



# everyday basic needs

**When you struggle to take care of the basics, it is difficult to think about the future.**

When families are worried about getting by, they can't plan and save for their goals or an unexpected expense. And they often have to make impossible choices, such as deciding whether to buy food, pay rent, or go to the doctor.

**14%** of households across Greater Houston are living on incomes below the federal poverty threshold, and another **31%** of households are working hard but can't afford the basic necessities of life. This is underscored by calls to our 211 Texas/United Way HELPLINE, many of which are for help with basic needs.

In 2022, 211 connected:



**77,470**

people with  
utility assistance



**67,930**

people with rent or  
mortgage assistance



**29,027**

people with housing



**26,050**

people with income  
support/public  
benefits assistance



**19,408**

people with  
food assistance

**Last year, we invested in programs that supported more than 140,110 of our neighbors with basic needs assistance including rent/mortgage assistance, utility assistance, technology access, food, shelter, and transportation assistance.**

The safety net also includes immediate, short-term services focused on safety for those fleeing domestic violence, human trafficking, or vulnerable populations such as refugees.

**With your support, we invested in programs that helped more than 29,540 of our neighbors escape violent situations last year.**

**united way connects  
people to possibility.**

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**Greater Houston**