



## Gifts Through Your IRA

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If you are 70½ or older, you can make an immediate, tax-free distribution from your IRA to the National Institute for Reproductive Health (NIRH).

Federal law allows you to donate up to \$100,000 from your IRA to 501(c)(3) charitable organizations each year. These gifts count toward your Required Minimum Distribution for the year, and you will not need to pay federal income tax on the amount you donate. You are not, however, entitled to an income tax charitable deduction for the gift. This provision applies only to IRA accounts. **401(k), 403(b), and other retirement plans do not qualify.**

Making a gift to NIRH through your IRA can:

- Fulfill your Required Minimum Distribution
- Reduce your taxable income
- Make an immediate difference in the fight for reproductive freedom

To make a gift, please contact your IRA administrator and request that they initiate a Qualified Charitable Distribution from your account. Please provide the recipient information below to your custodian, along with NIRH's Tax ID number: **13-3030257**.

National Institute for Reproductive Health  
Attn: Development Department  
14 Wall St Ste 3B  
New York, NY 10005

Please note that NIRH will only be able to provide you written acknowledgment if your name and address are included with the check. Your IRA administrator will provide this information to NIRH if you request that they do so.

If you have directed a Qualified Charitable Distribution to NIRH, please let us know to expect your gift. This will help ensure that we can properly thank you!

Should you have any questions about making a gift through your IRA, please contact Rachel Starr, Senior Major Gifts Officer, at [rstarr@nirhealth.org](mailto:rstarr@nirhealth.org).

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