



## Recipe boxes encourage good cookin’

**DMARC** partnered with Community! Youth Concepts to create and distribute tin recipe boxes for our food pantry families to encourage the collection of healthy recipes. The sturdy boxes contain recipe card dividers (photo) in categories like “dinner,” “snacks,” “breakfast” and “super healthy choices.” Each card, equipped with English and Spanish translation, boasts a health tip geared toward adults with children like, “Eat a rainbow of colors for top performance!” The DMARC recipe tins and cards were developed in partnership with Community! Youth Concepts and funded by Partnering in Communities, a project of Des Moines Public Schools. For more images and information visit [www.MovetheFood.org/recipebox](http://www.MovetheFood.org/recipebox).

## Drake students conduct research for DMARC

Students in a Sociology 101 class at Drake University partnered with DMARC in a project that offered them practical human service experience and provided DMARC with valuable information about how we can better serve our food pantry families. The class, taught by Professor Lorie Linhart, worked in teams to conduct research that completed the second year report for “Mapping the End to Hunger in Greater Des Moines,” a DMARC project to present a systematic community model to end hunger in Polk County. The report offers recommendations for the DMARC Food Pantry Network including ideas for partnering with other food projects; offering more educational classes on nutrition, food preparation or food budgeting; and increasing communication with clients and the community. To see the full report visit [www.MovetheFood.org/Drake](http://www.MovetheFood.org/Drake).

## New format, same message

Welcome to the streamlined version of our award-winning newsletter, “The Voice.” Formerly a quarterly, magazine style publication, we have shortened it up to save some trees, conserve our budget, stretch our resources, and most importantly – to be more agile with our communication. Much of what you’ll see in this newsletter will point you to a webpage, enabling us to connect you with the most up-to-date information on our dynamic programs and partnerships. As always, we thank you for joining us in service to our community. We invite your feedback on this new format; send us an email at [info@dmreligious.org](mailto:info@dmreligious.org).

# movefood.ORG

THE

**MovetheFood** is a DMARC-led initiative to get food to people who need it. We do it in all sorts of ways, with all types of support and with all kinds of volunteers. MovetheFood transports over 100,000 food items per month – plus 10,000 pounds of fresh produce – from its main warehouse to the 12-site DMARC Food Pantry Network and other human service agencies. Why? Because 20 percent of children in Polk County live in households without enough food. Because 29,000 residents in Polk County live below the poverty line. Because countless community stakeholders – businesses, faith groups, schools, civic teams, students, social agencies, individuals and more – care. Here are some of the ways **MovetheFood** works:

## Food Assistance Application Stations

Seven food assistance computer application stations located around the metro, staffed with friendly DMARC Outreach Assistants; stand by to help people apply for federal food assistance. The process is easy and fast. Applicants who qualify receive their food card in a matter of days. Locations and hours are posted online at [www.MovetheFood.org/SNAP](http://www.MovetheFood.org/SNAP).

## Nutrition Classes

We offer nutrition classes, cooking demonstrations, recipes and healthy food choices to our food pantry families through a partnership with The Expanded Food and Nutrition Education Program (EFNEP) and Family Nutrition Program (FNP) nutrition education programs of Iowa State University Extension. Check out the pictures online at [www.MovetheFood.org/nutritionclasses](http://www.MovetheFood.org/nutritionclasses).

## Food Rescue

Why throw away perfectly good food? Local vendors and businesses such as Anderson Erickson Dairy, La Mie Bakery, Proof restaurant, Flour Pizza, the Downtown Des Moines Farmers' Market and the Drake Farmers' Market, have partnered with MovetheFood to rescue fresh produce, pastries, bread, cheese, meat, pizzas, milk and eggs to supply our food pantry families with more healthy choices.



photo: Elisabeth Ballstadt, DMARC

To find us at the Downtown Des Moines Farmers' Market, look for the big carrot costume. We will be there until the end of October collecting donations through the Meals from the Market Program, located at Second Avenue just north of Court Avenue. Stop by and say hello!

## DMARC Staff

Sarai Schnucker Rice  
Executive Director

Elisabeth Ballstadt  
Food Pantry Network Director

Daniel Beck  
Warehouse Associate

Laura DeLong  
Financial Secretary

Kristine Frakes  
Development Director

Susan Klein  
Project Manager

Jeff McNeeley  
Warehouse Associate

Cindy Morton  
Red Barrel Coordinator

Kelly Sparks  
Events Coordinator

Terri Mork Speirs  
Communications Manager

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St. Catherine of Sienna Catholic Church

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# Des Moines Marathon Running Club Collects for Food Pantry Network

Did you ever wonder what runners do right before they hit the roads in training for a big race? Well, they give food to the food pantry, what else? At least that is what is happening at the Des Moines Marathon Running Club with those preparing to run in the IMT Des Moines Marathon in October.



Chris Burch, Director of Racing and Events for the Des Moines Marathon, and a Red Barrel volunteer, has managed to nicely connect running and “food raising.” At all running club activities and committee meetings, Chris is encouraging runners to bring food items to feed the Red Barrel. Club activities include both training clinics and runs of varying lengths, usually occurring on Tuesday evenings or Saturday mornings until the big day of the IMT Des Moines Marathon on Sunday, October 16. For pictures and to learn more about joining the running club please visit [www.MovetheFood.org/marathon](http://www.MovetheFood.org/marathon).

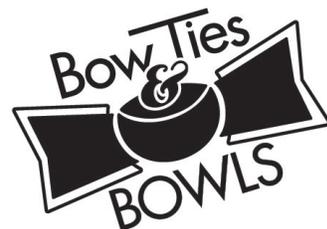


## Who are we?

The Des Moines Area Religious Council is an interfaith organization with a core membership of about 150 congregations from ten faith traditions. Recipient of the 2010 Aurora Award from The Des Moines Register, DMARC provides a common means of responding to basic human needs and a context for interfaith dialogue. MovetheFood is a DMARC-led initiative to address the entire food system in Polk County, joining with businesses, schools, civic groups, and human service agencies. DMARC does not require attendance at or participation in religious services as a requirement to receive services, and DMARC does not engage in religious proselytizing or counseling. DMARC practices non-discrimination in accordance with all applicable federal and state regulations.

## Celebrating 60 Years

In August we launch a year-long celebration of DMARC’s 60th anniversary with the premier gala event, Bow Ties & Bows, August 6, at the University of Iowa Papajohn Education Center, Des Moines, Iowa. Event proceeds benefit the Food Pantry Network and other DMARC programs. Watch for a special 60th anniversary edition of “The Voice” to arrive in your postal mail by mid-September with a Bow Ties & Bows follow up, including pictures. [www.dmreligious.org/BowTiesBows](http://www.dmreligious.org/BowTiesBows).



## Gifts Given in Honor & in Memory

Gifts given in honor and in memory between March 24 and June 24, 2011, DMARC and the DMARC Foundation received gifts in honor of and in memory of the following people and occasions:

### In Honor of:

- The David Bear Family
- Jerry & Carol Crow’s 50th wedding anniversary
- Margaret A. Graham
- Fr. Michael Hess
- Clare and Skip Larson’s 7 grandchildren
- Men of Miller United Methodist Church for Father’s Day
- Delores Ruby
- Mary Jane Smith’s 90th birthday
- Duane Weiland’s 75th birthday

### In Memory of:

- Philip Ross Beach
- David Bear
- Colleen Conway
- Joseph J. and Katherine E. Gedden
- Rev. Duane Gibson
- Gordon Greta
- Gil Hans
- Brian Holman
- Rita Hoxeng
- Donald W. Johnson, Jr.
- Clare and Skip Larson’s mothers, Libby and Verna
- The mother of Dave and Carolyn Nagel
- Anne Kieffer Richardson
- Thomas Fischer, Sr.
- Susan Trotter
- Dr. Richard C. Wooters
- Mary Jean Worthington

THANK YOU



DES MOINES AREA RELIGIOUS COUNCIL

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Permit No. 4839

3816 36th Street, Suite 202  
Des Moines, IA 50310  
Phone (515) 277-6969  
Fax (515) 274-8389  
Email: [info@dmreligious.org](mailto:info@dmreligious.org)  
Website: [www.DMReligious.org](http://www.DMReligious.org)



Find us on Facebook: [Des Moines Area Religious Council](https://www.facebook.com/DesMoinesAreaReligiousCouncil)



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# Be the change . . .

**Got plans for the fall?** We invite individuals, families, youth groups, work teams and others to actively join us in tending a healthy, strong community. Check out these fall events:

**Hy-Vee Colossal Cookie Sale, September** Purchase delicious cookies from Hy-Vee in September to benefit the Food Pantry Network. Exact dates to be announced.

**Make A Difference Days, October 8 and 15** Collect food donations as a Red Barrel volunteer at one of the Sack Saturday events in about ten local grocery stores.

**Iowa Hunger Summit, October 11** Join hundreds of leaders from across Iowa to learn more about the issues. This event is held each year in Des Moines during the World Food Prize week.

**World Food Day, October 16** Support *MovetheFood* on this day when across the globe, people work together to raise awareness of problems in food supply and distribution.

**Reggie's Sleepout, October 29** Create a Team. Fundraise. Build a box. Sleep out. Help end homelessness. DMARC is deeply grateful to receive a portion of the benefits from this event.

For more details on these events and other ways you can join *MovetheFood* efforts, use this QR code to check out our full "Be the Change" guide, or visit [www.MovetheFood.org/be-the-change](http://www.MovetheFood.org/be-the-change)

