



COMMUNITY RESPONSE VOLUNTEER AT HOME



ENGAGEMENT OPPORTUNITIES

People across the Twin Cities are facing increased difficulties getting to work, accessing food, and meeting other basic needs for themselves and their families. When our community faces challenges, Greater Twin Cities United Way is here.

Today, tomorrow and always, we are dedicated to building a shared future where all people can thrive.

Volunteer United partners with nonprofits to ensure volunteers have the greatest impact while easing the burden on organizations - a huge relief when nonprofits are strained. **By volunteering at home to make essential packs**, you will support our community by providing individuals and families with critical items such as food and other household essentials.

In the past few months, the 211 resource helpline has seen:

- Housing requests up 103%
- Rent assistance requests up 236%
- Food requests up 197%
- Spanish-language calls up 17x the normal volume



For questions, please contact VolunteerUnited@gtcuw.org

VOLUNTEER AT HOME

Follow these steps to volunteer at home:

1. **Choose** which pack(s) you will assemble and donate (options below).
2. **Sign up** at gtcuw.org/join-us to confirm your donation.
3. **Purchase** all items listed under your selected pack(s).
4. **Assemble** the pack(s) by placing the items into the type of bag listed.
5. **Drop off** completed pantry pack(s) - reach out to VolunteerUnited@gtcuw.org to coordinate a drop-off location and time.

Family Meal Pack

1 box of pasta
1 jar of pasta sauce
1 can of green beans
1 can of corn
2 cans of chicken
Place all items into a 1-gal bag

Kids Snack Pack

1 granola bar
1 juice box
1 fruit pouch
1 yogurt pouch
1 meat stick
1 fruit leather strip
1 napkin
Place all items into a 1-gal bag

Family Snack Pack

4 meat sticks
4 trail mix
4 granola bars
4 bags of pretzels
2 bags of microwave popcorn
1 bag dried mango
2 fruit bars
Place all items into a 2-gal bag

Ready-to-Eat Pack (Breakfast)

2 cartons of shelf-stable milk
2 instant oatmeal packs
1 cereal box
1 applesauce pouch
2 oat bars
2 utensil packs
Place all items into a 1-gal bag

Ready-to-Eat Pack (Dinner)

1 can chicken noodle soup
1 madras lentil pack
1 package instant white rice
1 package tuna salad with crackers
1 mac and cheese cup
1 quinoa and brown rice pack
1 can of V8 juice
4 utensil packs
Place all items into a 2-gal bag

School Supply Refill Pack

2 folders
2 notebooks
1 box of crayons
1 box of colored pencils
1 box markers
1 box of pencils
4 erasers
4 glue sticks
Place all items into a 1-gal bag

Kids Hygiene

1 toothpaste
2 toothbrushes
1 lotion
1 shampoo (3 in 1)
1 comb
Place all items into a 1-gal bag

Kids Dental

1 toothpaste
2 toothbrushes
2 flosser packs
Place all items into a 1-gal bag

Adult Hygiene

3 bars of soap
1 deodorant
1 shampoo
1 conditioner
1 nail clipper
1 comb
Place all items into a 1-gal bag

Adult Dental

1 toothpaste
2 toothbrush
2 dental floss
Place all items into a 1-gal bag

ESSENTIAL ITEMS DRIVE

Steps to host your supply drive:

1. Choose which individual items or pack type(s) you will collect and set your goals (list of accepted items below)
2. Identify date/time/location for your supply drive
3. Send communications/promote supply drive
4. Host supply drive (collect items)
5. Coordinate pickup or drop-off of collected packs with United Way team
(VolunteerUnited@gtcuw.org)

We are accepting the following highly requested items:

Baby Items: formula, baby food, diapers, wipes

Baking Items: flour, sugar

Canned fruits and vegetables

Canned meats

Cooking oil

Drinks: juice, coffee, tea, Pedialyte (no soda)

Feminine hygiene products

Grains: cereal, rice, pasta, lentils, oatmeal

Hygiene: shampoo, conditioner, soap, toothbrushes, toothpaste

Ready-to-eat foods: can chili, soup, macaroni and cheese cups

