Cancer Gene Therapy . . . 6, 13
American Academy for
Cerebral Palsy and
Developmental Medicine 4
American Kidney Fund 5, 9, 13
Arlington Free Clinic 5
Autism Speaks 4
Birth Defect Research for Children 3
Breast Cancer Action 5, 12
Cancer Prevention and
Treatment Fund 5, 12
Cancer Research America —
National Foundation for
Cancer Research 6
Cancer Research and
Prevention Foundation
(Prevent Cancer Foundation) 5, 15
Catholics for the Poor and
Needy Worldwide 5, 14
Celestial Manna 6
Chesapeake Bay Foundation 4

Children's Food Fund/
World Emergency Relief 3, 4, 8, 10
Children's Inn at NIH 3, 12
Christ House 6
Coalition for the Homeless, Inc. (DC) . . . 6
Concerns of Police Survivors – COPS . . . 7
Defenders of Wildlife 3, 9
Diabetes National Institute 5
Diabetes Research Institute
Foundation 6, 12, 14
Environmental and Energy
Study Institute 4
Farmers and Hunters
Feeding the Hungry 6
Food For the Poor 4, 7, 16
Food for the Hungry 7, 9, 13
Hebrew Home
of Greater Washington 3
Hospice Foundation of America 6
Humane Society International 3, 12
Humane Society of
the United States 3, 4, 10
Islamic-American Zakat
Foundation 7
JDRF International 6, 11, 12
Jewish Council for
the Aging of
Greater Washington (JCA) . . . 3
The Jimmy Fund/Dana-
Farber Cancer Institute . . . 5, 14
Marine Corps Law
Enforcement Foundation . . . 7, 8
Mary House 7



Michael J. Fox Foundation
for Parkinson's Research 6
NARAL Pro-Choice America
Foundation 7, 9
National Association
of American Veterans 6
National Park Foundation 3, 11
National Parks Conservation
Association 5
The Nature Conservancy 4, 8
New Directions for Veterans 7
Samaritan's Purse 4, 9, 13
So Others Might Eat (SOME) 6, 15
Support Our Aging Religious 3
Tuskegee Airmen Scholarship
Foundation 4, 9, 13
Unitarian Universalist Service
Committee 7
WETA 3, 10
Wycliffe Bible Translators 5, 13

CFC #11074

preventcancer®
FOUNDATION

We need your help!

Together, we can

Stop Cancer Before It Starts!®



preventcancer.org



Hunger takes many forms.

Hunger for food, hunger for affordable housing,
hunger for jobs, hunger for hope.

For those who hunger for a fresh start, you can make
a difference. Help SOME restore hope and dignity
one person at a time.

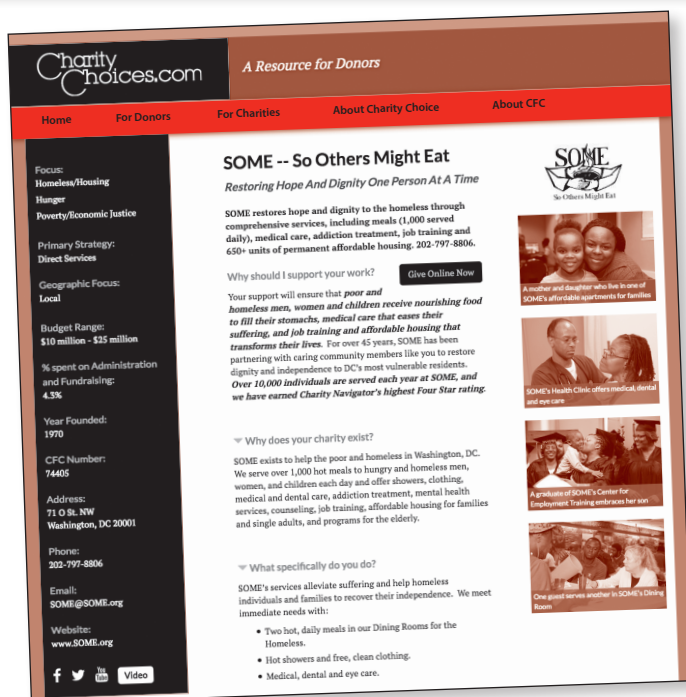
CFC #74405



To make a tax-deductible contribution
to SOME, call 202.797.8806 or go to
www.some.org. Please designate
SOME. CFC #74405 United Way #8189

“Your website helps me learn what these charities really do with my donation.”

—JULIA COLLINS



As you think about which charities to support, there is no better resource than **CharityChoices.com**

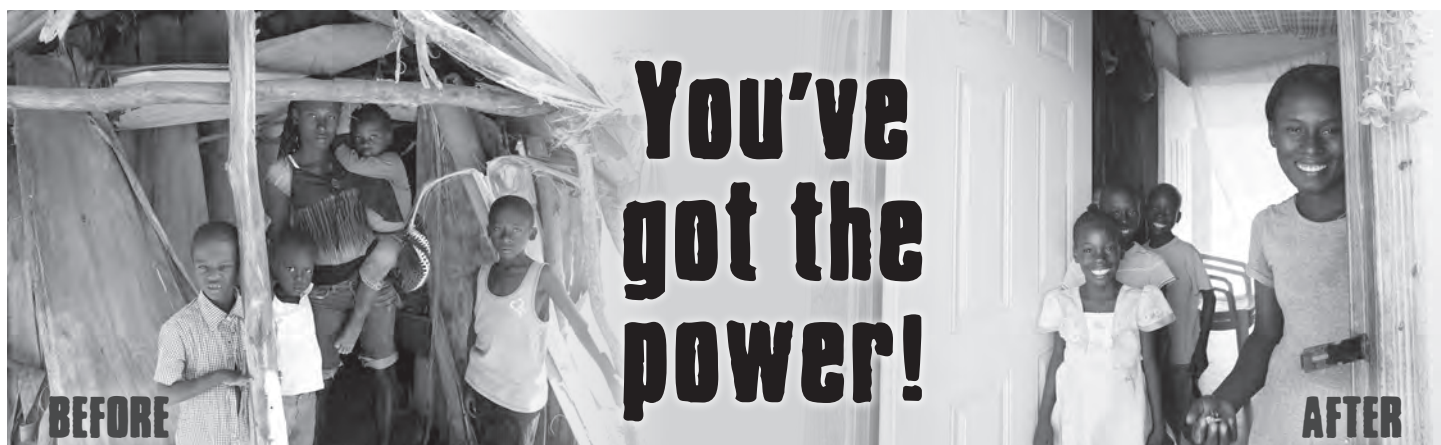
We tell you—

- ★ How a charity is making a difference.
- ★ What exactly it does.
- ★ What it's accomplished.
- ★ How much it spends on overhead.
- ★ How it's rated by charity watchdogs.

You can also find links to the charity's website, Facebook page, Twitter feed, videos and more.





Plus useful information for donors such as—

- ★ How to respond to disasters.
- ★ How to quickly check out any charity in the country.



Since the 2010 earthquake, Food For The Poor has built **MORE THAN 10,397 HOMES IN HAITI.**
With your help, we can transform communities.



In 2018, Generous Donors Provided*			
			
Over 25 Million Lifesaving Meals a Month	4,253 Safe & Secure Homes	Sponsorship for 7,760 Children	4,541 Tractor-Trailers of Aid
And So Much More!			



CFC
#10328

*Year ended 12/31/18.



FOOD FOR THE POOR 6401 Lyons Road, Coconut Creek, FL 33073 • 877-654-2960, ext. 6538 • www.FoodForThePoor.org/cfc