



United Way of San Joaquin County

COMMUNITY CHEST
GOING BACK TO WHY
WE STARTED



**DIY GUIDES:
VOLUNTEERING AT HOME**

DIY GUIDES

VOLUNTEER FROM HOME

As we support the health and well-being of our communities through social isolation, we recognize that the desire to help others by giving back remains strong. In addition, the needs of our neighbors and communities grow in times of crisis. We are committed to helping meet those needs while taking the appropriate precautions to keep people safe.

DIYs (do it yourself) are a great way to keep our volunteers engaged as we practice social distancing. They form a big part of our virtual volunteering implementation plan. It is volunteering done at home, off-site and still being able to actively contribute to the community.

LIST OF DIY GUIDES AVAILABLE:

- Food Baskets
- Homemade Masks
- COVID Protection Kits
- Cards for Frontline Workers
- Seniors' Activity Kit
- Kits for Kids
- Hygiene Kits
- Baby Essential Kits

BOOKING INFORMATION:

To book an event and if you have any questions or need more information contact the UWSJC donor engagement team at: info@unitedwaysjc.org

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about United Way
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call 209-469-6980 or
visit unitedwaysjc.org



DIY GUIDES

FOOD BASKETS

#STRONGERTOGETHER: FOOD SECURITY

Many seniors, individuals and families during these times are struggling to access healthy food. Many are unable to cover all their essential costs and pay for basic healthy foods. Food insecure households may be forced to put their food budget towards other pressing expenses. United Way supports programs to improve access to high-quality, affordable, nutritional, and culturally-appropriate food in areas where it is needed most.

DESCRIPTION

Everyone deserves a wholesome meal. Caring for our neighbors is key to a strong community. Show someone you care by gifting a meal to a family in need. Create a dinner basket to supply all the ingredients needed to make a homecooked meal.

SUPPLIES AND APPROXIMATE BUDGET

- Jar of Pasta Sauce (\$2.50)
- Spaghetti Noodles (2.00)
- Parmesan Cheese (\$2.50)
- Salad Mix (\$3)
- Salad Dressing (\$2.50)
- Basket/Bowl (to hold ingredients) (\$8)

TOTAL: \$20

DIRECTIONS

- Arrange all the ingredients in the basket or bowl.
- Leave a note in the basket, such as "Dinner's on Us! Or You are loved! Or 'Enjoy!'
- Take a picture of completed kit and tag @Unitedwaysanjoaquin on Instagram, @United Way of San Joaquin on Facebook, or @UnitedWaySJC on Twitter.

You can choose to do any dinner you wish; this is just an idea to get you started.

DONATE

Deliver and donate baskets to one of our local food banks in your area. You can make your donation to any 501(c)3 non-profit organization located in San Joaquin County. If you need non-profit recommendations, please email United Way at info@unitedwaysjc.org or call 209-469-6980.

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DIY GUIDES

HOMEMADE MASKS

#STRONGERTOGETHER IN A GLOBAL CRISIS

There's no denying that more individuals and families than ever before are in crisis because of COVID-19. And the network of agencies we support is reaching a critical breaking point. Some of the ways we can offer hope during this unprecedented community crisis is by spreading awareness and leading others to #MaskOn.

DESCRIPTION

Many supplies are needed to assist our healthcare providers in response to the COVID-19 pandemic. You can help by creating homemade face masks to help supplement their limited supply.

SUPPLIES

- Sewing machine and thread
- 100% cotton fabric (preferably double-layered with a tight weave)
- 1/8" flat elastic or 4 fabric ties made of the same fabric
- Scissors
- Ruler
- Straight pins

CUTTING YOUR MATERIAL

For an adult-size mask:

- Cut one fabric rectangle 16" long and 8.5" wide
- Cut two 7" pieces of elastic (or up to 8" for a larger adult size)

For a child-size mask:

- Cut one fabric rectangle 14" long and 6.5" wide
- Cut two 6" pieces of elastic

For elastic ear loops:

- Adult: Cut two 7" long pieces of elastic or up to 8" for a larger adult size)
- Child: Cut two 6" long pieces of elastic

For fabric ties (if you aren't using elastic):

- Cut four rectangles 18" long by 1.75" wide. Fold the long sides to meet in the middle, then fold in half again to encase the raw edges. Stitch down the length of the rectangles along the edge to create the ties. Ties can be cut slightly shorter for a child mask.

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DIY GUIDES

HOMEMADE MASKS

INSTRUCTIONS

- Cut fabric to adult or child size indicated above.
- With the fabric's pattern facing up, fold in half by bringing the two 8.5-inch sides together. Sew along the top edge with a ¼-inch seam allowance. This will create a tube.
- Turn the tube inside out so the right sides (pattern facing up) are on the outside. Press flat. Fold the two non-seamed edges inside ½ inch to create a folded finished edge. Press to smooth.
- To make the pleats, measure 11 ½ inches up from the bottom of the long edge and mark with a fabric pen or chalk. Make another line 1 inch above the previously marked line. Fold the top (seam edge) down to the first line making a crease. Flip the piece over, fold the crease edge down to the second line and press. Pin in place.
- Repeat the previous step two more times to create two additional ½ pleats.

For further guidance on this step, watch this step-by-step tutorial:

<https://buttoncounter.com/2018/01/14/facemask-a-picture-tutorial/>

- To attach the straps or elastics, place the pre-measured elastics or ties at the top and bottom of the mask between the two layers of fabric and pin.
- Sew the sides of the mask and trim the threads. Your mask is now complete!

REFERENCE SITES & VIDEO TUTORIALS:

- Sarah Maker.com
- Youtube
- Button Counter.com
- Craft Passion.com

DONATE

Deliver and donate masks to one of our agency partners in your area. You can make your donation to any 501(c)3 non-profit organization located in San Joaquin County. If you need non-profit recommendations, please email United Way at info@unitedwaysjc.org or call 209-469-6980.

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DIY GUIDES

COVID PROTECTION KITS

#STRONGERTOGETHER IN A GLOBAL CRISIS

There's no denying that more individuals and families than ever before are in crisis because of COVID-19. And the network of agencies we support is reaching a critical breaking point. Some of the ways we can offer hope during this unprecedented community crisis is by spreading some love and awareness. #LIVEUNITED.

DESCRIPTION

Hygiene Kits are always in high-demand and is one of the biggest needs of our agency partners, especially in this time of crisis. Create kits that have supplies that can last for at least a month so people in need have what they need to maintain good hygiene.

SUPPLIES

- Face Masks
- Gloves
- Disinfectant cleaners
- Cloth
- Body Soap
- Laundry Detergent

DIRECTIONS

- Collect items in plastic ziploc bags
- Get creative and write an encouragement note with your own personal greeting
 - Example 'Thinking of you' or 'Share some of your kindness today too'
- Take a picture of completed kit and tag @Unitedwaysanjoaquin on Instagram, @United Way of San Joaquin on Facebook, or @UnitedWaySJC on Twitter.

DONATE

Deliver and donate kits to one of our agency partners in your area. You can make your donation to any 501(c)3 non-profit organization located in San Joaquin County. If you need non-profit recommendations, please email United Way at info@unitedwaysjc.org or call 209-469-6980.

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DIY GUIDES

WRITE A NOTE TO FRONTLINE WORKERS

#STRONGERTOGETHER IN A GLOBAL CRISIS

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DESCRIPTION

Show your dedication to frontline workers who selflessly continued to provide essential services to the members of our community and especially to those in vulnerable situations.

SUPPLIES

- Card stock
- Blank white cards and envelopes
- Cutting tools like scissors
- An X-ACTO knife or a paper trimmer
- Paper-friendly adhesive
- Additional supplies for cards you choose to make

DIRECTIONS

- Get creative and write an encouragement note with your own personal greeting
 - Example 'Thinking of you' or 'Share some of your kindness today too'
- Take a picture of completed kit and tag @Unitedwaysanjoaquin on Instagram, @United Way of San Joaquin on Facebook, or @UnitedWaySJC on Twitter.

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DIY GUIDES

SENIORS: ACTIVITY KIT

#STRONGERTOGETHER: SENIOR ISOLATION

With widespread anxiety across our community there is an increased need for mental health support especially for vulnerable seniors. United Way funds a broad range of services aimed at increasing access to mental health services and strengthen support networks to reduce social isolation.

DESCRIPTION

Help spread kindness and joy by creating Activity Kits for older adults. These kits will give seniors a chance to be active and occupied during long days of isolation.

SUPPLIES

- Crossword Book
- Post Cards
- Coloring Sheets
- Puzzles
- Pens
- Sugar free candy / treats
- Letter pad
- Tote bag

DIRECTIONS

- Arrange all the supplies in a tote bag
- Leave a note in the bag, such as "Thinking of You! Or You are loved! Or 'Enjoy!'"
- Take a picture of completed kit and tag @Unitedwaysanjoaquin on Instagram, @United Way of San Joaquin on Facebook, or @UnitedWaySJC on Twitter.

DONATE

Deliver and donate kits to one of our agency partners in your area. You can make your donation to any 501(c)3 non-profit organization located in San Joaquin County. If you need non-profit recommendations, please email United Way at info@unitedwaysjc.org or call 209-469-6980.

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DIY GUIDES

KITS FOR KIDS

#STRONGERTOGETHER: CHILD AND YOUTH POVERTY

A group that is overrepresented in poverty is children and youth. Evidence shows that there are gaps in cognitive skills and behaviours between low-income children and children who are not low income, even before they begin school. United Way funds programs critical in childhood development, characterized by brain development, increasing independence from parents, and growing attachment to peers.

DESCRIPTION

Make a care kit filled with essentials and goodies can help provide kids with the love, care and support they need during this time.

SUPPLIES AND APPROXIMATE BUDGET

- Backpack (\$10)
- Pajamas (\$8)
- Small Blanket (\$5)
- Coloring Book (\$1)
- Crayons (\$1)
- Stuffed Animal (\$5)
- Stationery – Pens, pencils, erasers, notepads, sharpeners (\$5)

TOTAL: \$35 FOR ONE BACKPACK (IF ALL ITEMS LISTED ARE USED)

DIRECTIONS

- Fill the backpacks with the items you chose to get.
- You can make specific backpacks—for older kids or younger kids.
- Take a picture of completed kit and tag @Unitedwaysanjoaquin on Instagram, @United Way of San Joaquin on Facebook, or @UnitedWaySJC on Twitter.

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DIY GUIDES

HYGIENE KITS

#STRONGERTOGETHER: HOMELESSNESS

The combination of high housing prices, surging rental rates and record low vacancies has created a crisis for those looking for shelter. United Way's funding provides a range of supports to people who are homeless or at risk of homelessness as well as to help people transition to or maintain housing.

DESCRIPTION

Hygiene Kits are always in high-demand and is one of the biggest needs of our agency partners, especially in this time of crisis. Create kits that have supplies that can last for at least a month so people in need have what they need to maintain good hygiene.

SUPPLIES

- Toothbrush
- Toothpaste
- Deodorant
- Shampoo & Conditioner or Shampoo 2-in-1
- Body wash
- Hand wipes or sanitizer
- Band-aids
- Comb or brush
- Soap
- Socks

DIRECTIONS

- Collect items in plastic ziploc bags
- Get creative and write an encouragement note with your own personal greeting
 - Example 'Thinking of you' or 'Share some of your kindness today too'
- Take a picture of completed kit and tag @Unitedwaysanjoaquin on Instagram, @United Way of San Joaquin on Facebook, or @UnitedWaySJC on Twitter.

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DIY GUIDES

BABY ESSENTIALS

#STRONGERTOGETHER: WOMEN

Women, often with their children, are forced to seek emergency and provisional shelter due to a combination of factors, such as intimate partner violence, mental health issues, and high housing costs. United Way invests in programs and services designed especially with women in mind and we know that supporting women means their children will also benefit.

DESCRIPTION

Baby essentials are one of the biggest needs for mothers and families experiencing poverty. They are expensive. Create kits that have supplies that can last for at least a month so people in need have what they need to maintain good hygiene.

SUPPLIES

- Diapers
- Baby wipes
- Thermometer
- Baby blanket
- Baby bath wash
- Baby shampoo
- Baby comb and brush set
- Nail scissors/nail clippers/nail file set
- Baby Bag

DIRECTIONS

- Collect items in the baby bag
- Write an encouragement note to the mother.
 - Example 'Thinking of you' or 'Share some of your kindness today too'
- Take a picture of completed kit and tag @Unitedwaysanjoaquin on Instagram, @United Way of San Joaquin on Facebook, or @UnitedWaySJC on Twitter.

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