



supporting

# ALICE

from struggling \_\_\_\_\_  
\_\_\_\_\_ to stable

## Asset Limited, Income Constrained, Employed.

Our work and investments are focused on those experiencing ALICE. ALICE represents those who are working hard but struggling to make ends meet. Those experiencing ALICE may be hidden in plain sight—your child care worker, the cashier at your supermarket, a home health aide, an office clerk. They are often forced to make tough choices, such as deciding between quality child care or paying the rent, which have long-term consequences not only for their families, but for us all.

**In our community, 13% of families are surviving on incomes below the Federal Poverty Level, and another 31% are employed, but struggling to afford necessities, like food, housing, and health care. Combined, this represents more than 1.2 million households in our area.**

With your support, United Way works to help our neighbors who are experiencing ALICE land on their feet—and stay there through services focused on financial stability, early childhood and youth development, health care, basic needs assistance, and support for those escaping violent situations.



### some of the challenges ALICE faces



Households experiencing ALICE have few means to change the **educational trajectory** that places low-income students in poorer quality schools and increases their risk of not graduating high school or attending college.



Having enough food is a basic challenge for those experiencing ALICE. **Chronic food insecurity** leads to less healthy eating and increased stress, both of which contribute to poor health.



Families experiencing ALICE face circumstances that make it difficult for them to **achieve and maintain good health**. When health issues go untreated, they become more serious and more costly, and lead to other poor outcomes.



**Quality child care** is critical to a child's development, as well as to a family's income stability and growth. Yet many families experiencing ALICE struggle to obtain this essential need, for reasons including affordability, quality, assistance, and availability.



ALICE households struggle to afford day-to-day expenses making it nearly impossible to **save for emergencies or future financial goals**. Without savings, they are vulnerable to unexpected emergencies and ongoing financial hardships.

If you are experiencing ALICE, call the 211 Texas/United Way HELPLINE to get started on a pathway to a stronger future. **Just dial 211.**