



Greater Twin Cities
UNITED WAY

**FLAVORS OF OUR
COMMUNITY**

VOLUNTEER AT HOME



Sign up today to volunteer for Flavors of Our Community!

Your support helps ensure local food shelves are stocked with culturally relevant foods, so everyone has access to foods, flavors and spices that feel like home.

FOLLOW THESE STEPS TO VOLUNTEER AT HOME:

- 1** Choose which [pantry pack\(s\)](#) you will assemble.
- 2** Visit gtcuw.org/flavor to sign up and confirm your pack(s)
- 3** Purchase the items listed for your pantry pack(s). Please refer to pages 2-3 for pantry pack options, lists and shopping notes.
- 4** Assemble the pantry pack(s) by placing all items into the type of bag listed.
- 5** A member of our volunteer united team will reach out to coordinate a drop-off.

No matter where we
live, when we taste
the **flavors of our
community**,
we are home.



For questions, please contact mary.walker@gtcuw.org.

Afghan Staples

Place all items in a 1-gallon Ziploc bag

- 1 (15 oz container) Raisins**
- 1 (16 oz bag) Dried Lentils**
- 1 (16 oz bag) Dried Kidney Beans**
- 1 (32 oz) Basmati Rice**

Afghan Spices

Place all items in a quart Ziploc bag

- 1 (2 oz) Paprika**
- 1 (1 oz) Turmeric**
- 1 (2.5 oz ground) Chili Powder**
- 1 (3.75 oz) Salt**
- 1 (1.25 oz) Pepper**

East African Staples

Place all items in a 2-gallon Ziploc bag

- 1 (16 oz bag) Dried Lentils**
- 1 (16 oz bag) Red Kidney Beans**
- 1 (32 oz bag) Basmati Rice**
- 1 (18 oz bag or box of individual packets) Oatmeal - Plain**

East African Baking Staples

Place all items in a 2-gallon Ziploc bag

- 1 (24 oz bag) Semolina Flour**
- 1 (4 lb bag) Sugar**
- 3 (.75oz packages) Red Star Active Dry Yeast**
- 1 (10 oz container) Baking Powder**
- 1 (26 oz container) Salt**

Indigenous Staples

Place all items in a 2-gallon Ziploc bag

- 1 (8 oz) Better than Bouillon Vegetable**
- 1 (2.25 oz) Onion Powder**
- 1 (2.25 oz) Garlic Powder**
- 1 (16 oz) Honey**

Karen (Kuh-ren) Staples

Place all items in a 2-gallon Ziploc bag

- 1 (4 oz) Sardines**
- 1 (8 oz can) Bamboo Shoots**
- 1 (3.75 oz bag) Bean Thread Noodles**
- 1 (32 oz bag) Jasmine Rice**
- 1 (32 oz) Vegetable Oil**

Karen (Kuh-ren) Spices

Place all items in a 1-gallon Ziploc bag

- 1 (2 oz) Ginger**
- 1 (1 oz) Turmeric**
- 1 (2.5 oz) Garlic Powder**
- 1 (7 oz) Chili Oil**
- 1 (3.75 oz) Salt**
- 1 (1.25 oz) Pepper**

Latine Staples

Place all items in a 2-gallon Ziploc bag

- 1 (15 oz can) Corn- whole kernel**
- 1 (12 oz can) Jalapeños**
- 1 (16 oz bag) Dry Beans- black**
- 1 (32 oz bag) White Rice**
- 1 (16 oz bag, shelf-stable) Corn Tortillas**

Latine Spices

Place all items in a 1-gallon Ziploc bag

- 1 (2.5 oz) Ground Cinnamon**
- 1 (0.6 oz) Cumin**
- 1 (1.87 oz) Cayenne Pepper**
- 1 (3 oz) Garlic Powder**
- 1 (8 oz) Adobo Seasoning**

Southeast Asian Staples

Place all items in a 2-gallon Ziploc bag

- 1 (4 oz can) Asian Mackerels or Sardines**
- 1 (14 oz can) Baby Corn (whole)**
- 1 (8 oz can) Bamboo Shoots**
- 1 (3.75 oz bag) Bean Thread Noodles**
- 1 (13.5 oz can) Coconut Milk**
- 1 (32 oz bag) Jasmine Rice**

Southeast Asian Sauces

Place all items in a 1-gallon Ziploc bag

- 1 (8 oz) Chili Garlic Sauce**
- 1 (7 oz) Fish Sauce**
- 1 (10 oz) Hoisin Sauce**
- 1 (17 oz) Sriracha Sauce**

Universal Baking Staples

Place all items in one jumbo (14x16") or two 2-gallon Ziploc bags

- 1 (5 lb bag) All-purpose Flour**
- 1 (4 lb bag) Sugar**
- 1 (26 oz container) Salt**
- 3 (.75oz package) Active Dry Yeast**
- 1 (32 oz) Vegetable Oil**

FOOD PACK RECOMMENDATIONS:

- The average cost per pack ranges between \$10 - \$25.
 - Sizes listed are guidelines and can be adjusted.
 - Items can be found at your local global food supermarket or standard grocery store. Check these areas:
 - + Global / Ethnic foods section
 - + Spice section
 - + Canned meats / fish section
 - + Baking section
 - Incomplete pantry packs: Please include all items listed in each pantry pack to the best of your ability. If items are missing, please include a note in your pack(s) listing each missing item.
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SHOP OUR AMAZON WISH LIST >

[Shop our Amazon wish list](#) to donate highly needed items to area food shelves. All items purchased through the wish list will be distributed to food shelves and organizations addressing food security in the Twin Cities.

