

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!

dmarcunited.org/donate/donate-online

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 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.

dmarcunited.org/food/most-needed-items

**Volunteer**

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

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Help Us Sort Food!



May 12-19



On Saturday, May 12, the National Association of Letter Carriers will be holding their 26th annual Stamp Out Hunger® food drive, and DMARC needs YOUR help to sort tens of thousands of donated food items!

How You Can Help

We are organizing hundreds of volunteers to help us date-check, seal-check, and sort these food items from Monday, May 14th through Friday, May 18th, and additional volunteers to help with clean-up on Saturday, May 19th. Shifts are only two hours long—perfect for individuals AND groups!

signup.com/go/cpQSRVE

Interested in signing your congregation up to volunteer? Please contact Rev. Sarah Trone Garriott, strongarriott@dmarcunited.org or (515) 277-6969 x19.

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