



Academy of Nutrition and Dietetics  
Academy of Nutrition and Dietetics  
**Foundation**



## **Take Advantage of the Charitable IRA Rollover and Give to Academy of Nutrition and Dietetics Foundation**

### **Fact Sheet for Donors**

Charities and foundations are created and sustained by people who want to give their resources to solve problems, change lives and make a difference. Recognizing this, on Dec. 18, 2015, the president signed legislation indefinitely extending the charitable IRA rollover, making it retroactive to Jan. 1, 2015, with no expiration date. The IRA Charitable Rollover permits taxpayers at the age of 70½ and older to make tax-free charitable gifts totaling up to \$100,000 per year from traditional Individual Retirement Accounts (IRA) and qualifying Roth IRAs during 2016. This is an opportunity to contribute to the Academy of Nutrition and Dietetics Foundation Annual Fund or Second Century Campaign and receive significant tax benefits.

---

#### **HOW DOES THE IRA ROLLOVER WORK?**

Taxpayers at the age of 70½ and older are required to make annual distributions from their retirement accounts. The distributions are included in the taxpayers' adjusted gross income (AGI), and taxpayers pay taxes on them. The Charitable IRA Rollover permits taxpayers to make donations directly to charitable organizations from their IRAs without counting them as part of their AGI and, consequently, without paying taxes on them.

#### **How does this help me?**

A charitable IRA rollover makes it easier to use IRA assets, during lifetime, to make charitable gifts.

**Why will lifetime IRA gifts be easier?**

Under current law, withdrawals from traditional IRAs and certain Roth IRAs are taxed as income, even if they are immediately directed to a charity. The donor receives a tax deduction for his or her donation, but various other federal, and sometimes state, tax rules can prevent the deduction from fully offsetting this taxable income. As a result, many donors have chosen not to use IRA assets for lifetime gifts. The charitable IRA rollover eliminates this problem.

**What gifts qualify for a charitable IRA rollover?**

A gift that qualifies, technically termed a “qualified charitable distribution,” is:

- Made by a donor age 70 1/2 or older
- Transferred from a traditional or Roth IRA directly to a permissible public charity, such as the Academy of Nutrition and Dietetics.
- Completed during the applicable tax year

**Is there a limit on the amount that can be given?**

Yes, there is a limit. An individual taxpayer's total charitable IRA rollover gifts cannot exceed \$100,000 per tax year.

**What about the required minimum distribution?**

If you have not already taken your required minimum distribution in a given year, a qualifying rollover gift can count toward satisfying this requirement.

**Is an income tax deduction also available?**

No. The gift would be excluded from income, so providing a deduction in addition to that exclusion would create an inappropriate double tax benefit.

**Why are Roth IRAs included? Aren't withdrawals from a Roth IRA tax-free?**

Withdrawals from a Roth IRA may be tax-free only if the account has been open for longer than five years or if certain other conditions apply. Otherwise, withdrawals are taxed as if they came from a traditional IRA. Therefore, certain Roth IRAs could benefit from a charitable IRA rollover.

**Can other retirement plans, such as 401(k) and 403(b) accounts, be used?**

No. However, it may be possible to make a tax-free transfer from such other accounts to an IRA, from which a charitable rollover can then be made.

**Can a gift be made to any charity?**

No. Excluded are:

- Donor advised funds
- Supporting organizations
- Private foundations

**Who can benefit from using the charitable IRA rollover to make a gift?**

- Persons with significant assets in an IRA
- Persons making gifts that are large, relative to their income. (Because a charitable rollover is not included in taxable income, it does not count against the usual percentage limitations on using charitable deductions.)
- Persons having so few deductions that they choose not to itemize

**Can a rollover gift be used to fund a charitable remainder trust or charitable gift annuity?**

No. The donor can receive no benefits in return for the gift. This includes life income plan payments.

**What if a withdrawal does not meet the requirements of a charitable IRA rollover?**

It simply will be included in taxable income as other IRA withdrawals currently are.

### **Is the charitable IRA rollover right for everyone?**

While this is a great option, other types of gifts may provide donors with more tax benefits. As with any gift planning question, donors should consult their tax professionals for specific advice.

### **Can I still make a gift with an IRA beneficiary designation?**

Absolutely! Whether or not you choose to make a charitable IRA rollover gift, you can still designate the Academy of Nutrition and Dietetics Foundation as a beneficiary to receive IRA assets after your lifetime. The lifetime charitable IRA rollover is simply another option for donors who would like to see their philanthropy at work now.

### **If I made a charitable IRA rollover gift in other tax years, can I do this again for the current tax year?**

Yes. The current law extends the charitable IRA rollover provision indefinitely -- with no expiration date -- allowing individuals to make qualifying gifts every tax year.

### **More questions?**

Contact Susie Burns, by phone at 312-899-4752 or email [sburns@eatright.org](mailto:sburns@eatright.org).



120 South Riverside Plaza

Suite 2190

Chicago, IL 60600-6995

[www.eatright.org/foundation](http://www.eatright.org/foundation)

*This information is intended to provide general guidance and is not a substitute for professional counsel. Consult your tax or legal advisor for professional guidance.*