

VOLUNTEER AT HOME GUIDE



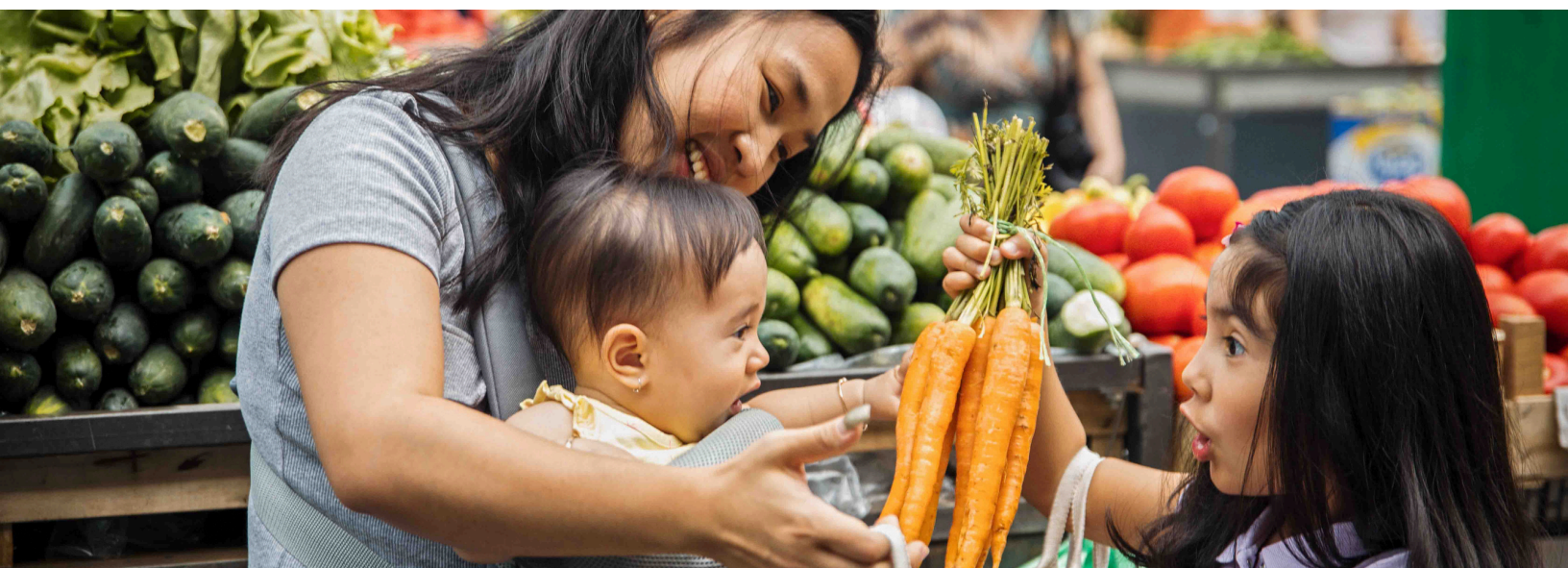
No one should have to choose between food and essentials like rent and medicine. But right now, due to already-strained food shelves, rising food costs, the federal government shutdown, and disruptions to SNAP benefits, thousands more families across the Greater Twin Cities are facing impossible choices.

One in five children live in households that struggle to afford groceries. **One in three households** in Minnesota can't make ends meet. And as **SNAP benefits are disrupted**, over **440,000 Minnesotans** – including children, seniors and working families – will lose access to critical food support. Even with positive news that SNAP benefits will be restored, they will only be partially funded, meaning families will face shortfalls.

This is an emergency, and we need your help.

How to volunteer at home:

Grab your friends and family, head to the store and purchase items to make food packs or fulfill the need for highly requested individual items. Be sure to sign up at gtcuw.org/food to let us know what you plan to donate and where. See page 4 for drop-off information.



ASSEMBLE FOOD PACKS

Choose from the following food pack options and follow these steps:

1. Purchase all items listed under pack type
2. Place pack items into a 1- or 2-gallon Ziploc bag
optional: label bag with pack name
3. Drop off completed packs at the location selected during sign up
(see page 4 for drop-off information)

FOOD PACK SHOPPING LISTS

Kid Snack Pack

- 1 granola bar (nut and marshmallow free)
- 1 juice box (100% juice)
- 1 pouch (fruit, yogurt, etc.)
- 1 meat stick (pork free)
- 1 fruit leather or fruit snacks
- 1 bag of pretzels
- 1 napkin (optional)

Family Snack Pack

- Trail mix: 4 individual bags or 1 large bag
- Pretzels: 4 individual bags or 1 large bag
- 4 protein or granola bars
- 4 meat sticks (pork free)
- 2 bags of microwave popcorn
- 2 bags of dried fruit
- 4 napkins (optional)

Family Meal Pack

- 1 box of pasta
- 1 jar of pasta sauce
- 1 can of vegetables
- 1 can of fruit
- 2 cans of chicken

Universal Baking Pack

- 1 (5-lb) bag of flour
- 1 (4-lb) bag of sugar
- 1 (26 oz) container of salt
- 1 (32 oz) bottle of vegetable oil
- 3 (0.75 oz) packages active dry yeast

Ready to Eat Pack

- 2 cans ready to eat meals like canned chili, soup, etc.
- 2 macaroni and cheese cups
- 1 package of dried fruit
- 2 drinks: juice box, shelf stable milk, V8, etc. (no soda please)
- 2 breakfast items: instant oatmeal, cereal cups, granola bars
- 4 plastic spoons (optional)
- 4 napkins (optional)

DONATE INDIVIDUAL ITEMS

The following items are highly requested and can be donated individually.

- Baby items: formula, baby food, diapers, wipes
- Baking items: flour, salt, sugar
- Drinks: juice, coffee, tea, Pedialyte (no soda)
- Cooking oil
- Grains: cereal, rice, pasta, lentils, oatmeal
- Canned fruits and vegetables
- Canned meats
- Can opener



DROP-OFF OPTIONS

Open drop-off:

A designated collection box will be located inside the lobby at each of these Old National Bank locations until Friday, December 12. Items can be dropped off during open business hours. Please note that all Old National Bank locations will be closed for a Federal Reserve Bank Holiday on November 11 and November 27.

- **Maple Grove:** 11850 Fountains Way, Maple Grove, MN 55369
- **Wayzata:** Central Ave N, Wayzata, MN 55391
- **Eagan:** 1360 Duckwood Dr, Eagan, MN 55123
- **Arden Hills:** 1240 County Rd E, Arden Hills, MN 55112
- **St. Paul:** 2700 7th Ave E, North St Paul, MN 55109
- **Plymouth:** Vinewood Ln N, Plymouth, MN 55441

Scheduled drop-off:

If you aren't able to drop off your packs at an Old National Bank location, select "Schedule a Drop-off at United Way" during signup, and a member of the volunteer team will reach out to coordinate a drop-off at Greater Twin Cities United Way's office: 404 S 8th St, Minneapolis, MN 55404.



Thank you, Old National Bank, for being
our volunteer at home partner.