



**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 and donate.
- 2. Visit <u>gtcuw.org/flavor</u> to confirm your pack(s) and select a drop-off location.
- **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 the items into the type of bag listed.
- 5. Drop off completed pantry pack(s) from Monday, March 3 Friday, April 11 at the location you selected during sign up. See page 4 for more details.

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

For questions, please contact Mary.Walker@gtcuw.org.

# Flavors of Our Community PANTRY PACKS

#### **Afghan Staples**

Place all items in a 2-gallon Ziploc bag

1 (15 oz container) 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

### East African Staples

Place all items in a 2-gallon Ziploc bag

1 (16 oz bag) Dried Lentils 1 (16 oz bag) Garbanzo Beans 1 (16 oz bag) Red Kidney Beans 1 (32 oz bag) Basmati Rice 1 (10 oz bag) Medjool Dates

#### **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

(8oz) Better than Bouillon Vegetable
 (2.25oz) Onion Powder
 (2.25oz) Garlic Powder
 (2.75oz) Chili Powder
 (1.25oz) Ground Sage

#### 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 (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

#### Latine Staples

Place all items in a 2-gallon Ziploc bag

1 (15 oz can) Corn, whole kernel 1 (14.5 oz can) Diced Tomatoes 1 (12 oz can) Jalapeños 1 (16 oz can) Refried Beans 1 (16 oz bag) Dry Beans (black or pinto) 1 (32 oz bag) White Rice

#### Latine Spices

Place all items in a 1-gallon Ziploc bag

1 (2.5 oz ground) Cinnamon 1 (0.6 oz) Cumin 1 (2.5 oz ground) Chili Powder 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

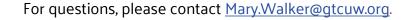
1 (5 lb bag) All-purpose Flour 1 (4 lb bag) Sugar 1 (26 oz container) Salt 3 (.75oz package) Active Dry Yeast 1 (32 oz) Vegetable Oil

# **Shopping Notes:**

- 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.

# SHOP OUR AMAZON WISH LIST >

<u>Shop our Amazon wish list</u> 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.



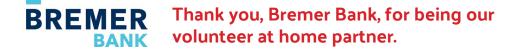
# Flavors of Our Community **DROP-OFF OPTIONS**

Completed pantry packs can be dropped off at the below locations March 3-April 11. Please sign up at <u>gtcuw.org/flavor</u> where you will be prompted to select a drop-off location.

# 1. Open Drop-off at Bremer Bank

A collection box will be inside the lobby at each of the following Bremer Bank locations March 3-April 11 during open business hours (9 a.m.-5 p.m. Monday-Friday):

- Brooklyn Center: 5540 Brooklyn Blvd, Brooklyn Center, MN 55429
- Eagan: 1995 RahnCliff Court, Eagan, MN 55122
- Edina: 6900 France Ave S, Edina, MN 55435
- Lake Elmo (Bremer Service Center): 8555 Eagle Point Blvd, Lake Elmo, MN 55042
- Plymouth: 3415 Vicksburg Ln N, Plymouth, MN 55447
- Roseville: 1715 County Road B2 West, Roseville, MN 55113
- St. Louis Park: 7924 Highway 7, Saint Louis Park, MN 55426
- St. Paul: 423 Snelling Ave N, St. Paul, MN 55104



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

Not able to make a drop-off at a Bremer 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: <u>404 S 8th St, Minneapolis, MN 55404</u>