

## ***Working together to meet basic human needs for the greater Des Moines community.***

The DMARC Food Pantry Network, established in 1976, consists of 13 partner pantry sites, 13 Mobile Food Pantry sites, two food warehouses, and numerous community partners. It is the largest and oldest food pantry system in Iowa. Pantry sites are located in West Des Moines, Ankeny, Johnston, Clive and Urbandale, with eight sites in Des Moines.

Once per calendar month, families can receive a free, three-day supply of nutritionally balanced food. It's not enough for us to just fill stomachs, we want to provide nourishing food to those we serve. Families can also receive additional 'Anytime Items' every day at pantries. DMARC serves 16,000-17,000 individuals every month—60% of whom are children, youth and older adults.

### **How You Can Help**



#### **Donate Funds**

DMARC works with a number of food wholesalers to find the best deals. With our purchasing power, we are able to buy anywhere from 2-6 times the amount of food you could in the grocery store with the same dollar. So, if you want to do more with your dollar, consider donating funds to our Food Pantry Network!

#### **Donate Food**

In-kind food donations through food drives and our Red Barrel program are still very important to DMARC's work. When donating food, please use our "Most Needed Items" list (reverse) to make sure you're donating items that meet our healthy food guidelines. And if you're not sure about something, look for items to donate that are low in sugar, fat and salt.



#### **Volunteer**

We have all sorts of volunteer opportunities for both groups and individuals! Visit [www.dmarcunited.org/volunteer](http://www.dmarcunited.org/volunteer) for more details on how you can contribute your time and talents.

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6TH ANNUAL  
DOUGLAS M. WOODS  
**CHALLENGE  
HUNGER**  
C A M P A I G N  
**MARCH 1 - APRIL 30, 2018**



**DMARC is excited to announce that loyal contributor Doug Woods has doubled his annual “Challenge Hunger” match from \$10,000 to \$20,000!**

From March 1 through April 30, 2018, donations to DMARC that are noted as “Challenge Hunger” gifts will be matched dollar for dollar, up to a total of \$20,000 given. Your \$10 becomes \$20, \$50 equals \$100, and so on.

For retired West Des Moines police officer Doug Woods, the convergence of “The Grapes of Wrath,” a primitive southern Iowa home, and a Bible verse led to his self-described “spiritual awakening”—and, soon after, the launch of the first Douglas M. Woods Hunger Challenge to benefit the DMARC Food Pantry Network.

With the recognition that cash could help DMARC buy more food than he could buy at retail price and donate, Doug began to make monetary donations. But, he felt called to something bigger—to do something more.

The rest is both history and a future in the making, as DMARC announces the sixth year of the Douglas M. Woods Challenge Hunger Campaign. Thank you, Doug!

During this year’s Challenge, your \$10 gift will help DMARC provide 35 meals.

**You can mail your “Challenge Hunger” donation to the DMARC office, or give online at:**

**[dmarcunited.org/donate/donate-online/](http://dmarcunited.org/donate/donate-online/)**

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