

# Take the #GIVEUPGIVEMORE challenge.

Choose your New Year's resolution.

Every \$8

YOU GIVE IMPACTS  
ONE PERSON IN NEED.

## 1. GIVE UP SWEETS

Skipping a few candy bars can save you at least **\$8** a month. That's enough to help rescue **1 person** monthly ... or **12 people** in a year!

## 2. CUT BACK ON CAFFEINE

If you give up 1-2 coffees a week, you save around **\$16** a month. That's enough to help rescue **2 people** monthly ... or **24 people** in a year!



## 3. EAT LESS FAST FOOD

Skip 1 fast food combo a week, and you'll save around **\$24** a month. That's enough to help rescue **3 people** monthly ... or **36 people** per year!



## 4. MAKE FEWER IMPULSE PURCHASES

By cutting just **\$8** out of your weekly shopping budget, you save **\$32** a month. That's enough to help rescue **4 people** monthly ... or **48 people** each year!



## 5. WATCH LESS TELEVISION

Slash your spending by cutting cable. You could save as much as **\$80/month**. That's enough to help rescue **10 people** monthly ... or **120 people** in a year!

