

# LIVE UNITED

give where you live, work and play



United Way of Washington County East  
has been highlighted in several media outlets recently!

Check out these articles!

 **StarTribune**

*The* **Gazette**



**THANK YOU!**  
**for supporting**  
**Stuff the Bus!**

On behalf of the United Way of Washington County-East, thank you to everyone who donated items or volunteered their time for our Stuff the Bus event. Your support for our programs helps us respond to the growing needs of today and strengthens our community for the future.

We had over 60 volunteers at our Stuff the Bus speed volunteering event, which is a 150% increase from last year! We finished sorting and packing supplies in record time - in under an hour! Truly speed volunteering.

The United Way of Washington County-East partners with over 21 partner agencies and helps fund over 39 essential programs. One of these partner agencies, Community Thread, was instrumental in the success of this event. With their help, we were able to raise over **\$15,500!**

A special thank you to all of our supply drop off sites: Community Thread, Courage Kenny Rehabilitation Institute - St. Croix, DiaSorin, Eckberg Lammers, First Resource Bank, First State Bank & Trust, Lake Elmo Bank, Landmark Group of Thrivent Financial - Lake Elmo, Menards: Stillwater, Menards: Oakdale, MidWestOne Bank, Sletten and Brettin Orthodontics - Stillwater Office, United Way of Washington County-East. And a special thank you to the Washington County Sheriff's Office for helping us pick up supplies!

If you would like to continue to participate in UWWCE events register for our Community Leadership Breakfast on September 11th at [www.uwwce.org](http://www.uwwce.org).

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## **Agency Spotlight - Our Community Kitchen**

# OUR COMMUNITY KITCHEN

United Way of Washington County East has a new partner agency! Our Community Kitchen opened in 2011 and has been growing and serving the population of St. Croix Valley ever since. They encourage social responsibility through food, have a strong desire to create community and believe that all people benefit from healthy, local, and clean foods.

With the help of 25 volunteers, Our Community Kitchen serves delicious breakfasts on Tuesdays and Thursdays. The meals they serve are nutritious, made from scratch, and often include organic ingredients. These meals also provide socialization for people who often feel isolated. The combination of a healthy diet and a sense of community creates a healthy body and positive mental health.

"It [OCK] is a great organization. It is rewarding to come to the kitchen, work hard for a couple of hours or so, and know we are having a positive impact in our community. Also, what great people to volunteer with. I have enjoyed the past few months a lot." - An OCK volunteer

Our Community Kitchen utilizes a farm to kitchen to table strategy for procuring and serving healthy local foods. In 2017, OCK sourced about 48% of its food from area farms, local food businesses, all within 100 miles of the Kitchen. In the process, diners are educated about the link between the food they eat, how it's grown and ways to prepare it at home. Our Community Kitchen offers classes educating children and community members about nutrition. These classes are offered free of charge to the participants living in low-income households.

Our Community Kitchen is also a pay-as-you-are-able meal program. Diners are invited to pay what they can afford and/or volunteer with the program to help defray the cost of the meal. Many diners pay it forward to help pay for other diners' meals.

"If you need a breakfast, we have one for you, if you want a breakfast, why not pay for a friend you haven't yet met. We encourage everyone to Bring it to The Table!"

United Way of Washington County East is excited to partner with Our Community Kitchen!

Visit their website for more information! <http://www.ourcommunitykitchen.org/index.html>

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## **Community Leadership Breakfast**

**September 11th 7:30am - 9:00am**  
**Lake Elmo Event Center**

**Register online [HERE](#)**

*Learn how to respond to our community needs, while supporting your local United Way through giving and volunteering.*

Space is Limited. **RSVP by August 31st.**

Individual Tickets: **\$30**

Event Sponsor (2 tables of 9 and special event recognition): **\$600**

Table Sponsor (9 seats per table): **\$300**

For more information visit our website at [www.uwwce.org](http://www.uwwce.org) or contact Lauren Sobolewski at [laurens@uwwce.org](mailto:laurens@uwwce.org) 651-439-3838 ext 2.

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**It's Campaign Time! Our Goal is to Raise \$870,000**

During this year's campaign, please remember your local United Way of Washington County East!

**Because of YOU...**

Last year's campaign raised over \$840,000 and made an impact in more than 20,000 individual's lives. We support and fund 21 local agencies and over 39 essential programs focusing on Youth, Basic Needs, Self-Sufficiency and Health.

*For more information visit our website: [www.buildbetterlives.org](http://www.buildbetterlives.org)*

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**FARE FOR ALL HAS A NEW LOCATION!!**

**Community Thread in Stillwater**

Fare For All is a cooperative food buying program. As more people participate in the program, better prices are secured from wholesalers. So the more people participate the better the deals. Fare For All offers healthy foods at a discounted price. Packages of fruit, vegetables, and frozen meats can be purchased for up to 40% off retail prices.

This discounted shopping program is open to everyone. Just come to shop. No preregistration, registration or identification required. Fare For All accepts cash, credit, debit and EBT cards.

# Grill Box \$30



**PUB BURGERS-2 LBS.**  
**HORMEL PORK ROAST 1.5 LBS.**  
**COOKIN' GOOD CHICKEN BREASTS- 2 LBS.**  
**HORMEL ORIGINAL PORK TENDERLOIN**  
**FARM TO FAMILY TURKEY BURGERS- 1.5 LBS.**  
**JOHNSONVILLE SWEET ITALIAN SAUSAGE- 3.25 LBS.**  
**JOHNSONVILLE CHICKEN KIELBASA- 12 OZ.**  
**CAPTAIN KEN'S FIREHOUSE BEANS**  
**FROZEN PINEAPPLE CHUNKS**

**FARE FOR ALL**  
Food that makes Cents

# PRODUCE PACK



**3 GALA APPLES**  
**4 VALENCIA ORANGES**  
**1 LB. CARROTS**  
**2 LB. ONIONS**  
**1 SLEEVE CELERY**  
**2 LB. SWEET POTATOES**  
**5 LB. RED POTATOES**

**\$10**

**FARE FOR ALL**  
Food that makes Cents

Fare For All will be hosted *Tuesday, August 14th from 4:00 - 6:00 pm at Community Thread*

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*If you are interested in making a donation to  
United Way of Washington County East, please click [here](#)*

*At United Way of Washington County East, our mission is to unite our community and local  
resources to give each person the opportunity to build a better life.*



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