



Do-It-Yourself Volunteering from Home Kits

Backpacks for Success Supply Drive

Back-to-school season is an exciting time for many children as they look forward to the year ahead, but unfortunately, some children don't have access to the supplies and resources they need for a successful school year. By participating in this activity, you'll give students the supplies they need to succeed in school.

United Way's Backpacks for Success Program distributes backpacks to families at the end of each summer. We suggest that this activity take place in the spring and summer months.

Directions:

Get together with your friends, family or neighbours and put together as many backpacks as you can for any grade level. Approximate cost is \$25 dollars for supplies plus the cost of the backpack. Leave a little note in each bag saying "have fun at school" or "good luck this year".

Once your bags are complete, take a picture and share it online by tagging United Way on [Facebook](#), [Instagram](#) or [Twitter](#).

What should you collect?

These lists were created based on suggestions from local school boards for each grade level

Primary Backpacks (grades 1-3)

- A pencil case or box
- 24 pack of crayons
- Package of 10 pencils
- An eraser
- A sharpener
- A glue stick
- A ruler
- A pack of markers

Junior Backpacks (grades 4-6)

- A pencil case
- Pack of 12 pencil crayons
- A ruler
- A package of 10 pencils
- A package of 5 pens
- A package of 3 highlighters
- A package of lined paper
- 5 duotangs
- A pack of markers
- A standard calculator
- A sharpener
- An eraser
- A glue stick

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Intermediate Backpacks (grades 7-8)

- A pencil case
- Pack of 24 pencil crayons
- A ruler
- A package of 10 pencils
- A package of 10 pens
- A package of 3 highlighters
- A package of lined paper
- 2 binders (3 ring)
- 5 duotangs
- A pack of markers
- A standard calculator
- A sharpener
- An eraser
- A glue stick

Secondary Backpacks

- A pencil case
- Pack of 24 pencil crayons
- A ruler
- A package of 10 pencils
- A package of 10 pens
- A package of 3 highlighters
- A package of lined paper
- 2 binders (3 ring)
- A package of dividers
- 5 duotangs
- A pack of markers
- A scientific calculator
- A sharpener
- An eraser
- A glue stick

Donate:

Contact Jessica at jfazio@weareunited.com or 519-259-6152 to arrange pick-up or drop-off of your backpacks.



School Snack Packs

1 in 3 food bank users are children. Food banks have a difficult time keeping up with the increasing demand for snack foods for kids to take to school. Snacks like granola bars, crackers and fruit cups are luxury food items for many kids.

Directions:

Get together with your friends, family or neighbours and put together snacks into large baggies to be given to directly to families with school-aged children. Approximate cost of a snack pack is \$8 per pack. Leave a little note in each bag saying, "have fun at school" or "enjoy your snack".

Once your bags are complete, take a picture and share it online by tagging United Way on [Facebook](#), [Instagram](#) or [Twitter](#).

Snack Pack Ideas

These are suggested snack items that you could include, but feel free to add other items. Keep in mind that snack foods should be in individual packaging with a nut-free label on them. Stay away from fruit snacks, jello, and other snacks including gelatin as it is not suitable for all children.

- Fruit cups (ideally, fruit packed in water, not in jello or syrup)
- Snack Pack pudding
- Granola bars
- Crackers or pretzels
- Popcorn
- Dried fruit or vegetable snacks
- Snack brownies, cookies, or cakes

Donate:

Contact Jessica at jfazio@weareunited.com or 519-259-6152 to arrange pick-up or drop-off of your kits.



Making Homes Safe

Feeling safe in your home should be a right for all – but we know this isn't always the case. Many homes are lacking working smoke detectors, and even less have working carbon monoxide monitors. Things like poor outdoor lighting and overgrown landscaping also make people feel less safe in their own homes. These kits include things like LED porch lights, fire alarms, carbon monoxide detectors and landscaping tools to help improve the safety conditions for families living in priority neighbourhoods. Landscaping tools are included in these kits so that residents have the proper equipment they need to trim trees and shrubs that extend into their walkways or alley ways. This helps increase sightlines and safety in neighbourhoods.

Directions:

Get together with your friends, family or neighbours and put together supplies into a bag or box to be given to directly to residents who need support to feel safe in their homes. Approximate cost is \$60 - \$70 per kit. Get creative and include an encouraging note with your own personal greeting. Example "thinking of you" or "share some kindness today".

Items that should go in each kit:

- A smoke detector
- A plug-in carbon monoxide detector (a combo smoke and carbon monoxide is a good idea too)
- A package of double A batteries
- An LED porch light
- Outdoor gloves
- Garden scissors or pruners

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Menstrual Hygiene Kits

Menstrual Hygiene products are one of the most highly requested and least donated items. Periods are a fact of life, and people living in poverty often face the added challenge of acquiring menstrual hygiene products. For those experiencing homelessness, this is an even bigger challenge.

United Way and our labour partners host the 'Tampon Tuesday' collection drive each spring, but we know these items are needed by many, all year long. These items are not affordable and become an expensive necessity for those in vulnerable positions.

Directions:

Get together with your friends, family or neighbours and put together supplies into a bag or box to be given to directly to people in need of menstrual products. Approximate cost is \$20 per kit. Get creative and include an encouraging note with your own personal greeting. Example "thinking of you" or "share some kindness today".

Items that could go in each kit:

- A package of menstrual pads
- A package of menstrual tampons
- A package of personal cleansing wipes
- Deodorant
- Body Wash

Once your kits are complete, take a picture and share it online by tagging United Way on [Facebook](#), [Instagram](#) or [Twitter](#).

Donate:

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Personal Hygiene Kits

Hygiene items should be accessible to everyone, but we know that this isn't always the case. These items are highly requested at food banks and by agency partners who work directly with people at risk of homelessness. For those living in shelters or outdoors, these items are especially needed. These kits will be distributed to a number of partners including homeless shelters, women and family shelters, transitional housing organizations and housing support agencies.

Directions:

Get together with your friends, family or neighbours and put together supplies into a bag or box to be given directly to those in need. Approximate cost is \$20 per kit. Get creative and include an encouraging note with your own personal greeting. Example "thinking of you" or "share some kindness today".

Items that could go in each kit:

- Toothpaste
- Toothbrush
- Floss and/or mouth wash
- Soap
- Shampoo and Conditioner (2 in 1 is a good option)
- Deodorant
- Hand Sanitizer

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