



Flavors OF OUR Community



United Way of 1000 Lakes



YEARS OF IMPACT

DETAILS

The **Flavors of Our Community** drive is a food initiative of United Way of 1000 Lakes. The drive aims to increase access to culturally specific foods. Items are assembled into pantry packs and distributed to families through local schools pantries and nonprofits.

This guide provides information on how to coordinate a Flavors of Our Community pantry pack at home or with a group. 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 molly@uwlakes.org or United Way at 218-999-7570.

THANK YOU for supporting United Way's **Flavors of Our Community** drive!

PANTRY PACK INSTRUCTIONS

Follow these steps to volunteer at home or with a group:

1. **Choose** which pantry pack(s) you will assemble.
2. **Sign up** at uwlakes.org/flavors.
3. **Purchase** items for your selected pantry packs. Make sure to include all listed items to ensure families receive complete packs.
4. **Collect and Assemble** pantry pack items in a 1-gallon Ziploc bag for all listed items to the best of your ability. If any items are missing from your pantry pack, please include a note in your pack(s) listing all missing items. Remember, items must be new, unopened, and unused.
5. **Drop-off** completed pantry packs and deliver to United Way or a drop-off location. A full list of drop-off locations is available on our website.
6. **Let us know how you're playing your part** by sharing a picture of your pantry packs with **#FlavorsOfOurCommunity**. Sharing your good work might inspire others to join the movement!

PANTRY PACKS

ANISHINAABE STAPLES*

PANTRY PACK ITEMS:

- 1 (6 oz bag) Dried Blueberries **-OR-** Cranberries
- 1 (15 oz can) Corn
- 1 (.8 oz jar) Cinnamon

Place all items in a 1-gallon Ziploc bag

Foods in their most natural, whole form are of utmost importance in the Indigenous culture. A package of wild rice will be added to each Anishinaabe pack thanks to a generous donation from the **Leech Lake Band of Ojibwe.*

*We are also accepting jars of locally harvested Maple Syrup. For a list of sources, visit uwlakes.org/flavors. Donations can also be made by texting **LAKES** to **26989**.*

HISPANIC STAPLES

PANTRY PACK ITEMS:

- 1 (16 oz bag) Dry Beans (black, red, or pinto) **-OR-** 1 (32 oz bag) Jasmine White Rice
- 1 (4 oz can) Jalapeños (not pickled)
- 1 (pkg) 6-inch Corn or Flour Tortillas
- 1 (.8 oz jar) Cumin, Chili Powder **-OR-** Garlic Powder

Place all items in a 1-gallon Ziploc bag

SOUTHEAST ASIAN STAPLES

PANTRY PACK ITEMS:

- 1 (14 oz box) Rice Noodles
- 1 (8 oz jar) Chili Garlic Sauce
- 1 (8 oz can) Bamboo Shoots **-OR-** Water Chestnuts
- 1 (14 oz can) Coconut Milk

Place all items in a 1-gallon Ziploc bag