

CARE PACKS

HEALTH & HYGIENE DRIVE

OVERVIEW

The annual **Health & Hygiene Drive** is a safety net initiative of United Way of 1000 Lakes. The drive aims to collect a variety of personal care and household items essential for good health and hygiene. Items are assembled into care packs and distributed to families through local nonprofits and schools.

This guide provides information on how to coordinate a Care Pack Project. This project is a great opportunity for church groups, student organizations, coworkers, and families to join together for a great cause. Please reach out if you need more assistance by emailing info@uwlakes.org or calling our office at 218-999-7570.

THANK YOU for supporting United Way's Health & Hygiene Drive!

1. SELECT PROJECT(S) & SIGN UP

Select which project(s) you will complete:

- Assemble Personal Care Packages
- Assemble Household Care Packages
- Or BOTH!

Sign up at uwlakes.org/hygiene-drive to let us know the project(s) type & quantity

Tip: You are welcome to sign up on your own as an individual, or your group can choose to coordinate and sign up as a group.

2. PROJECT SUPPLY PURCHASING

Individual(s) will purchase project supplies

If the individual(s) will purchase all the supplies needed for the project(s):

- Use the shopping list to determine the items and quantities of each needed based on your goal.

Organization will purchase project supplies

If your organization chooses to purchase supplies needed for the project(s):

- Assembling packs at home: Coordinate a designated time/place for volunteers to pick up project materials.

We recommend asking group members to sign up and commit to assembling a specific number of care packages. Employees will pick up project supplies to take home and complete a designated number of projects (if the group is big enough to need this).

- Hosting an in-person, packing event: Coordinate a designated time/place for collecting the materials and assembling packs.

Tip: Look at our wishlists through [Target](#) and [Amazon](#) if you need help finding items to purchase.

3. PLAN YOUR TIMELINE FOR GROUPS

Identify the following key dates:

1. **Project kickoff** – Email/contact group members to promote the group volunteering project.
2. **Care package supplies pick-up day(s)** at your location (if the organization is purchasing supplies)
3. **Packing party day(s)** – what day(s) and time is the group getting together to assemble care packages (if assembling)?
4. **Completed care packages drop-off day(s)** – when / where can group members drop-off assembled packages?
 - a. Give yourself a buffer of at least two days out from your scheduled drop-off day to ensure all items are completed on time.
5. **Drop-off day** – Coordinate what day all your items will be dropped off at the United Way office. If possible, let us know ahead of time when you are coming by calling us at 218-999-7570 or emailing kimberly@uwlakes.org.

4. PROMOTE HEALTH & HYGIENE DRIVE

United Way can provide **promotional materials** to support your group volunteering event including:

- Promotional Poster
- Donations Item List Poster
- Social Media Toolkit

Please email info@uwlakes.org to receive promotional materials.

Tip: If posting about your activities on social media, be sure to tag United Way of 1000 Lakes!

5. SCHEDULE DROP-OFF

Deliver care packs to United Way at 350 NW 1st Ave Suite A, Grand Rapids. Curbside drop-off is available by appointment—call 218-999-7570 during regular office hours, Monday through Thursday.

6. VOLUNTEER GROUP THANK YOU!

Record your volunteer project success at the close of your group volunteer event! Thank all members for participating and sharing the impact of their work.

ASSEMBLING A CARE PACK

INSTRUCTIONS:

Sign up to make care packs at home or with a group. Choose your project and impact area, and set your goal. To register and download the project guide, scan the QR code or visit uwlakes.org/hygiene-drive.

Select a container: Please use a gallon ziplock bag for hygiene items and a small plastic tote for household items.

Collect items to go inside. It's easy to take these items for granted and forget that some have to go without these things we consider essential! For additional items, look at the suggested items list on our website. *Remember, items must be new, unopened, and unused.*

Pack checklist. Include a checklist in each pack. Print one list for each package, and indicate contents with a checkmark. Write items, not on the list in the "Other" space. Optional, select an intended age and gender for your care package.

Let us know how you're playing your part by sharing a picture of your care packages with **#LiveUnitedMN** and **#IPlayMyPartBy**. Sharing your good work might inspire others to join the movement!

Deliver to United Way at 350 NW 1st Ave Suite A, Grand Rapids. Curbside drop-off is available by appointment—call 218-999-7570 during regular office hours, Monday through Thursday.

PERSONAL CARE CHECKLIST

Download, print, and include in each care package.

ESSENTIAL ITEMS:

- Body Wash or Bar Soap
- Deodorant
- Shampoo and Conditioner
- Toothbrush and Toothpaste
- OTHER: _____
- *Ziplock Bag (gallon size)**

AGE:

- Infant _____ lbs.
- Child
- Teen
- Adult

GENDER:

- Male
- Female

OPTIONAL ITEMS:

- Brush/comb
- Diapers, baby wipes, baby powder
- Feminine hygiene products
- Floss
- Lip balm
- Lotion
- Razors & shaving cream

HOUSEHOLD CARE CHECKLIST

Please download, print, and include in each care package.

ESSENTIAL ITEMS:

- Disinfectant Spray/Wipes
- Hand and Dish Soap
- Laundry Detergent or Pods
- Paper Towels
- Toilet Paper
- OTHER: _____
- *Plastic tote or small laundry basket***

OPTIONAL ITEMS:

- All Purpose Cleaners
- Dryer Sheets
- Scrub Brushes/Sponges
- Tissues
- Washcloths, hand & bath towels