

# Care Kits- DIY Volunteer Activity



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**Greater Toronto**

United Way's DIY guide offers fun, creative, and flexible ways for you and a group of your colleagues, family, friends, and neighbours to show support for the community. This guide provides you with the list of the supplies you'll need, instructions on how to put the products together, and directions on how to donate them to a United Way agency in your community.

Things to consider when planning:

- Are you doing this activity on your own? We ask for a minimum collection of 10 kits- try gathering friends, family or colleagues to be a part of it!
- Are you planning this activity as a group? Identify volunteer roles within your group- who is keeping everyone organized? Who is purchasing the items? Who is organizing volunteers for a time to put the kits together? Who is making the delivery? There are many ways for you to get others involved in your project.
- Is there a specific issue that you care about? Check out all your options below and see how you can make an impact in that area.

**Current Care Kits options:**

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# MEAL KITS

## The Issue: Food Security

Most people who experience food insecurity are also struggling with other issues like poverty, unemployment or underemployment, lack of affordable housing, or disability. This includes many equity-deserving groups, such as women, households led by female lone parents, Indigenous or racialized households, and recent immigrants. Research shows that Black households are twice as likely to be food insecure as white households, indicating structural factors like racism are also determinants of food insecurity. This impacts entire neighbourhoods, shaping where and what kind of food is available, the cost of food, how it is distributed locally, and who is engaged in food initiatives. These factors make access to affordable and culturally relevant healthy food choices a challenge, particularly in low-income and racialized areas.

## Activity description

Create a meal kit to supply all the ingredients needed to make a meal. There are 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



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### 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

- Creating a minimum of 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!"
- Place completed kits in a box
- 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.

# WOMEN'S HYGIENE KITS



**United Way**  
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## The 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.

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

- Period Care Products- (Ex: Pads or Tampons)
- Deodorant
- Body wash
- Shampoo + Conditioner
- Lip balm
- Toothbrush + Toothpaste
- Socks
- \$5 gift card for food or a drink (ideally Tim Horton's or McDonald's)
- Large ziploc bag or tote

## Quantity

- Creating a minimum of 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 bag and fill with items from each pile
- Leave a note in the kit, such as "Thinking of you!" or "Enjoy!"
- Place completed kits in a box
- Take a picture of completed kits and tag @uwgreaterto on [Instagram](#), [Facebook](#) or [Twitter](#)

## Donate

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# HYGIENE KITS



## The Issue: Homelessness

Individuals and families who experience homelessness are impacted by a mix of structural factors, system failures, and individual circumstances. These factors combined with the high cost of homes and rent and record low vacancies have created a crisis for those seeking shelter within the GTA. Groups at increased risk of homelessness include Indigenous, Black, and racialized peoples, those experiencing intimate-partner violence, youth, refugees, seniors, people with disabilities, and individuals identifying as 2SLGBTQ.

## Activity description

Hygiene Kits are always in high demand and are 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
- Deodorant
- Socks
- Lip Balm
- Bandages
- Hand sanitizer
- Granola bar
- 5 gift card for food or a drink (ideally Tim Horton's or McDonald's)
- Large ziploc bag or tote

## Quantity

- Creating a minimum of 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
- Leave a note in the kit, such as "Thinking of you!" or "Enjoy!"
- Place completed kits in a box
- Take a picture of completed kits and tag @uwgreaterto on [Instagram](#), [Facebook](#) or [Twitter](#)

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# KITS FOR KIDS



**United Way**  
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## The Issue: Early Learning

The GTA is the child poverty capital of Canada with more than one quarter of children living in low-income families. Children growing up in low-income households lack access to experiences that have a lifelong impact on their learning, behaviour, and health. This means that many young children in our region face barriers to accessing the assets and opportunities they need to reach their full potential. The good news is that research has shown that when children who face barriers are provided with excellent early learning opportunities and parenting support, much of this disadvantage can be overcome.

## Activity description

To help kids keep active and learning at home, create a kid's care kit filled with learning essentials and fun activities.

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

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

- Large Ziploc bag to put all the supplies in
- Coloring Book or Board Book
- Crayons
- Stickers
- Safety scissors
- Craft Supplies (Ex: Pom Poms, Glue, Googly Eyes, glue stick etc.)
- *Note: Feel free to get creative! You could also put in all the supplies and instructions to complete a specific seasonal craft or activity*

### 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.)

## Quantity

- Creating a minimum of 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.



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## 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](#)

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# SNACK KITS



**United Way**  
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## The 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

Put together non-perishable, nut-free snacks kits for children in afterschool programs.

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

- Crackers
- Apple sauce pouch
- Dried fruit
- Juice Box
- Fruit snacks
- Granola Bar
- Large Ziploc bag

## Quantity

- Creating a minimum of 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](#)

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# WINTER WARMTH KITS



**United Way**  
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## The Issue: Homelessness

Individuals and families who experience homelessness are impacted by a mix of structural factors, system failures, and individual circumstances. These factors combined with the high cost of homes and rent, and record low vacancies have created a crisis for those seeking shelter within the GTA. Groups at increased risk of homelessness include Indigenous, Black, and racialized peoples, those experiencing intimate-partner violence, youth, refugees, seniors, people with disabilities, and individuals identifying as 2SLGBTQ.

## Activity description

Help keep those experiencing homelessness keep warm in the winter months by putting together a Winter Warmth Care Kit. It's simple- collect and pack the items.

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

- Warm socks
- Gloves
- Toque
- Hand warmers
- Lip Balm
- \$5 gift card for food or a drink (ideally Tim Horton's or McDonald's)
- Large Ziploc bag

## Quantity

- Creating a minimum of 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
- Leave a note in the kit, such as "Thinking of you!" or "Enjoy!"
- Place completed kits in a box
- Take a picture of completed kits and tag @uwgreaterto on [Instagram](#), [Facebook](#) or [Twitter](#)

## Donate

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# BACK TO SCHOOL KITS



**United Way**  
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## The 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

Help kids get a good start to the school year by assembling back-to-school kits. This activity can be done with family, friends or colleagues and dropped off at one of our partner agencies.

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

- Backpack
- Package pencils
- Package pens
- Pencil case
- Pencil sharpener
- Glue stick
- Eraser
- Binder (1-2 inches)
- Notebook
- Lunch bag
- Water bottle

## Quantity

- Creating a minimum of 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 backpack and fill with items from each pile
- Leave a note in the kit, such as "Thinking of you!" or "Have a great school year!"
- 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