Volunteers transform communities. Thank you for volunteering to take part in MCW’s Snack Pack Volunteer Project, in partnership with United Way. We are happy to be able to offer a safe and meaningful way that you can make a difference in the lives of local children and their families this fall.

General Project Details
Volunteers will use this recommended shopping list and instruction sheet to put together bundle(s) of healthy and hearty snacks for local children, adults and families across our region. To slow the spread of COVID-19, we are keeping this contactless, and volunteers are responsible for procuring the needed supplies and packing the bundles. Drop-off opportunities will be available by way of a contactless drop-off at both United Way and MCW for you to return your completed snack bags for distribution.

Safety Overview
- Please sanitize your workstation/home/area where you will be assembling the snack bundles
- Wear a mask during assembly
- Sanitize your hands before assembly
- Purchase only individually wrapped/packaged snack items

Shopping List & Instructions
Each volunteer is responsible for securing the snack items to be included in their snack bundle(s). Each snack pack will include 6-8 snacks in a sealed, gallon-sized Ziploc bag. To ensure every snack pack offers a variety of healthy and filling snacks, we ask that you include snacks from the following categories:

- 2-3 Fruit & Veggie snacks – fruit snacks, fruit leather, applesauce pouch, dried fruit, etc.
- 2-3 Crunchy & Whole Grain snacks – goldfish, pretzels, veggie straws, chickpea crackers, whole grain crackers, etc.
- 1 Snack Bar – protein bar, granola bar, oatmeal square, etc.
- 1 fun snack of your choosing!

We ask that you please avoid including anything that includes peanuts and all other tree nuts. Additionally, be sure that all of your snacks are individually wrapped/packaged to ensure overall safety and maximum freshness.

We also encourage all volunteers to write a small note of encouragement to be included inside each bag. Feel free to decorate these notes, write encouraging words and let the recipient know you are thinking of them.

Drop-Off Dates & Instructions – you will place completed snack bags inside United Way’s Volunteer Van
- Tues. 11/10 between 9 a.m.–4 p.m. at United Way (225 W. Vine Street, Milwaukee, WI 53212)
- Thurs. 11/12 between 9 a.m.–4 p.m. at Medical College of Wisconsin (Hub Reserved Parking Lot, space 1)

Questions? Please contact the MCW Events Team at mcwevents@mcw.edu.