

Thank you for your interest in my selected Non-Profit organizations!

20% of the profits from The Strength Journal and Feminist Fitness are going to three nonprofit organizations called UNICEF, Girl's Inc., and No Kid Hungry. However, if you choose not to buy my journal, please consider donating to these causes instead.

Girls Inc. is dedicated to empowering girls and young women through education and mentorship. They also have programming for boys and coed programs in low-income school districts. It focuses on building skills in areas like leadership, financial literacy, and STEM, while promoting self-confidence and resilience. By providing a safe space and supportive community, Girls Inc. helps girls and boys navigate challenges and achieve their full potential. It is a goal of mine to donate The Strength Journal to this organization so our children can learn these habits earlier in life.

Website:

<https://www.girlsinc.org/>

No Kid Hungry is a national campaign aimed at ending childhood hunger in the United States by ensuring that all children have access to nutritious food. Through programs that provide meals, resources, and education, the organization works to connect families with the support they need to thrive. As a country, we are only doing as well as the citizens who need the most support, and food insecurity is unacceptable.

Website:

<https://www.nokidhungry.org/>

UNICEF(the United Nations International Children's Emergency Fund) is a global organization that works to protect the rights and well-being of every child, especially those in vulnerable situations. Active in over 190 countries, UNICEF provides life-saving support such as clean water, nutrition, healthcare, and education. It also responds to emergencies—like conflicts and natural disasters—delivering essential supplies and protection to children and families in crisis. Beyond direct aid, UNICEF advocates for policies that promote equality, end child poverty, and safeguard children from violence and exploitation. Its mission is to ensure every child can grow up safe, healthy, and empowered.

Website:

<https://www.unicef.org/>

In addition to these causes, my business is a Black Owned Business. Only 2.7% of businesses in the US are owned by African Americans. By buying The Strength Journal or Supporting Feminist Fitness, you are helping close the employer gap one purchase at a time.

Best in Health,

Coach Nai