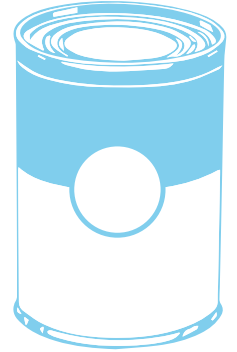


Non-Perishables

- | | | |
|--|---|--------------------------------|
| <input type="checkbox"/> 100% juice | <input type="checkbox"/> canned meat | <input type="checkbox"/> beans |
| <input type="checkbox"/> canned vegetables | <input type="checkbox"/> whole grain cereal | <input type="checkbox"/> pasta |
| <input type="checkbox"/> canned fruit | <input type="checkbox"/> pasta sauce | <input type="checkbox"/> rice |
| <input type="checkbox"/> peanut butter | <input type="checkbox"/> UHT milk | <input type="checkbox"/> soup |



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

Fresh Produce

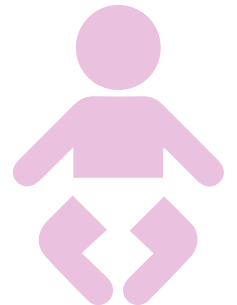
- | | |
|--|---|
| <input type="checkbox"/> fruit | <input type="checkbox"/> vegetables |
| <input type="checkbox"/> frozen meat | <input type="checkbox"/> dairy products |
| <input type="checkbox"/> whole grain bread items | |



TIP: Donate far before expiration.

Non-Food Items

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> formula and baby food | <input type="checkbox"/> diapers |
| <input type="checkbox"/> personal care products | <input type="checkbox"/> baby wipes |
| <input type="checkbox"/> 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.