

# VOLUNTEER WORK THAT MAKES AN IMPACT

## HOW TO DIY:

There are many ways to give back and **LIVE UNITED** for Marion County! Give back as an individual, join as a group or sign-up your company...every person makes a difference!

These **Do-It-Yourself (DIY)** project kits are designed to be completed on your schedule and are great for individuals or groups. Purchase your supplies and complete the project. Once you're done contact our team to coordinate drop off. We will ensure that your DIY project kits get to those who need them the most in our community.



## POWER PACK KITS

Children of low-income families in our Suncoast region struggle with hunger and rely on free school breakfast and lunch for foundational nutrition. Assembling Power Pack Kits can provide nutritious, easy-to-prepare food items for children to take home for the weekend and is a great way to change the story for these kids. The below items can be assembled at-home or hold a donation drive and then coordinate a group volunteer project to pack Power Pack Kits

### POWER PACK ITEMS:

#### BREAKFAST:

- Individual cereal packets (high-fiber/low-sugar)
- Individual oatmeal packets (high-fiber/low-sugar)
- Granola or protein bars
- Lunch/Dinner
- Low sodium soup with vegetables
- Dinner meals (Hormel Completes Kids Meals,
- Chef Boyardee Whole Grain
- Lasagna, etc.)
- Chicken, tuna or salmon meal kits (packed in water)
- Instant packets of brown or wild rice
- Whole grain or whole wheat pasta products

#### SNACKS

- Baked chips
- Individual boxes of raisins or other dried or freeze-dried fruit
- Individual packets of nuts or trail mix
- Individual peanut butter packs

#### BEVERAGES

- Shelf-stable milk boxes
- High-nutrition, low-sugar juices

#### SUPPLIES NEEDED

- Gallon size plastic bags(the kind you close with a bread tie)
- Boxes to place completed kits in for pick-up/delivery
- Food items

SEE PAGE 2  
FOR ADDITIONAL RESOURCES





VOLUNTEERMARIONCOUNTY.ORG

## ASSEMBLING YOUR KITS

Once you have purchased and collected all the necessary items, start planning your assembly!

### FOR A GROUP VOLUNTEER PROJECT:

- You will need a space with enough room to spread out items in an assembly line format for volunteers to move through to build kits.
- Clearly indicate at each station how many of each item should go into a kit.
- Have boxes or bins available to put completed kits in for storage and transport, please sort by female and male if necessary.
- Finish assembling your kits and contact [vtorres@uwmc.org](mailto:vtorres@uwmc.org) for delivery information.

## MORE WAYS TO CONTRIBUTE

You can make a monetary donation to fund School Supply Kit via [www.volunteermarioncounty.org/virtual-volunteering](http://www.volunteermarioncounty.org/virtual-volunteering).

**PURCHASE NOW: \$30**

If you would like the Volunteer Engagement Team to plan this group volunteer activity and coordinate logistics **CLICK HERE** TO FILL OUT OUR PROJECT REQUEST FORM and a team member will contact you.

Visit <https://www.volunteermarioncounty.org/> for more volunteer opportunities and information.