



## 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 food pack(s) you will assemble and donate.
2. **Visit** [gtcuw.org/Flavor](https://gtcuw.org/Flavor) to confirm your pack(s) and select a drop-off location.
3. **Purchase** the items listed listed for your food pack(s). Please refer to pages 2-4 for pack options, shopping lists and shopping notes.
4. **Assemble** the food pack(s) by placing items into the type of bag listed.
5. **Drop off** completed food packs from March 23 - May 1 at the location you select during sign up. See page 5 for more details.

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

For questions, please contact [VolunteerUnited@gtcuw.org](mailto:VolunteerUnited@gtcuw.org).

# Flavors of Our Community

## FOOD PACKS

### Afghan Staples

Place all items in a 2-gallon Ziploc bag

- 1 (8-10 oz) Raisins
- 1 (16 oz bag) Dried Kidney Beans
- 1 (32 oz) Basmati Rice
- 1 (16 oz bag) Dried Lentils

### 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

### Indigenous Staples

Place all items in a 2-gallon Ziploc bag

- 1 (14.75 oz) Canned Salmon/Chicken/Beef
- 1 (8.5 oz) Cornbread Mix
- 1 (14.5 oz) Canned Diced Tomatoes
- 1 (15.5 oz) Hominy Beans
- 1 (15.5 oz) Canned Red Kidney Beans

### Indigenous Spices

Place all items in a 1-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 (4-7 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 (1 oz) Turmeric
- 1 (3.75 oz) Salt
- 1 (1.25 oz) Pepper
- 1 (2 oz) Ginger
- 1 (2.5 oz) Garlic Powder
- 1 (8 oz) Chili Garlic Sauce or Chili Oil

### 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 or pinto)
- 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 (1.8 oz ground) Cayenne
- 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

### East African Staples

Place all items in a 2-gallon Ziploc bag

- 1 (16 oz bag) Dried Lentils
- 1 (18 oz bag or multiple packets) Oatmeal - plain
- 1 (16 oz bag) Red Kidney Beans
- 1 (32 oz bag) Basmati Rice
- 1 (10 oz bag) Medjool Dates

### East African Baking Staples

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

- 1 (24 oz bag) Semolina Flour
- 1 (4 lb bag) Sugar
- 3 (0.75 oz packages) Dry Yeast
- 1 (10 oz container) Baking Powder
- 1 (26 oz container) Salt

# FOOD PACKS

## 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 (0.75 oz package) Active Dry Yeast
- 1 (32 oz) Vegetable Oil

## Kids Snack Pack

Place all items in a 1-gallon Ziploc bag

- 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

Place all items in a 1-gallon Ziploc bag

- 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)

## Ready-to-Eat Pack

Place all items in a 2-gallon Ziploc bag

- 2 Cans Ready-to-Eat Meals (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 Cup, Granola Bar
- 4 Plastic Spoons (optional)
- 4 Napkins (optional)

## Shopping Notes:

- The average cost per pack ranges between \$10 - \$25.
- Sizes listed are guidelines and can be adjusted.
- Culturally specific 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.

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For questions, please contact [VolunteerUnited@gtcuw.org](mailto:VolunteerUnited@gtcuw.org).

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## Flavors of Our Community

# DROP-OFF OPTIONS

Completed pantry packs can be dropped off at the below locations March 23 - May 1. Please sign up at [gtcuw.org/flavor](https://gtcuw.org/flavor) where you will be prompted to select a drop-off location.

### 1. Open Drop-off at Old National Bank

A collection box will be inside the lobby at each of the following Old National Bank locations March 23 - May 1 during open business hours (9 a.m.-5 p.m. Monday-Friday):

- **Arden Hills:** 1240 County Rd E, Arden Hills, MN 55112
- **Eagan:** 1360 Duckwood Dr, Eagan, MN 55123
- **Eden Prairie:** 11800 Singletree Ln, Eden Prairie, MN 55344
- **Maple Grove:** 11850 Fountains Way, Maple Grove, MN 55369
- **North St. Paul:** 2700 7th Ave E, North St Paul, MN 55109
- **Plymouth:** Vinewood Ln N, Plymouth, MN 55441
- **Wayzata:** Central Ave N, Wayzata, MN 55391



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

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### 2. Scheduled Drop-off at Greater Twin Cities United Way

Not able to make a drop-off at an Old National Bank location?

Select “Schedule a Drop-Off at United Way” on your sign up, and a member of the Volunteer United team will reach out to coordinate a drop-off at United Way’s office.

Greater Twin Cities United Way office: [404 S 8th St, Minneapolis, MN 55404](https://www.gtcuw.org)

For questions, please contact [VolunteerUnited@gtcuw.org](mailto:VolunteerUnited@gtcuw.org).