



United Way
Greater Toronto

DIY (DO-IT-YOURSELF) GUIDES: VOLUNTEER FROM HOME

There's no denying that more individuals and families than ever before are in crisis because of COVID-19. And as always, we know that the desire to help others by giving back remains strong.

In this guide, you will find ways to contribute in creative, flexible and impactful ways while practicing physical distancing. You can take part in these activities on your own, with your colleagues, family or neighbours.

List of DIY guides included:

- Family meal kits
- Homemade masks for frontline workers
- COVID-19 protection kits
- Kits for kids
- Baby essentials kits

Physical distancing practices:

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

Booking information

For more information, contact your United Way partner or email donorengagement@uwgt.org



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FAMILY MEAL KITS

The Impact - #UNIGNORABLE issue: Food Security

Many seniors, individuals and families during these times are struggling to access healthy food. Many are unable to cover all their essential costs and pay for basic healthy foods. Food insecure households may be forced to put their food budget towards other pressing expenses. United Way supports programs to improve access to high-quality, affordable, nutritional, and culturally-appropriate food in areas where it is needed most.

Activity description

Everyone deserves a wholesome meal. Caring for our neighbors is key to a strong community. Show someone you care by gifting a meal to a family in need. Create a family meal kit to supply all the ingredients needed to make a homecooked meal. There are a few options that offer culturally relevant food items to meet the needs of families with different cultural backgrounds.

Option A

- Jar of Pasta Sauce
- Spaghetti Noodles
- Parmesan Cheese
- Salad Dressing
- Basket/Bowl (to hold ingredients)

Option B

- 2 Cans of Chickpeas
- Packet of Basmati or Long Grain Rice
- Can of Tomato Paste
- Small Packets of Spices – turmeric, chilli, coriander, cumin
- Basket / Bowl (to hold ingredients)

Option C

- Shelf-stable Tofu
- Canned vegetables
- Packet of Long Grain Rice
- Soy Sauce
- Basket / Bowl (to hold ingredients)



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Option D

- Canned Ackee
- Canned Red Beans
- Packet of Short or Long Grain Rice
- Packet of Flour
- Small Packets of Spices – paprika, thyme
- Basket / Bowl (to hold ingredients)

Directions

- Choose one of these options or put together a dinner of your choice
- Arrange all the ingredients in a bag, bowl or basket
- Leave a note in the basket, such as “Thinking of you!” or “Enjoy!”
- Take a picture of completed kit and tag @uwgreaterto on [Instagram](#), [Facebook](#) or [Twitter](#)

Donate

Deliver and donate your baskets to a local agency in your area. For more information or to be connected to a United Way agency in your community, contact your United Way partner or email donorengagment@uwgt.org



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HOMEMADE MASKS

The Impact - #LocalLove in a Global Crisis

There's no denying that individuals and families more than ever before are in crisis because of COVID-19. And the network of agencies we support is reaching a critical breaking point. Some of the ways we can offer hope during this unprecedented community crisis is by spreading some #LocalLove.

Activity description

Many supplies are needed to assist front-line workers in response to the COVID-19 pandemic. As more staff return to the workplace, masks will be needed to keep front-line community workers and their clients safe. You can help by creating homemade face masks to help supplement the limited supply.

Supplies

- Sewing machine and thread
- 100% cotton fabric (preferably double-layered with a tight weave)
- 1/8" flat elastic or 4 fabric ties made of the same fabric
- Scissors
- Ruler
- Straight pins

Cutting your material

For an adult-size mask:

- Cut one fabric rectangle 16" long and 8.5" wide
- Cut two 7" pieces of elastic (or up to 8" for a larger adult size)

For a child-size mask:

- Cut one fabric rectangle 14" long and 6.5" wide
- Cut two 6" pieces of elastic

For elastic ear loops:

- Adult: Cut two 7" long pieces of elastic or up to 8" for a larger adult size
- Child: Cut two 6" long pieces of elastic



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For fabric ties (if you aren't using elastic):

- Cut four rectangles 18" long by 1.75" wide. Fold the long sides to meet in the middle, then fold in half again to encase the raw edges. Stitch down the length of the rectangles along the edge to create the ties. Ties can be cut slightly shorter for a child mask.

Directions

- Cut fabric to adult or child size indicated above.
- With the pattern side facing up, fold in half by bringing the two 8.5-inch sides together. Sew along the top edge with a ¼-inch seam allowance. This will create a tube.
- Turn the tube inside out so the right sides (pattern facing up) are on the outside. Press flat. Fold the two non-seamed edges inside ½ inch to create a folded finished edge. Press to smooth.
- To make the pleats, measure 11 ½ inches up from the bottom of the long edge and mark with a fabric pen or chalk. Make another line 1 inch above the previously marked line. Fold the top (seam edge) down to the first line making a crease. Flip the piece over, fold the crease edge down to the second line and press. Pin in place.
- Repeat the previous step two more times to create two additional ½ pleats. For further guidance on this step, watch this step-by-step tutorial:
<https://buttoncounter.com/2018/01/14/facemask-a-picture-tutorial/>
- To attach the straps or elastics, place the pre-measured elastics or ties at the top and bottom of the mask between the two layers of fabric and pin.
- Sew the sides of the mask and trim the threads. Your mask is now complete!
- Take a picture of completed kit and tag @uwgreaterto on [Instagram](#), [Facebook](#) or Twitter

Reference sites & video tutorials

<https://sarahmaker.com/how-to-sew-a-surgical-face-mask-for-hospitals-free-pattern/>

<https://www.youtube.com/watch?v=BCJcE-r7kcg>

<https://buttoncounter.com/2018/01/14/facemask-a-picture-tutorial/>

<https://www.craftpassion.com/face-mask-sewing-pattern/>

Donate

Deliver and donate your masks to a local agency in your area.

For more information or to be connected to a United Way agency in your community, contact your United Way partner or email donorengagement@uwgt.org



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COVID-19 PROTECTION KITS

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Activity description

Hygiene Kits are always in high-demand and is one of the biggest needs of our agency partners, especially in this time of crisis. Create kits that have supplies that can last for at least a month so people in need have what they need to maintain good hygiene.

Supplies

- Face Masks
- Gloves
- Disinfectant cloths
- Bar of soap
- Hand Sanitizer
- Laundry Detergent

Directions

- Collect items and put kits together using a plastic sealable bag
- Get creative and write an encouragement note with your own personal greeting. Example 'Thinking of you'
- Take a picture of completed kit and tag @uwgreaterto on [Instagram](#), [Facebook](#) or [Twitter](#)

Donate

Deliver and donate your kits to a local agency in your area. For more information or to be connected to a United Way agency in your community, contact your United Way partner or email donorengagment@uwgt.org



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KITS FOR KIDS

The Impact - #UNIGNORABLE issue: child and youth poverty

A group that is overrepresented in poverty is children and youth. Evidence shows that there are gaps in cognitive skills and behaviours between low-income children and children who are not low income, even before they begin school. United Way funds programs critical in childhood development, characterized by brain development, increasing independence from parents, and growing attachment to peers.

Activity description

To help kid keep active and learning at home and throughout the summer, make some kid care kits filled with learning essentials, fun activities and goodies to send to children or youth to show them some local love.

Supplies

- Tote Bag
- Coloring Book
- Crayons
- Stuffed Animal or Toy
- Stationery – Pens, pencils, erasers, notepads, sharpeners
- Stickers
- Craft Supplies (Ex: Pom Poms, Pipe Cleanings Googly Eyes, etc.)

Directions

- Fill the totes with the items you chose to get.
- You can make specific totes for older kids or younger kids and adjust the items by age
- Take a picture of completed kit and tag @uwgreaterto on [Instagram](#), [Facebook](#) or [Twitter](#)

Donate

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BABY ESSENTIALS KIT

The Impact - #UNIGNORABLE issue: women

Women, often with their children, are forced to seek emergency and provisional shelter due to a combination of factors, such as intimate partner violence, mental health issues, and high housing costs. United Way invests in programs and services designed especially with women in mind and we know that supporting women means their children will also benefit.

Activity description

Baby essentials are one of the biggest needs for mothers and families experiencing poverty. Help take that stress away for families during this challenging time.

Supplies

- Diapers
- Formula
- Baby wipes
- Baby blanket
- Baby bath wash
- Baby shampoo
- Baby Book or Toy

Directions

- Fill the totes with the items you chose to get.
- Write an encouragement note to the mother. Example 'Thinking of you'
- Take a picture of completed kit and tag @uwgreaterto on [Instagram](#), [Facebook](#) or [Twitter](#)

Donate

- Deliver and donate your kits to a local agency in your area.
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