

For Immediate Release



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Mitzvah Circle Impact Study Finds Meeting Basic Needs Linked to Improved Well-Being

Lansdale, PA, April 27th, 2026 – Mitzvah Circle, a nonprofit organization serving families below the poverty line, today released findings from its Helping Families in Crisis impact study of 1,200 program participants, showing that access to essential items such as clothing, diapers, and toiletries is associated with sustained improvements in both mental and physical well-being. Participants reported decreases in anxiety and feeling overwhelmed, fewer physical symptoms often associated with stress, and increased ability to attend work or school, keep medical appointments, and engage with their communities over a three-month period following support.

The study surveyed families shortly after they received customized care packages and again three months later to assess longer-term outcomes. Among respondents, there was a 14% decrease in feeling overwhelmed and an 18% decrease in physically feeling unwell. With essential needs met, individuals were more likely to attend work or school, keep medical appointments, seek additional support, and strengthen connections with family and friends. Community engagement increased for 82% of recipients who were previously unable to do so. These findings suggest that meeting basic material needs may play a meaningful role in supporting both health and day-to-day functioning.

Mitzvah Circle serves people facing crises such as homelessness, serious illness, and poverty by delivering customized care packages of clothing, diapers, toiletries, period supplies, and household items directly to families. “Having good data is crucial to making a difference,” said Fran Held, founder and director. The impact study asked families about their physical and mental

health shortly after receiving care packages, with a follow-up three months later to assess whether improvements were sustained.

“Getting help from Mitzvah Circle makes me feel truly seen and cared for,” said Jackie S., a recipient of services. “In moments when I feel overwhelmed and unsure...their support lifts a huge weight off my shoulders and fills me with gratitude.”

Mitzvah Circle serves more than 500,000 people annually across southeastern Pennsylvania, including Philadelphia and surrounding suburbs. Findings from this impact study will help the organization sustain and refine its services, continuing to make tangible differences for families experiencing crisis.

About Mitzvah Circle: Mitzvah Circle meets the needs of people in crisis holistically with social work support and the delivery of essential goods straight to families’ doors. In 2025, Mitzvah Circle served over 500,000 people in southeastern Pennsylvania, distributing nearly 3.4 million diapers, over 1.4 million period supplies, while providing free bulk supplies to 281 local organizations. More information about Mitzvah Circle is available online at www.mitzvahcircle.org, on Facebook (www.facebook.com/MitzvahCircle) and Twitter (www.twitter.com/mitzvahcircle).

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