

Pantry Packs

VOLUNTEER UNITED

Flavors OF OUR
Community

Thank you for Volunteering at Home by assembling culturally-specific pantry packs for our neighbors experiencing food insecurity.



Please follow these steps:

1. **Choose** which Flavors of Our Community Pack(s) you will assemble. **Seven pack options are listed on pages 2 & 3.**
2. **Sign up** with pack type(s)/quantity and your preferred drop-off location. This helps our team better prepare for donation drop-offs.
3. **Purchase items** for your packs. Please include all listed items to ensure families receive complete packs.
4. **Assemble your packs** by placing all items into the type of bag listed on the supply list.
5. **Drop-off completed packs** at the location you select during signup (view list of drop-off locations at gtcuw.org/flavor).

Shopping Tips!

Pack items can be found at your local global foods supermarket or standard grocery store, and can range between \$10 - \$18 per pack. Check out these areas of the grocery store:

- Global Foods / Ethnic Foods aisle
- Spice section – spice bags or containers accepted.
- Canned meats / fish section
- Baking aisle

Pantry Packs

Please include all items listed for each pack to ensure families receive complete packs.

Southeast Asian Staples

- 1 (4 oz can) Asian Mackerels or Sardines
 - 1 (14 oz can) Baby Corn (whole)
 - 1 (8 oz can) Bamboo Shoots
 - 1 (5 oz box) Bean Thread Noodles
 - 1 (14 oz can) Coconut Milk
 - 1 (14 oz box) Rice Noodles
- Place all items in a 2-gallon Ziploc bag



Southeast Asian Sauces

- 1 (8 oz) Chili Garlic Sauce
 - 1 (7 oz) Fish Sauce
 - 1 (10 oz) Hoisin Sauce
 - 1 (17 oz) Siracha Sauce
 - 1 (10 oz) Soy Sauce
- Place all items in a gallon Ziploc bag



Afghan Staples

- 1 (16 oz bag) Dried Lentils
 - 1 (16 oz bag) Dried Split Peas
 - 1 (16 oz bag) Dried Kidney Beans
 - 1 (15 oz can) Garbanzo Beans
 - 1 (32 oz) Basmati Rice
 - 1 Box of Tea (black or green)
- Place all items in a 2-gallon Ziploc bag



Afghan Spices

- 1 (1 oz ground) Cardamom
 - 1 (2 oz ground) Coriander
 - 1 (.2 oz) Dill Weed
 - 1 (2 oz) Paprika
 - 1 (1 oz) Turmeric
- Place all items in a quart Ziploc bag



Pack options continued on page 3.

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Latinx Staples (Dried)

- 1 (16 oz bag) Dry Beans (black, red or pinto)
 - 1 (28 oz bag) White Rice
 - 1 (4.4 lb bag) Maseca Flour
- Place all items in a 2-gallon Ziploc bag



Latinx Staples (Canned)

- 1 (15 oz can) Corn, whole kernel
 - 1 (14.5 oz can) Diced Tomatoes
 - 1 (12 oz can) Jalapenos
 - 1 (16 oz can) Refried Beans
 - 1 (12 oz can) Tomato Paste
- Place all items in a gallon Ziploc bag



Latinx Spices

- 1 (2.5 oz ground) Cinnamon
 - 1 (0.6 oz) Cumin
 - 1 (2.5 oz ground) Chili Powder
 - 1 (3 oz) Garlic Powder
 - 1 (8 oz) Goya Seasoning
- Place all items in a gallon Ziploc bag



Thank You for Being a Changemaker!

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