UNITED WAY
1000 Lakes

FLAVORS OF OUR COMMUNITY

CULTURAL FOOD DRIVE

SCAN QR CODE FOR DETAILS →

CULTURALLY RELEVANT STAPLES, SAUCES & SPICES TO MEET LOCAL COMMUNITY NEEDS

The **Flavors of Our Community** drive is a food initiative by United Way of 1000 Lakes. Its goal is to expand access to culturally specific foods, ensuring local food pantries are stocked with items that reflect the many traditions and backgrounds in our community–so everyone can enjoy the foods, flavors, and spices that feel like home.

This guide outlines how to volunteer for Flavors of Our Community, either at home or with a group. It's a meaningful opportunity for church groups, student organizations, coworkers, and families to come together in support of their neighbors.

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** all the items listed for your chosen pantry pack(s). Including every item ensures families receive complete packs.
4. **Assemble** the items in a 1-gallon Ziploc bag. If something is missing, include a note listing what's not included. All items must be new, unopened, and unused.
5. **Drop off** completed packs at United Way or any of our nine drop-off locations (visit our website for a full list).
6. **Share** photos of your pantry packs on social media using #FlavorsOfOurCommunity to inspire others to join!

To participate, visit uwlakes.org/flavors or scan the QR code. Choose a food pack, purchase the items, assemble them, and drop them off at the designated locations.

For more details, call 218-999-7570 or email molly@uwlakes.org.

Each pack includes culturally essential items requested by local food pantries. Select a pack, gather the listed items, assemble, and drop off at a designated site.

Anishinaabe Staples

Place all items in a 1-gallon Ziploc bag

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

Foods in their most natural, whole form hold special significance in Indigenous culture. A package of wild rice will be included in each Anishinaabe Staples 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 suggested local sources, visit uwlakes.org/flavors. If you prefer to make a financial contribution, use the Donate button and select "Flavors of Our Community."

Hispanic Staples

Place all items in a 1-gallon Ziploc bag

1 (32 oz) bag of Jasmine White Rice
1 (16 oz) bag of Dry Beans (black, red, or pinto)
1 (4 oz) can of Jalapeños (not pickled)
1 (.8 oz) jar of Cumin, Chili Powder, -or- Garlic Powder

Southeast Asian Staples

Place all items in a 1-gallon Ziploc bag

1 (14 oz) box of Rice Noodles
1 (8 oz) jar of Fish Sauce
1 (8 oz) can of Bamboo Shoots -or- Water Chestnuts
1 (14 oz) can of Coconut Milk
1 (3.75 oz) can of Sardines in Water