



A  
**STRIKE OUT  
HUNGER**  
Initiative



## Employee Engagement

### Option A:

Employees purchase and drop off requested pantry packs at your location

Employees will:

- Chooses which pantry pack(s) to assemble.
- Purchase items for the pantry packs. Please refer to Shopping List for each pack. See shopping notes!
- Assemble the pantry packs by placing all items into a Large Zip Loc type of bag.
- Drop-off completed packs at the designated location.

### Option B:

Employees purchase and drop off requested items at your location

Company hosts a team building event to assemble completed pantry packs from the collected items, by placing all items into a Large Zip Loc type of bag.

United Way will work directly with your company to coordinate delivery of completed packs at the close of your event

## About

Support our neighbors experiencing food insecurity by participating in the Flavors of Our Community initiative.

Help ensure local food shelves are stocked with culturally relevant food items, so people of all cultures have access to foods, flavors and spices they are familiar with.

## Contact Us



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[www.uwgmc.org/soh](http://www.uwgmc.org/soh)

# Flavors of the Community

Essential Supply Drive

# Shopping Lists by pantry pack



## • Latino Staples (Dried)

- 1 (16 oz bag) Dry Beans (black, red or pinto)
- 1 (28 oz bag) White Rice
- 1 (4.4 lb bag) Maseca Flour

## • Latino Staples (Canned)

- 1 (15 oz can) Corn, whole kernel
- 1 (14.5 oz can) Diced Tomatoes
- 1 (12 oz can) Jalapeño
- 1 (16 oz can) Refried Beans
- 1 (12 oz can) Tomato Sauce
- 1 (12 oz can) Tomato Paste
- 1 (32 oz) Broth (beef, Turkey, Chicken, Vegetable)

## • Latino Spices

- 1 (2.5 oz) Cinnamon
- 1 (0.6 oz) Cumin
- 1 (2.5 oz) Chili Powder
- 1 (3 oz) Garlic Powder
- 1 (8 oz) Adobo Seasoning



## • SouthEast Asian Staples

- 1 (4 oz can) Asian Mackerels or Sardines
- 1 (14 oz can) Baby Corn (whole)
- 1 (8 oz can) Bamboo Shoots
- 1 (5 oz box) Bean Thread Noodles
- 1 (14 oz can) Coconut Milk
- 1 (14 oz box) Rice Noodles

## • SouthEast Asian Sauces

- 1 (8 oz) Chili Garlic Sauce
- 1 (7 oz) Fish Sauce
- 1 (10 oz) Hoisin Sauce
- 1 (17 oz) Siracha Sauce
- 1 (10 oz) Soy Sauce

## • Jewish Kosher Staples

We are accepting Kosher food items individually (not as a pack). The Most Common Hechshers / Kosher Symbols



## Incomplete Pantry Packs

Please include all listed items in each pack to the best of your ability. We acknowledge the current food shortage challenges and the potential for items to be unavailable at local stores. If items are missing, please include a note in your pack(s) listing all missing items.

# Shopping Notes

The average cost per pack ranges between \$10 - \$25 depending on pack type.

Pack items can be found at your local global food supermarket or standard grocery store – check these areas of the grocery store:

- Global / Ethnic Foods aisle
- Baking aisle
- Canned meats / fish section
- Spice section

(size listed can be adjusted based on store availability)

## • Caribbean Staples (Dried)

- 1 (16 oz bag) Dry Beans (black, red or pinto)
- 1 (28 oz bag) White Rice
- 1 (24 oz bag) Corn Meal

## • Caribbean Staples (Canned)

- 1 (15 oz can) Corn, whole kernel
- 1 (15 oz can) Beets
- 1 (15 oz can) Green Peas
- 1 (15 oz can) String Beans
- 1 (12 oz can) Tomato Sauce
- 1 (12 oz can) Tomato Paste
- 1 (32 oz) Broth (beef, Turkey, Chicken, Vegetable)
- 1 (12 oz can) Carnation Evaporated Milk
- 1 (13.5 oz can) Coconut Milk

## • Caribbean Spices

- (2.5 oz) Cinnamon
- 1 (0.6 oz) Cumin
- 1 (3 oz) Garlic Powder
- 1 (8 oz) Adobo Seasoning
- 1 (6 oz) Old Bay Seasoning
- 1 (.75 oz) Black Pepper
- 1 (0.6 oz) Cloves
- 1 (1 oz) Parpika
- 1 (0.3 oz) Dried Parsley