

THE NEEDS ARE ENORMOUS



Ethiopia



Indonesia



Haiti

PLEASE HELP IN ANY WAY YOU CAN

A Guide to Trustworthy Charities You Can Help
Through the **COMBINED FEDERAL CAMPAIGN**



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How to respond to a crisis



PAGE 12

Why should I support your charity?



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How your gift can make a difference

Make your CFC donation through: CFCGiving.opm.gov

A time to give whatever we can

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This year the list of crises never ends, both here and around the world.

- Wildfires in the West.
- Hurricanes in Haiti and Louisiana.
- Floods in New York City.
- Famine in Ethiopia.
- A continuing pandemic that has killed 700,000+ Americans.

At the same time, the other needs don't go away: homeless families, inequality, diseases without cures, vets struggling with disabilities, wildlife struggling to survive.

It can be overwhelming. What can you do? How do you decide who to help? Three ideas, each explored on pages 10 and 14:

1. **No matter how much you give, it makes a difference.** It adds up. Most of the \$471 billion Americans give away still comes from non-wealthy donors.
2. **Through your support, charities have done amazing things.** They've helped us understand and begin to address the climate crisis that has contributed to many of today's crises. They've helped us see and begin to respond to social injustice. They've helped spur cures to once incurable diseases. They've helped countless people survive and recover from crises.
3. **Plan your giving.** As humans, we have to respond to crises when we can. But we also need to take a minute to think through our giving.



One excellent way to think through your giving is taking advantage of a workplace campaign, like the Combined Federal Campaign. Through the CFC, you can think through your giving once a year, supporting many charities by having a little deducted from each paycheck.

Every charity in the “CFC”—and every charity in this guide—has met the campaign's accountability standards, such as having an audit. And whatever you care about, you can find a CFC charity that is responding. To give, go to **CFCgiving.opm.gov**.

To learn more about every charity in this guide as well as dozens of other CFC charities, go to **CharityChoices.com**. Each charity tells you exactly what they do, how it's making a difference and why you can be sure they're using your money wisely. ***It will help you think through your giving plan.***

Whichever causes you choose to support, **please give as generously as you can.** Thank you.

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iStock (page 2).

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For more copies:
240-683-7100 or
info@CharityChoices.com

MORE CHOICES!



AGING

Support Our Aging Religious (SOAR!)

3025 4th St. NE, Suite 14, Washington, D.C. 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. 6.1% (#10041) SOAR-USA.org

ANIMAL/WILDLIFE PROTECTION

Defenders of Wildlife

1130 17th St. NW, Washington, DC 20036

Defenders of Wildlife envisions a future where diverse wildlife populations are secure and sustained by an environment of healthy lands and waters. Working since 1947, we protect wildlife and their habitat through education, advocacy, legal action, technology and scientific research. 17.2% (#10624) Defenders.org



CHILDREN

Children's Inn at NIH

7 West Dr., Bethesda, MD 20814

The Children's Inn is a free, supportive "home" to seriously ill children and their families as they receive groundbreaking medical treatment from the NIH in hopes of finding a cure. 35.5% (#10324)

ChildrensInn.org

Children's Food Fund/ World Emergency Relief

425 W. Allen Ave., #111

San Dimas, CA 91773

We provide food for hungry children, care for the sick, relief to disaster victims and hope to millions living in poverty—improving children's lives worldwide, including Native Americans here at home. Our experience plus efficiency makes your gift really count! 4% (#10984)

CFF-WER.org

National Alliance to End Homelessness

1518 K St. NW, 2nd Floor, Washington, DC 20005

Families with children make up about a third of the homeless population. Homelessness can have a tremendous impact on children—their education, health, sense of safety and overall development. We help communities improve their homelessness programs, educate opinion leaders, advance research and improve policy. 7.7% (#10022)

EndHomelessness.org



CLIMATE CHANGE

Environmental and Energy Study Institute (EESI)

1020 19th St. NW, Suite 650

Washington, DC 20036

We engage with Congress to advance win-win nonpartisan solutions to address climate change urgently and equitably. We're also expanding work to help families implement accessible, affordable energy upgrades. Join us! 17.4% (#10627) EESI.org

CONSERVATION

The Nature Conservancy

4245 N. Fairfax Dr., Suite 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. 30.9% (#10643) Nature.org

National Park Foundation

1500 K St. NW, Suite 700

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. 34.2% (#11252) NationalParks.org

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

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

American Kidney Fund

11921 Rockville Pike, #300

Rockville, MD 20852

AKF fights kidney disease on all fronts, with programs supporting early detection, disease management, innovation and clinical research, advocacy, and financial assistance. AKF fights to reach the 37 million Americans living with kidney disease and the millions more at risk. 2.4%

(#11404) KidneyFund.org

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

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

DISABILITIES

Adaptive Tennis US

105 Massbury St., Gaithersburg, MD 20878

Regardless of prior trauma, experiences or unfortunate circumstances, Adaptive Tennis US seeks to use the game of tennis as a means of reintegration and to create a connection for continued existence for military veterans and others. 0.0% (#92757) [AdaptiveTennis.com](https://www.adaptivetennis.com)

Autism Speaks

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

Autism Speaks is dedicated to promoting solutions, across the spectrum and throughout the life span, for the needs of individuals with autism and their families. Through advocacy and support; increasing understanding and acceptance of people with autism spectrum disorder; and advancing research into causes and better interventions for autism spectrum disorder and related conditions. 21.8% (#12413) [AutismSpeaks.org](https://www.autismspeaks.org)

Paralyzed Veterans of America Spinal Cord Research Foundation

801 18th St. NW, Washington, DC 20006

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](https://www.pva.org/research)



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, hurt, homeless or starving. By donating, you are "giving children a living chance." The pandemic is impacting every community in which we work. 4% (#10984) [CFF-WER.org](https://www.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. Since March, Food For The Poor has shipped 1,186 tractor-trailer loads, including 725 containers specifically for COVID-19 relief. 5.3% (#10328)

[FoodForThePoor.org/cfc](https://www.FoodForThePoor.org/cfc)

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. 13% (#10532)

[SamaritansPurse.org](https://www.SamaritansPurse.org)

EDUCATION

Alpha Kappa Alpha Educational Advancement Foundation

5656 S. Stony Island Ave., Chicago, IL 60637

We are primarily African-American women with a commitment to promote life-long learning. Scholarships, fellowships and grants to students and projects are strategies used to fulfill our commitment. Since our founding, we have given nearly \$5 million in scholarship and community assistance awards. 4.8% (#11173)

[AKAEAF.org](https://www.AKAEAF.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 \$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](https://www.MC-LEF.org)

Tuskegee Airmen Scholarship Foundation

1816 S. Figueroa St., #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. 22.7% (#47202)

[TAISF.org](https://www.TAISF.org)

MORE CHOICES!



FAITH-BASED SERVICES

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. 5.3% (#10328) FoodForThePoor.org/cfc

Wycliffe Bible Translators

PO Box 628200, Orlando, FL 32862

The hope found in the Bible is needed now more than ever. Yet 2,000 languages still lack it. Wycliffe is an international Christian ministry that translates Scripture and teaches literacy, bringing life transformation to communities worldwide. 15.6% (#11737) Wycliffe.org/cfc

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. 20.8% (#11325) CBF.org



National Parks Conservation Association

777 Sixth 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. 15.7% (#12069) NPCA.org

HEALTH

American Kidney Fund

11921 Rockville Pike, #300, Rockville, MD 20852

AKF fights kidney disease on all fronts, with programs supporting early detection, disease management, innovation and clinical research, advocacy, and financial assistance. AKF fights to reach the 37 million Americans living with kidney disease and the millions more at risk. 2.4% (#11404) KidneyFund.org

Autism Speaks

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

Autism Speaks is dedicated to promoting solutions, across the spectrum and throughout the life span, for the needs of individuals with autism and their families. Through advocacy and support; increasing understanding and acceptance of people with autism spectrum disorder; and advancing research into causes and better interventions for autism spectrum disorder and related conditions. 21.8% (#12413) AutismSpeaks.org



HOMELESS

National Alliance to End Homelessness

1518 K St. NW, 2nd Floor, Washington, DC 20005

Veterans, families and youth are among the 550,000 Americans experiencing homelessness on a given night. We're ending homelessness by helping local communities improve their programs, educating opinion leaders, advancing research and improving policy. 7.7% (#10022) EndHomelessness.org

HUNGER

Children's Food Fund/ World Emergency Relief

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

We provide food for hungry children, care for the sick, relief to disaster victims and hope to millions living in poverty—including Native Americans here at home. Our experience plus efficiency makes your gift really count! 4% (#10984) CFF-WER.org

The % figure is administration
and fund raising expenses.



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! 7.4% (#10308) FHFH.org

INTERNATIONAL

Food For The Poor

6401 Lyons Rd., Coconut Creek, FL 33073

Food For The Poor works to end the suffering of impoverished children and families in the Caribbean and Latin America. FFTP is an interdenominational Christian ministry that provides emergency relief assistance, clean water, medicine, educational materials, homes, support for vulnerable children, care for the aged, skills training and micro-enterprise development assistance. 5.3% (#10328) FoodForThePoor.org/cfc

MEDICAL RESEARCH

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. 30.9% (#11267) NFCR.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. 43.1% (#11149)

DiabetesResearch.org

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. 88 cents of every dollar spent goes to research. 12.7% (#12227)

MichaelJFox.org

Paralyzed Veterans of America Spinal Cord Research Foundation

801 18th St. NW, Washington, DC 20006

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

MENTAL HEALTH

Juvenile Bipolar Research Foundation

277 Martine Ave., Suite 226
White Plains, NY 10601

Our cutting-edge research is leading to new ways of understanding bipolar disease in children and adolescents. Most exciting, it is leading to promising new treatments. We're very small. We need your support. 370.7% (#12148) JBRF.org

MILITARY/VETERANS

Adaptive Tennis US

105 Massbury St., Gaithersburg, MD 20878

Regardless of prior trauma, experiences or unfortunate circumstances, Adaptive Tennis US seeks to use the game of tennis as a means of reintegration and to create a connection for continued existence for military veterans and others. 0.0% (#92757) AdaptiveTennis.com

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 \$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



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. 5.3% (#85065) NAAVets.org



Paralyzed Veterans of America Spinal Cord Injury Education and Training Foundation

801 18th St. NW, Washington, DC 20006

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

POVERTY

Food for the Hungry

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

Food For The Poor

6401 Lyons Rd., Coconut Creek, FL 33073

Founded in 1982, 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. 5.3% (#10328) FoodForThePoor.org/cfc

PUBLIC SAFETY

Concerns of Police Survivors

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 the surviving family members and co-workers affected by line-of-duty death. Our 51,000 members are survivors themselves. 10.1% (#11183) 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



WOMEN

NARAL Pro-Choice America Foundation

1725 Eye St. NW, Suite 900
Washington, DC 20005

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

How much do Americans give?

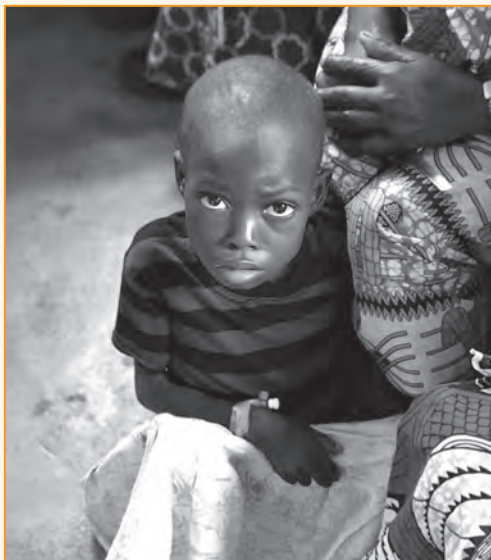
In 2020, despite the pandemic and economic downturn, giving went up nearly 4%, to \$471 billion. Individuals gave more than two thirds of this total (68.8%). The rest came from foundations, corporations and bequests.

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.

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."



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

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
with
Momma
Flo*



"Princess was so weak she could barely stand."



Join us to create a kinder world for the 1 in 54 kids with autism.



CFC #12413

Learn more at autismspeaks.org

**autism
speaks**

MARINE CORPS-LAW ENFORCEMENT FOUNDATION



MC-LEF.org • 877-606-1775

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

CFC #10507

FH.org CFC #11732



FOOD FOR THE HUNGRY

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.

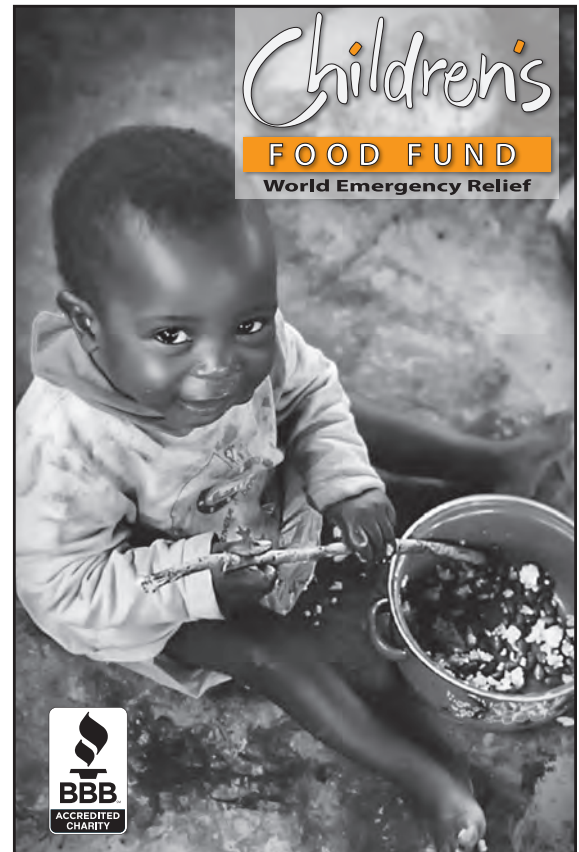


NARAL
PRO-CHOICE AMERICA FOUNDATION

CFC #11714

www.ProChoiceAmericaFdn.org
(202) 973-3000

Children's
FOOD FUND
World Emergency Relief



BBB
ACCREDITED CHARITY

www.CFF-WER.org CFC #10984

Help Protect Imperiled Wildlife



DEFENDERS OF WILDLIFE

OREGON DEPARTMENT OF FISH AND WILDLIFE


www.defenders.org CFC #10624



**THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH**

CFC # 12227

FUND URGENTLY NEEDED PARKINSON'S BREAKTHROUGHS.

 **Paralyzed Veterans of America**
Spinal Cord Injury Education & Training Foundation

EDUCATION CHANGES LIVES
Give to make a difference

With your support, we develop teaching tools, disseminate research, and teach healthcare professionals to encourage independence and improve the quality of life for veterans and all people with spinal cord injury and disease.

Award winning non-profit!

GUIDESTAR PLATINUM PARTICIPANT



ODMA ORGANIZATION of the YEAR

BEST AMERICA

CFC #11958 • pva.org/education

f ParalyzedVeterans • PVA1946

100% of your donation supports this work. Paralyzed Veterans pays all overhead costs.

Even in the most trying times, Autism Speaks advocates for military families like Sophia and Alivia's family

Revered political leader and activist Nelson Mandela once said: *"The greatest glory in living lies not in never falling, but in rising every time we fall."*

For Sarah, wife of an a United States Air Force Chaplain and mother of two girls with autism, no quote could better describe her family's journey over the last 13 years. It was only through their strong values that her family was able to withstand setbacks that would bring most to their knees.

Although their autism affects them differently, sisters Alivia, 13, and Sophia, 8, share similar stories of overcoming adversity to reach milestones that many specialists never thought they would.

"Sophia has faced challenges and obstacles from birth but has continued to overcome," Sarah explains. "She was

unable to walk and barely able to eat until her second birthday. She didn't say her first word (momma) until she was four.

"But with two years of intense early intervention and full-time ABA therapy in a clinical setting, Sophia's vocabulary is amazing, she has friends, loves ballet and even plays soccer!" (ABA is a therapy based on the science of learning and behavior.)

"Alivia had a neonatal stroke, which caused her to have many medical issues throughout childhood. At first, her autism was masked by her medical condition, but she was diagnosed around her second birthday. She didn't speak until she was six, but now talks and reads thanks to intense therapies."

Sarah's husband, Tamer, is an active duty service member. His career has caused his family to move several times over the years, but she says the military has gone above and beyond to make sure her girls have everything they need to thrive no matter where they're stationed.



"With two years of intense early intervention and full-time ABA therapy in a clinical setting, Sophia's vocabulary is amazing, she has friends, loves ballet and even plays soccer!"

"All branches of the military have a designated program for special needs families. Among many other services, we receive 40 hours a month of respite care and in-home ABA therapy for both girls. We are proud to be a part of the military family."

Even in the most trying times, Autism Speaks (CFC #12413) continues to advocate for families like Sarah and Tamer's to provide vital resources, round-the-clock support and hope for the entire autism community.

It is dedicated to promoting solutions for the needs of all individuals with autism and their families.



HELPING IN JESUS' NAME®

Everything we do is focused on helping hurting people around the world and sharing the love of God and the hope of the Gospel.

Support our work via <https://cfcgiving.opm.gov/>

Samaritan's Purse®
INTERNATIONAL RELIEF

CFC #10532

Samaritan's Purse®, Franklin Graham, President
P.O. Box 3000, Boone, NC 28607 | samaritanspurse.org
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VIEW SOLICITATION DISCLOSURE INFORMATION FOR SAMARITAN'S PURSE
ONLINE AT SAMARITANSPURSE.ORG/DISCLOSURE.

THE FIGHT STARTS WITH YOU

CFC #11404
HELP END KIDNEY DISEASE

AMERICAN KIDNEY FUND®
FIGHTING ON ALL FRONTS

DONATE

How to respond to a crisis

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" 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.



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 CFC #11252

Why Should I Support Your Work?

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

Fighting
ON ALL FRONTS

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.



CFC #10324 • ChildrensInn.org

The Children's Inn at NIH

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!**



CFC #11737 • Wycliffe.org/cfc

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

Diabetes Research Institute Foundation

We have one goal – to find a cure for diabetes.

As one of the largest, most comprehensive research centers dedicated to curing diabetes, we aim to overcome the challenges of the immune system and restore natural insulin production in children and adults living with this disease. We collaborate with an international network of experts to share knowledge and diversify skills in a waste-no-time approach. **For the millions of families affected by diabetes, the Diabetes Research Institute Foundation is the best hope for a cure.**



CFC #11149 • DiabetesResearch.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

Why Should I Support Your Work?

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.'"*



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CFC #10532

SamaritansPurse.org

National Alliance to End Homelessness

Ending and Preventing Homelessness in America

A gift to the National Alliance to End Homelessness demonstrates your interest in being a part of ending, not just managing, the crisis of homelessness in our country. Our work includes building knowledge, improving policy and building capacity around ending homelessness. ***Your support will help us move closer to a day when no children, families or veterans in America are without a place to call home.***



CFC #10022

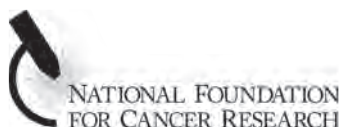
EndHomelessness.org



Cancer Research America: National Foundation for Cancer Research

Research for a Cure

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 treatment options. ***Please pledge your support today and help us continue to save lives.***



CFC #11267 • NFCR.org

Food for the Hungry

Ending all forms of human poverty

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

Defenders of Wildlife

Protecting and restoring imperiled wildlife across North America and around the world

Founded in 1947, Defenders of Wildlife is dedicated to protecting and restoring imperiled species and their habitats in North America. Defenders' approach is direct and straightforward—we transform policies and institutions and promote innovative solutions. Go to defenders.org to learn more about how we advocate for and protect wildlife—like wolves, bears, whales and so much more—across North America.



CFC #10624
Defenders.org

Marine Corps – Law Enforcement Foundation

Educating the children of those who sacrificed all

MCLEF awards \$35,000 to every child of a fallen US Marine or Federal Law Enforcement Agent. In addition to this monetary support, ***the families know that their loved one's sacrifice is not forgotten and is sincerely appreciated.*** MCLEF has awarded over \$79 million to over 4,300 recipients since 1995—more than \$3 million to 142 recipients in 2019 alone. We have one part-time employee with volunteers doing the rest.



CFC #10507
MC-LEF.org

Why it's so important to continue giving what we can

Wildfires. Floods. Hurricanes. Famines. An ongoing pandemic. It can be overwhelming. "Donor fatigue" is what fundraisers call it.

Fortunately, despite great trepidation among charities, donors responded in 2020. Giving by Americans went up to its highest level ever, as a proportion of the overall economy, to 2.3%. Total giving rose to \$471 billion, a 3.8% increase after inflation.

The overall number of donors grew by 7.3%, driven mainly by donors giving relatively small amounts, according to a report that analyzes giving to nearly 2,500 charities.

Even the Combined Federal Campaign, which had been going down the past few years, went up in 2020.

- **The lesson in these numbers is clear: no matter how much or how**

little you can give, it makes a difference. Giving by lots of individuals adds up. In the CFC, gifts by 108,000 individuals added up to more than \$81.5 million for charities. Overall, nearly 70% of the \$471 billion given to charity last year came from individuals (the rest came from foundations, corporations and bequests).

- **This support has allowed charities to do amazing things.** They've helped us understand and begin to address the climate crisis that has contributed to so many of today's crises.

They've helped us see and begin to respond to social injustice, with the support of many individuals. In 2020, 16% of Americans gave to racial or social justice, a big increase from 2019.

They've helped spur cures to once incurable diseases and provided

support for individuals and families struggling with these diseases. This support has been invaluable through the pandemic, which has put huge stress on these families.

They've helped countless people survive and recover from crises in all parts of the world.

- **Remember to support charities that aren't responding to the latest crises.** No matter how bad the current crisis is, the other needs don't go away.

Families and individuals still find themselves homeless, a problem that has increased during the pandemic.

More than two in five veterans of the wars in Iraq and Afghanistan still struggle with disabilities.

Nearly two dozen species of wildlife were just declared extinct, underscoring the need for charities working to protect wildlife.



TUSKEGEE AIRMEN Scholarship Foundation

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



CFC #47202

TAISF.org



Paralyzed Veterans of America

Spinal Cord Research Foundation

SUPPORT THE CURE

*Your donation enables new research
for veterans and everyone with spinal
cord injury or disease.*

Researching
methods to
regenerate
nerve fibers

Decreasing
the effects of
spinal cord
injury and
disease

Developing
adaptive
technology

Award winning
non-profit!



CFC #12096 • pva.org/research

f ParalyzedVeterans • PVA1946

100% of your donation supports
this work. Paralyzed Veterans
pays all overhead costs.



You can give to these charities NOW at:

CFCGiving.opm.gov

Adaptive Tennis US	4, 6	Diabetes Research Institute Foundation	6, 12
Alpha Kappa Alpha Educational Advancement Foundation	4	Environmental and Energy Study Institute	3
American Kidney Fund	5, 10, 12	Farmers and Hunters Feeding the Hungry	6
Autism Speaks	4, 5, 8, 10	Food for the Hungry	7, 9, 13
Cancer Research America – National Foundation for Cancer Research	6, 13	Food For the Poor	4, 5, 6, 7, 16
Chesapeake Bay Foundation	5	Juvenile Bipolar Research Foundation . . .	6
Children's Food Fund/World Emergency Relief	3, 4, 5, 8, 9	Marine Corps Law Enforcement Foundation . . .	4, 6, 8, 13
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		National Parks Conservation Association	5
		The Nature Conservancy	3, 15

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



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Wycliffe Bible Translators	5, 12

Help inspire the next generation
of justice leaders.

CFC #11685

UUSC Challenging Injustice,
Advancing Human Rights

The Nature
Conservancy 

**United
by Nature**

nature.org
CFC #10643



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“What I like about your website is that it 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.







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.



FFTP FOOD FOR THE POOR

6401 Lyons Road, Coconut Creek, FL 33073
 877-654-2960, ext. 6658 • www.FoodForThePoor.org/cfc