



A DAY OF REFLECTION AND SERVICE



United Way of Metro Chicago



In honor of Dr. King’s lifetime of service, the BPC Diversity, Equity, and Inclusion Committee will participate in a day of service activity. The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, creates solutions to social problems, and moves us closer to Dr. King’s vision of a “Beloved Community” (from the AASCU [website](#)). We will be participating in the service project from Chicago’s United Way. Please join us in assembling and donating hygiene and snack kits to organizations serving our local community. We will be supporting the [Center for Independence through Conductive Education](#) with hygiene kits and [Sarah’s inn](#) with snack kits. To learn more about the United Way Day of Service Project, or if you would like to support other Chicago-area organizations, visit [MLK Day Kit Projects](#).

If you’d like to join us here’s how

1. Choose between a snack or a hygiene kit.
2. Arrange some or all the items in a bag, bowl, or basket.
3. Leave a note in the kit, such as “Thinking of you!” or “Enjoy!”
4. Drop off the assembled kits, or if you wish to donate individual items at Brook Park School Tuesday, January 18 and Wednesday, January 19th in bins located outside of door 1 and 21.

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).

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
- Granola Bar
- Fruit Snacks
- Trail Mix

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

*From United Way Service project page

Additional (hyperlinked) Resources:

[Ways to Honor MLK’s Legacy With Children](#)

[How to Explain MLK Day to Kids](#)

[“I Am Martin Luther King Jr.” \(book read aloud\)](#)

[Riverside Brookfield High School MLK Day of Service](#)

