



UNITED WAY OF ANCHORAGE MONTH OF CARING PROJECT GUIDE

LIVE UNITED

Thank you for volunteering for United Way of Anchorage's Month of Caring. We had to make the difficult decision to not hold our more "traditional" Day of Caring, but there are still ways to help and give to your neighbors-in-need.

Below you will find instructions, shopping lists, and required materials for each project, along with participating agencies to which completed kits should be delivered. We'd love to share the work you're doing for the community, so please take pictures and send them to Kelsey Preecs at kpreecs@ak.org.

STEP ONE: Clean and Prepare Your Project Space

United Way of Anchorage advises all volunteers to abide by the CDC health and safety guidelines when shopping for, preparing your selected projects, and delivering completed kits to agencies.

Here are some specific guidelines and tips for how to participate in Month of Caring safely:

- Wash your hands before starting to prepare the volunteer project(s) and ensure your workspace and all materials have been disinfected.
- Use online ordering for supplies (shopping lists provided) or use social distancing while shopping for project supplies.
- When delivering your completed kits to an agency, wear a mask and follow the listed instructions. Each agency has procedures in place to ensure their safety and yours.

STEP TWO: Make your projects!

For your convenience, we have provided suggested shopping lists for each project. The shopping lists feature more than one option per item in order to ensure the availability of items in case one option is out of stock at the time of the event. Due to this, the "estimated cost" at the top of the shopping list does not accurately reflect the true cost of the project. You will also need to determine the number of items you need to purchase in order to complete the number of kits you would like to build.

GAME KIT

Everyone is feeling a little cooped up. Help kids and families have some fun activities to do around the house by making these fun kits!

SUPPLY LIST: Each gallon plastic bag should include a deck of cards, bouncy balls, and bubbles. You can use as many or as few of the other options as you like.

[Walmart Shopping List](#)

[Amazon Shopping List](#)

For budget friendly options, we recommend visiting your local dollar store for supplies.

PROJECT INSTRUCTIONS:

1. Purchase supplies from the list or through a local store.
2. Put one of each item into a gallon size bag.
3. Include a handwritten note of encouragement (optional)

HYGIENE KIT

We work with case managers who need to reach out to people experiencing homelessness. These kits have basic hygiene tools that are helpful to those in need.

SUPPLY LIST: Each gallon bag should include on of the following items. Make as many bags as you like!

- Deodorant
- Toothpaste
- Toothbrush
- Hand warmers
- Socks
- Comb

[Walmart Shopping List](#)

[Amazon Shopping List](#)

PROJECT INSTRUCTIONS:

1. Purchase supplies from Walmart or another local store: note that travel size toiletries are more cost effective and travel well for this project.
2. Assemble kits, putting one of each item into a gallon size bag.
3. Include a letter of encouragement for the recipient (optional).

BREAKFAST BAGS

Many of our vulnerable neighbors are currently homebound and may lack access to regular, nutritious meals. One way that volunteers can help is by making breakfast bags, which are shelf stable meal options that ensure people have access to food over the weekend or in a time of crisis.

SUPPLY LIST: Each bag includes one of each item listed below. You may make as many bags as you would like!

- 1 small box of raisins
- 1 packet of instant oatmeal
- 1 soft breakfast bar
- 1 packet of prepackaged peanut butter crackers
- 1 brown paper bag and art supplies to decorate

[Walmart Shopping List](#)

PROJECT INSTRUCTIONS:

1. Purchase supplies from Walmart, your local grocery store like Carrs-Safeway, Fred Meyer, Costco or Sam's Club.
2. Decorate the paper bags with inspirational quotes, fun pictures, stickers or other creative drawings.
We encourage you to avoid religious content as our partner agencies serve a wide variety of individuals with varied faith backgrounds.
3. Put one of each food item in the bag. Fold the paper bag over and close it with a sticker or small piece of tape.

SENIOR ACTIVITY KIT

The COVID-19 pandemic has caused many seniors to feel isolated and lonely due to not being able to see their loved ones or engage in their normal daily activities. The Senior Activity Kit will provide local senior citizens with activities they can do from the safety of their home.

SUPPLY LIST: Each gallon plastic bag includes one of each item listed below. You may make as many or as few bags as you choose.

- Activity Book (Example: word search, crossword puzzles, or sudoku)
- Adult Puzzle
- Notebook
- Pens

[Walmart Shopping List](#)

[Amazon Shopping List](#)

PROJECT INSTRUCTIONS:

1. Purchase the supplies from a local dollar store or order online through our Walmart or Amazon project supply list.
2. Package each item from the supply list into a gallon size plastic bag.
3. Add an encouraging note! (optional)

STEP THREE: Mail or Deliver the Completed Projects

When you've completed all your projects, select an agency or agencies to receive your kits. Be sure to follow any safety guidelines they have in place.

STEP FOUR: Share!

Take video or pictures of the projects you selected and send them to Kelsey Preecs at kpreecs@ak.org – we'll share them on our social media! Be sure to share why you wanted to participate in Month of Caring.

DROP OFF LOCATIONS:

Game Kits

Clare House
Drop off at 4110 Spenard Rd from 11 am – 5 pm

Safe Harbor
Drop off at 207 Muldoon Rd from 10 am - 2pm

Hygiene Kits

Brother Francis Shelter
Drop off at 1021 E 3rd Ave from 9 am – 7 pm

Karluk Manor
Drop off at 1104 E 5th Ave from 10 am - 2 pm

RurAL CAP Permanent Supportive Housing Facility
Drop off at 325 E 3rd Ave from 10 am – 2 pm

Sitka Place (Permanent Supportive Housing)
Drop off at 1905 E 4th Ave from 10 am 2 pm

Breakfast Bags

Brother Francis Shelter
Drop off at 1021 E 3rd Ave from 9 am – 7 pm

Karluk Manor
Drop off at 1104 E 5th Ave from 10 am - 2 pm

Senior Activity Kits

Brother Francis Shelter
Drop off at 1021 E 3rd Ave from 9 am – 7 pm

Karluk Manor
Drop off at 1104 E 5th Ave from 10 am - 2 pm

RurAL CAP Elder Mentor Program
Drop off at 3921 Patricia Lane from 10 am - 2 pm

RurAL CAP Permanent Supportive Housing Facility
Drop off at 325 E 3rd Ave from 10 am – 2 pm

Sitka Place (Permanent Supportive Housing)
Drop off at 1905 E 4th Ave from 10 am 2 pm

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