

**FOR IMMEDIATE RELEASE: November 7, 2017**  
**Contact: Mari E. Mellick, CAE, Executive Director**  
**Phone: 651-438-3337**  
**Email: [mari@unitedwayofhastings.org](mailto:mari@unitedwayofhastings.org)**



**Acts of Kindness Week November 6 - 11, 2017**  
**United Way of Hastings Invites the Community**

**(HASTINGS, MN)** The United Way of Hastings (UWH) and the entire Hastings community have geared up to participate in Acts of Kindness Week November 6 – 11, 2017. Mayor Paul Hicks kicked off the week by proclaiming this week as “Acts of Kindness Week” at the City Council meeting on November 6.

In addition, Gov. Mark Dayton proclaimed November 6-10 “Minnesota Acts of Kindness Week.” Inspired by the work of the UWH and approximately 40 other United Ways across the state of Minnesota, Mayor Hicks, Gov. Dayton and Minnesota United Ways invite their communities to go beyond “Minnesota nice.”

United Ways invite everyone – volunteers, donors, community members, children – to intentionally exemplify kindness with the goal of helping to unify the community and to kick start ongoing acts of kindness. This can be done by a simple hello with a smile, letting someone go ahead of you in line at the grocery store to more involved acts of kindness such as gathering friends to rake someone’s lawn, visiting older adults or those that are ill. Everyone can participate in some form of a sincere act of kindness.

“Throughout Hastings during Acts of Kindness Week, community members and businesses will be donating cash, food items and packing food for the Food4Kids initiative,” said Mari E. Mellick, CAE, UWH Executive Director. Food4Kids provides weekend food bags to hungry students. “We do have students going to school hungry on Monday mornings, right here in Hastings,” Mellick said. UWH mobilized efforts upon learning of the need by partnering with the Hastings school district and 360 Communities Partners for Success® family support workers, to help ensure students are nourished and ready to learn on Monday mornings. “In addition,” Mellick added, “Support workers meet with families to identify the root cause of hunger in the household and determine resources available to families to help them get back on their feet.”

Items needed for UWH’s Food4Kids food bags are:  
Juice Boxes, Hot Chocolate Packets, Yoo-hoo Chocolate Milk  
Individual Serving Cereal Boxes, Individual Serving Oatmeal Packets  
Soup, Ramen Noodles  
Cans of Ravioli, Spaghettios, Chili  
Cans of Tuna, Cans of Meat  
Individual Mac & Cheese Cups/Easy Mac Cheese  
Individual Cups of Peanut Butter  
Cash is also needed to help us restock specific items

At the time of print, area groups involved in donating specific food items for the Food4Kids food bags and/or packing food bags are Coborn's; Allina - Regina Hospital employees; Power Within Chiropractic patients, neighbors and friends; and the Hastings Police Department. Coborn's will have information for shoppers on the specific items needed for the Food4Kids food bags as well as drop boxes on Thursday - Saturday, November 9-11. Individuals may also drop off food items from 8 am – 4 pm, November 6-10, at the UWH office at 119 2<sup>nd</sup> St West in Hastings.

For details about UWH Acts of Kindness Week and the Food4Kids initiative, visit [www.unitedwayofhastings.org](http://www.unitedwayofhastings.org). If you would like to donate cash or food, contact Mari Mellick at 651-438-3337 or [mari@unitedwayofhastings.org](mailto:mari@unitedwayofhastings.org).

The UWH is an independent United Way that has worked for over 50 years serving Hastings and the surrounding rural communities within Independent School District #200. Its mission is to build partnerships to improve the lives of people in our community. Donations are accepted year-round. For more information about the UWH and the agencies it funds, visit [www.unitedwayofhastings.org](http://www.unitedwayofhastings.org).

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**119 2<sup>nd</sup> St W, PO Box 353, Hastings, MN 55033**  
**(651) 438-3337**  
**[www.unitedwayofhastings.org](http://www.unitedwayofhastings.org)**