

# UNION BENEFITS

As union members, we belong to a community that shares resources, support, and solidarity. And standing together as a union means negotiating more than just good contracts at work—we also negotiate discounts, create assistance programs, and more. **Being a member of UFCW 3000 entitles you and your family to access union benefits, including:**

## EDUCATION, TRAINING, & PROFESSIONAL DEVELOPMENT

### UFCW Discount College Program

The Discount College program offers an affordable, flexible path to earning a degree online. You can attend part-time or full-time based on your availability. The various college and university partners offer UFCW members and their families exclusive discounted tuition rates ranging from 30% to 50%, and support attendees in accessing other federal financial assistance.

Learn more: [ufcw.org/ufcw-discount-college-program/](https://ufcw.org/ufcw-discount-college-program/)



### UFCW Free GED Classes

UFCW members and retirees can take General Equivalency Diploma (GED) classes through Essential GED, with a customized learn-at-your-own-pace study plan, all online, all for free.

Learn more: [www.ufcw.org/ged/](https://www.ufcw.org/ged/)



### UFCW 3000 Scholarships

Each year, UFCW 3000 along with the UFCW Charity Foundation award multiple college scholarships to union members and their families. The UFCW 3000 scholarships are open for applications each fall/winter and cover a range of options and amounts including four-year scholarship, a first-in-family scholarship, and health care profession scholarships. The UFCW Charity Foundation awards several scholarships of up to \$8,000 to UFCW members or their unmarried dependents under the age of 20. Learn more: [ufcw3000.org/scholarship](https://ufcw3000.org/scholarship) and [ufcwcharityfoundation.org/scholarship/](https://ufcwcharityfoundation.org/scholarship/)



### Apprenticeship Programs

Together with our partner organization WeTrain Washington, UFCW 3000 administers apprenticeships and pre-apprenticeship classes in King and Snohomish Counties to help workers get the training and experience needed to become highly skilled journeyman meatcutters. The two-year apprenticeship has a long and storied history and results in state certification and college credits, along with the opportunity for higher wages and better benefits. Learn more: [ufcw3000.org/meat](https://ufcw3000.org/meat) and [wetrainwa.org/](https://wetrainwa.org/)



### UFCW Free Foreign Language Program

Whether it's for travel, for work, or just for fun, the Free Foreign Language Program for UFCW members offers the ability to learn over 70 languages for free online. These online classes build on four conversational skills necessary to fully learn a new language: vocabulary, pronunciation, grammar & culture. (Note: This program is popular and first-come first-served, so it can be hard to get into.) Learn more: [www.ufcw.org/language/](https://www.ufcw.org/language/)



### Ongoing Education & Training Opportunities

Our union offers many way for members to get involved and learn skills to help empower themselves and co-workers! Some of these education opportunities include: Becoming a shop steward, grievance investigation training, new member meetings, retirement seminars, organizing workshops, safety trainings, and more! Learn more: [www.mobilize.us/ufcw3000/](https://www.mobilize.us/ufcw3000/)



## FINANCIAL SUPPORT & UNION DISCOUNTS

### UFCW 3000 Membership Assistance Fund

Every quarter, UFCW 3000 members gather for General Membership Meetings to discuss union issues, and members attending meetings get a credit for two-thirds of one month's dues. Members also have the option to donate part or all of their dues credit to the Membership Assistance Fund, creating an emergency fund for members in crisis. Membership Assistance Funds have helped members deal with the financial impacts of floods, wildfires, personal health crises, and more. To apply for assistance, contact your Union Rep.

### UFCW 3000 Life Insurance Benefit

As a current member of UFCW 3000, you have a no-cost \$4,000 Accidental Death & Dismemberment benefit. This AD&D benefit is provided jointly through UFCW Local 3000 and American Income Life Insurance Company (AIL), a 100% union company serving working families. Members are also eligible for an option to increase the coverage an additional \$10,000 with a cost of \$2 for the first year.

### Union Plus and UFCW Discounts

Union Plus consumer benefits are a program of the AFL-CIO (a large federation of unions) exclusively for union members and their families. From pet insurance and cell phone bills to theme park tickets and car rentals, Union Plus offers discounts on countless services and products in a range of categories. Our UFCW international union runs its own discount program as well, for double the benefits and discounts for members. Learn more about both these programs: [myufcw.org/discounts/](https://myufcw.org/discounts/)



## OTHER IMPORTANT BENEFITS

### Union Citizenship Action Network (UCAN)

UFCW 3000 holds citizenship workshops through UFCW's UCAN program, providing paperwork assistance, legal counsel, and other support to UFCW 3000 members who want to become US citizens. Each member saves at least \$1,000 in attorney fees at a citizenship workshop. Talk to your Union Rep for more information about these workshops.

### UFCW 3000 Community Partners

Through years of deep, relationship-based community organizing, UFCW 3000 has forged partnerships with more than 50 community organizations across our region that do important work in our communities. We rely on these partnerships when negotiating contracts, advocating for legislation, and when UFCW 3000 members are in need. Chances are if you need support, there is an organization working in your community that has a relationship with our union and could help. Learn more about our various community partners: [ufcw3000.org/community-partners](https://ufcw3000.org/community-partners)



### Specific Benefits in Your Union Contract

Your union contract can include many benefits specific to your workplace beyond wages. Examples from UFCW 3000 contracts include: parking and transportation benefits, staff discounts and access to free items, education leave and funding, paid trainings, paid time off, relocation assistance, and many other things that have been negotiated and fought for by your fellow union members. Learn more in your union contract: [ufcw3000.org/find-a-contract](https://ufcw3000.org/find-a-contract)



[UFCW3000.ORG/RESOURCES](https://ufcw3000.org/resources)



**UFCW 3000**

MEMBER RESOURCE CENTER 1-866-210-3000

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