



DONOR CHART

Donate as a Household and Share the Experience

You can 'Sacrifice a Little to Help A Lot'

Give something up, be healthier and help others:

2 cigarette per day	Save \$14 / wk	\$56 / month	Donate \$40 /month	Save \$16 / month
1 serving of Alcohol per day	Save \$20 / wk	\$80 / month	Donate \$40 /month	Save \$40 / month
2 sweets per week	Save \$6 / wk	\$24 / month	Donate \$20 /month	Save \$4 / month
2 cups of coffee at a cafe	Save \$8 /wk	\$32 / month	Donate \$20 /month	Save \$12 / month

THE WORKSHEET

Household Member	Items To Give Up Each Week	Cost of Each Item	No items / month	Total Cost Per Month	DONATION EACH MONTH	You save per month
1.						
2.						
3.						
4.						
5.						
6.						
TOTAL PER MONTH					\$	\$

TAX DEDUCTION - All donations are tax deductible

How to Donate - *A few simple steps*

1. Register - go to the webpage - www.helpafamily.org.au
 - a. Navigate to - "Register A Donor"
 - b. Complete the few details
 - c. Make sure you nominate the correct school