

Because you care in Cowichan

You helped

17,184 people access **20** high-impact programs through **14** agencies addressing poverty, food security and mental health

You and United Way will continue to address these issues in your community

25%

of children were living in poverty



Because of you

860 youth accessed programs to reach their full potential

12,571 people had access to nutritious food to help them thrive

194 parents received support and education to improve their family's life

6,165 free bus tickets were distributed to those in need through a partnership with CVRD and 10 local agencies



14%

of people were without access to enough affordable, nutritious food

44%

of renters in Cowichan spent more than **30%** of their income on housing, **2%** higher than the BC average



The prevalence of **mood and anxiety disorders and depression** was higher in Cowichan Valley South than BC and Island Health overall

*statistic sources can be found on: uwcncvi.ca

"We like to keep our donation dollars local."

- Donor in Cowichan

Your local love provides food and housing to those in need

Your commitment to your community helped provide much needed safe, affordable housing for women and women with children experiencing violence. Secure and stable housing is a main determinant of health, and also benefits individuals, families and the entire community.

We were able to provide food to the vulnerable population through granting to food security organizations. Many of these services shut down in light of COVID-19, which meant we needed to find another way to support food distribution. We began gathering information about which organizations were open and which had closed. We shared this list with our many partners and this allowed for a community-based, streamlined assessment approach to help those who needed it most.

2019-2020



United Way
Central & Northern
Vancouver Island

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