



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 gtcuw.org/Flavor 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

- 1 (8oz) Better than Bouillon Vegetable
- 1 (2.25oz) Onion Powder
- 1 (2.25oz) Garlic Powder
- 1 (2.75oz) Chili Powder
- 1 (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 >

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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DROP-OFF OPTIONS

Completed pantry packs can be dropped off at the below locations March 3-April 11.
Please sign up at gtcuw.org/flavor 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



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

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: [404 S 8th St, Minneapolis, MN 55404](https://www.gtcuw.org/locations/404-S-8th-St-Minneapolis-MN-55404)

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