



★ ★ ★ ★ ★
MARTIN
LUTHER
KING JR.
DAY 2022

SUPPORT YOUR NEIGHBORS WITH CARE KIT PROJECTS



Thank you for signing up to join United Way of Metro Chicago for Martin Luther King Jr. Day: A Day of Reflection and Service.

United Way's community partners have put together a list of supplies they need to support our neighbors across the Chicago region. You can help them by gathering essential items into kits and selecting a United Way partner agency to receive your care project donation.

INSTRUCTIONS

- 1 Choose option A, B, C or D on the following page.
- 2 Arrange all the items in a bag, bowl or basket.
- 3 Leave a note in the kit, such as "Thinking of you!" or "Enjoy!"
- 4 Take a picture of the completed kit or of yourself dropping it off—feel free to use the hashtag **#LiveUnited** and tag us on social media.

-  Facebook **@UnitedWayChicago**
-  Instagram **@UnitedWayChi**
-  LinkedIn **@UnitedWayofMetroChicago**
-  Twitter **@UnitedWayChi**
-  YouTube **@UnitedWayChicago**

- 5 Donate the completed kits to a local United Way Partner on this [Agency Partner Map](#). Select the checkbox for the type of kit you wish to donate and click on the pins for drop-off instructions, times and addresses.

If you have any questions regarding the MLK Day Kit Project, please email DayOfCaring@LIVEUNITEDchicago.org

OPTION A: HYGIENE KITS

The Impact: Self-care is an important part of feeling healthy, confident and prepared for success, and personal hygiene items go a long way in addressing these needs. By assembling our Hygiene Kits, volunteers help ensure that our neighbors have everyday items that they need to thrive.

Suggested Hygiene Kit Items:

(items may be added, removed or swapped for similar products)

- ✓ Shampoo
- ✓ Body Wash
- ✓ Conditioner
- ✓ Deodorant
- ✓ Toothpaste
- ✓ Toothbrush
- ✓ Comb or Hairbrush
- ✓ Socks

(Quick Tip: Many brand-name hygiene products can be found at the dollar store).

OPTION B: BABY KITS

The Impact: At United Way of Metro Chicago, we believe that the best way to strengthen our communities is to focus on strengthening families. That means supporting our neighbors at the times when they need it most. Caring for a baby is rewarding, but when you don't have all the resources to adjust to life with a little one, it can also be stressful. For example, the average baby requires 8–10 diapers a day. With wipes, formula and other necessities, these costs can quickly add up.

Suggested Baby Kit Items:

(items may be added, removed or swapped for similar products)

- ✓ Diapers, 24 ct. (preferred sizes include 4, 5 or 6).
- ✓ Baby Wipes, 72 ct.
- ✓ Tie Blanket, 2 pieces of fabric (1 yard each)

[Instructions on how to make a tie blanket](#)

(Quick Tip: Target sells diapers and wipes in small quantities, such as 21–28 packs).

OPTION C: SNACK PACKS

The Impact: Hunger is a real issue for too many of our neighbors across the region. Trying to focus in school, perform at work or even complete simple tasks can be difficult when you are hungry. Volunteers can help by assembling nutritious snack packs.

Suggested Snack Pack Items:

(items may be added, removed or swapped for similar products—please do not include unhealthy snack items, such as cookies, candy, snack cakes, etc.)

- ✓ Goldfish
- ✓ Fruit Snacks
- ✓ Granola Bar
- ✓ Trail Mix
- ✓ Fig Newton
- ✓ Apple Sauce
- ✓ Capri Sun

(Quick Tip: Many of these items are sold in packs of 5–10, so you can make about five Snack Packs for \$20).

OPTION D: WARM CLOTHING KITS

The Impact: With the start of another Chicago winter, many families will struggle to provide necessary warm clothing items for themselves and their children. Help support this need by packing warm clothing, such as: hats, gloves, mittens, scarves, coats, socks and boots.

Suggested Warm Clothing Items:

(items may be added, removed or swapped for similar products).

- ✓ Gloves
- ✓ Coats
- ✓ Scarves
- ✓ Socks
- ✓ Boots