



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 to sign up and confirm your pack(s).
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. A member of our Volunteer United team will reach out to coordinate a drop-off location.

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

For questions, please contact 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 (optional)

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.

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.

For questions, please contact VolunteerUnited@gtcuw.org.

