



**United Way**  
**Greater Toronto**

# FAMILY MEAL KITS

## Care Kit 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. 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. The following is a list of meal kit options, supplies and an approximate budget per kit.

### Supplies (below are just suggested supplies and don't all have to be incorporated)

#### Option A:

- Jar of Pasta Sauce
- Spaghetti Noodles
- Dry Parmesan Cheese
- Salad Dressing
- Basket/Bowl (to hold ingredients)
- Total: \$20

#### Option B:

- 2 Cans of Chickpeas
- Packet of Basmati or Long Grain Rice
- Can of Tomato Paste
- Small Packets of Spices – turmeric, chili, coriander, cumin
- Basket/Bowl (to hold ingredients)
- Total: \$20



**United Way**  
**Greater Toronto**

### Option C:

- One Pack of Shelf-Stable Tofu
- Packet of Long Grain Rice
- Packet of Asian Noodles
- Soy Sauce
- Basket/Bowl (to hold ingredients)
- Total: \$20

### Option D:

- Canned Ackee
- Canned Red Beans
- Packet of Short or Long Grain Rice
- Packet of Flour
- Basket/Bowl (to hold ingredients)
- Total: \$20

### Quantity

- Due to the evolving changes to agency hours of operation and guidelines, a minimum of creating 10 kits is suggested
- If you are unable to create the minimum try teaming up with a family member, friend, or colleague and arrange one delivery

### 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 kit, such as "Thinking of you!" or "Enjoy!"
- Take a picture of completed kit and tag @uwgreaterto on [Instagram](#), [Facebook](#) or [Twitter](#)

### Donate

- Once completed, reach out to United Way at [donorengagement@uwgt.org](mailto:donorengagement@uwgt.org) who will work with you to coordinate delivery of the kits to an agency closest to you



**United Way**  
**Greater Toronto**

## Canadian Health and Safety Guidelines

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. However, please maintain Canadian Health and Safety Guidelines while participating in these activities. The Public Health Services has listed various prevention methods and can be found in this link below:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#hygiene>



**United Way**  
**Greater Toronto**

# FEMININE HYGIENE KITS

## Care Kit Issue- Supporting 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

Often ignored is the urgent and continuous need for feminine hygiene products. These items are not very affordable and becomes an expensive necessity for women in vulnerable positions. Our agencies always have a high demand for these products and supply is always short.

## Supplies (below are suggested supplies and don't all have to be incorporated)

- Feminine pads
- Feminine protection tampons
- Deodorant
- Body wash
- Shampoo
- Lip balm

## Quantity

- Due to the evolving changes to agency hours of operation and guidelines, a minimum of creating 10 kits is suggested
- If you are unable to create the minimum try teaming up with a family member, friend, or colleague and arrange one delivery

## Directions

- Layout all the purchased supplies on a table making piles of each product
- Take the ziploc bag and fill with items from each pile
- Get creative and write an encouraging note with your own personal greeting. Example 'Thinking of you' or 'Share some of your kindness today too'
- Place completed kits in a box
- Take a picture of completed kits and tag @uwgreaterto on [Instagram](#), [Facebook](#) or [Twitter](#)



**United Way**  
**Greater Toronto**

## Donate

- Once completed, reach out to United Way at [donorengagement@uwgt.org](mailto:donorengagement@uwgt.org) who will work with you to coordinate delivery of the kits to an agency closest to you

## Canadian Health and Safety Guidelines

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. However, please maintain Canadian Health and Safety Guidelines while participating in these activities. The Public Health Services has listed various prevention methods and can be found in this link below:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#hygiene>



**United Way**  
**Greater Toronto**

# HYGIENE KITS

## Care Kit Issue: Homelessness

The combination of high housing prices, surging rental rates and record low vacancies has created a crisis for those looking for shelter. In 2018, combined “counts” in Peel, Toronto and York found 10,026 people using shelters, 24-hour respite services or living outdoors. United Way’s funding provides a range of supports to people who are homeless or at risk of homelessness as well as to help people transition to or maintain housing.

## 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.

## Supplies (below are just suggested supplies and don’t all have to be incorporated)

- Toothpaste
- Toothbrush
- Soap
- Shampoo
- Deodorant
- Socks
- Granola bar

## Quantity

- Due to the evolving changes to agency hours of operation and guidelines, a minimum of creating 10 kits is suggested
- If you are unable to create the minimum try teaming up with a family member, friend, or colleague and arrange one delivery

## Directions

- Layout all the purchased supplies on a table making piles of each product
- Take the ziploc bag and fill with items from each pile
- Get creative and write an encouraging note with your own personal greeting. Example ‘Thinking of you’ or ‘Share some of your kindness today too’
- Place completed kits in a box
- Take a picture of completed kits and tag @uwgreaterto on [Instagram](#), [Facebook](#) or [Twitter](#)



**United Way**  
**Greater Toronto**

## Donate

- Once completed, reach out to United Way at [donorengagement@uwgt.org](mailto:donorengagement@uwgt.org) who will work with you to coordinate delivery of the kits to an agency closest to you

## Canadian Health and Safety Guidelines

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. However, please maintain Canadian Health and Safety Guidelines while participating in these activities. The Public Health Services has listed various prevention methods and can be found in this link below:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#hygiene>



**United Way**  
**Greater Toronto**

## KITS FOR KIDS

### Care Kit Issue- Supporting Children and Youth

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 kids keep active and learning at home create a kid's care kit filled with learning essentials, fun activities and goodies to send a child or youth to show them some local love.

### Supplies (below are just suggested supplies and don't all have to be incorporated)

*\*All supplies can be found at your local dollar store.*

#### Option A (ages 3-5):

- Large Ziploc bag to put all the supplies in
- Coloring Book
- Crayons
- Stickers
- Safety scissors
- Craft Supplies (Ex: Pom Poms, Glue, Googly Eyes, glue stick etc.)

#### Option B (ages 6-8):

- Large Ziploc bag to put all the supplies in
- Construction paper
- Coloured pencils/paint
- Safety scissors
- Craft Supplies (Ex: popsicle sticks, clay pots, wooden frames, etc.)
- Activity Books (Ex: mazes, word search etc.)

#### Option C (ages 9+):

- Large Ziploc bag to put all the supplies in
- Small canvas and paint palette
- Journal/Sketchbook/Notebook
- Stationery (Ex: Journal Pens, pencils, sharpies, erasers, highlighters, etc.)





**United Way**  
**Greater Toronto**

### Option D (Youth):

- Large Ziploc bag to put all the supplies in
- Journal/Sketchbook/Notebook
- Calculator
- Index Cards
- Graph paper
- Stationery (Ex: Journal Pens, pencils, sharpies, erasers, highlighters, etc.)

### Quantity

- Due to the evolving changes to agency hours of operation and guidelines, a minimum of creating 10 kits is suggested
- If you are unable to create the minimum try teaming up with a family member, friend, or colleague and arrange one delivery

### Directions

- Layout all the purchased supplies on a table making piles of each product
- Take the ziploc bag and fill with items from each pile
- Place completed kits in a box
- Take a picture of completed kits and tag @uwgreaterto on [Instagram](#), [Facebook](#) or [Twitter](#)

### Donate

- Once completed, reach out to United Way at [donorengagement@uwgt.org](mailto:donorengagement@uwgt.org) who will work with you to coordinate delivery of the kits to an agency closest to you

### Canadian Health and Safety Guidelines

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. However, please maintain Canadian Health and Safety Guidelines while participating in these activities. The Public Health Services has listed various prevention methods and can be found in this link below:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#hygiene>