



Soup Kits

Minestrone Soup

In Pierce County, 15% of residents are at risk of experiencing hunger. The percentage jumps to 22% for children.

Building soup kits to provide a warm, nutritious meal for families in need!

Supplies Needed:

- Medium-sized paper bags and markers/crayons/stickers/etc. for decorating
- Gallon-sized and sandwich-size plastic Ziploc bags
- Measuring cups and spoons
- Recipe cards (*see last page*)
- **INGREDIENTS!**

Item	1 Soup Kit	50 Kits	100 Kits	200 Kits
Dried green split peas (1/4 c)	1/4 c	12-1/2 c	25 c	50 c
Dried kidney beans (1/2 c)	1/2 c	25 c	50 c	100 c
Elbow macaroni (1 c)	1 c	50 c	100 c	200 c
Canned diced tomatoes (2-14.5 oz)	2 cans	100 cans	200 cans	400 cans
Beef bouillon cubes or granules (if using granules, add to Season Packet below)	4 cubes or 4 tsp	4 c + 8 tsp	8 c + 16 tsp	16 c + 32 tsp
Seasoning Packet (1 Tbs Italian seasoning; 1/2 c minced onion; 1-1/2 tsp salt; 1/2 tsp pepper)	1 spice packet	50 spice packets	100 spice packets	200 spice packets

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*If you are doing a donation drive to support your Soup Kit Project, here is the **Donation Drive Checklist:***

- ☐ Find a common area to place your receptacle to collect donations
- ☐ Set a goal (*i.e.*, “We will collect enough food items to pack 30 soup kits!”)
- ☐ Promote your drive
 - Email your staff/group about the project
 - Distribute flyers about the drive/event
 - Make an announcement at a staff/team meeting
 - Consider an awareness activity—place yourselves in the shoes of those in need (*visit <http://www.uwpc.org/campaign-coordinator-tools> and look for the “Making Choices” game*)
- ☐ Hold fun activities and/or promotions for your drive
 - Ask staff to pay for “Dress Down” or “Wear Jeans” days at work (*either a hygiene item donation or a cash donation to purchase items*)
 - Consider a contest between departments for who can raise the most donations
 - Fundraisers—bake sales, car washes, etc. with proceeds donated to purchase hygiene items
 - Spare change jars around the office to collect donations—penny wars between departments/groups
- ☐ Collect donations—send out periodic reminders

Organizing Your Project:

- ☐ You will need a space with a large table (or tables) and enough room to spread out ingredients in an assembly line format for volunteers to move through and pack
 - Station 1: bag decorating
 - Station 2: beans & macaroni
 - Station 3: seasoning mix
 - Station 4: soup kit assembly
- ☐ Clearly indicate at each station how many/how much of that item goes into each soup kit
- ☐ volunteer@uwpc.org or (253) 272-4263.
- ☐ Celebrate your success!



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Building Your Soup Kits

☐ Start your project off by showing a video about the impacts of hunger on families to give volunteers some context about the issue and how they are helping by feeding families

- MSNBC's "Hunger is a Real Issue for Young Students" - <http://www.nbcnews.com/video/mhp/53201379#53201379>
- Feeding America's "Hunger in America 2014" - <https://youtu.be/zx2o2huVm2o>

☐ Volunteers can be organized by stations:

- Station 1: decorating the bags that items will be placed in—winter means cooler weather and warm soup, so you can use that as your theme or you can decorate with inspirational quotes or other designs of your choice
- Station 2: measuring out the pasta, rice and barley (and bouillon cubes, if using cubes) into gallon-sized bag then labeling bags for the kits
- Station 3: making seasoning and bouillon packets by measuring out each of the spices and bouillon granules into a sandwich-size bag, then labeling bags for kits
- Station 4: building the soup kits by placing one bag from station 2 and one bag from station 3 into a bag from station 1. Add the recipe card to complete the kit. Fold over the top of the bag to secure and set aside as COMPLETE!

☐ Have boxes or bins available to put completed soup kits in for storage and transport

☐ When your project is finished, reach out to the Volunteer Engagement Team at volunteer@uwpc.org or (253) 272-4263 to arrange pick up or delivery

☐ CELEBRATE your success!

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Minestrone Soup

You will find the following items in your soup kit:

- 1 package of mixed beans, peas and pasta
- 1 package of seasonings & boullion
- 2 cans diced tomatoes



From the pantry: 1 diced carrot; 1 diced celery stalk; leftover ground beef or turkey, shredded or canned chicken

Pour all ingredients into a slow cooker or large pot filled with 12 cups of water. Add the carrot, celery and/or protein (optional). If using a slow cooker, cook on low for 6-8 hours. If using the stovetop, cover the pot and bring to a rolling boil over high heat. Reduce heat to simmer and cook 1-3/4 to 2-1/2 hours.

Once the soup has cooled completely, it will freeze well.

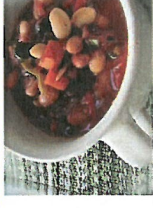
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