Most Needed Items

Non-Perishables

☐ 100% juice  ☐ canned meat  ☐ beans
☐ canned vegetables  ☐ whole grain cereal  ☐ pasta
☐ canned fruit  ☐ pasta sauce  ☐ rice
☐ peanut butter  ☐ UHT milk  ☐ soup

*TIP:* Look for items with low sugar, fat and salt.

Fresh Produce

☐ fruit  ☐ vegetables
☐ frozen meat  ☐ dairy products
☐ whole grain bread items

*TIP:* Donate far before expiration.

Non-Food Items

☐ formula and baby food  ☐ diapers
☐ personal care products  ☐ baby wipes
☐ feminine hygiene products

*TIP:* Larger sizes of diapers are needed the most.

Please deliver donations to the DMARC Food Pantry Network warehouse, 1435 Mulberry Street, Des Moines, IA 50309. Questions? Call 515-282-2026.

dmarcunited.org/food/most-needed-items/