

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

The DMARC Food Pantry Network, established in 1976, consists of 14 partner pantry sites, 15 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](http://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](http://dmarcunited.org/food/most-needed-items)



### 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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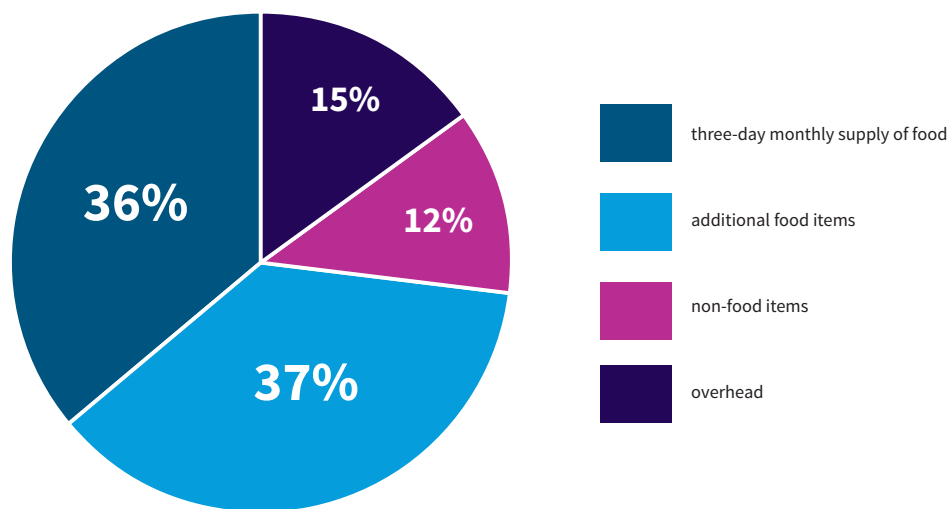
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## 2017 Support for Central Iowa Shelter & Services

In 2017, the total support from DMARC for Central Iowa Shelter & Services was valued at \$36,628\*.

TOTAL DOLLAR VALUE PROVIDED BY DMARC



DMARC provided Central Iowa Shelter & Services with 20,296 non-perishable food items with a wholesale value of \$11,478 and \$1,666 worth of produce for distribution through our **three-day monthly supply of food**, a total value of **\$13,144**.

**Additional food items** provided, including extra non-perishable items, frozen meat, and dairy products, were valued at **\$13,632**.

Personal care products, toilet paper, diapers, and other **non-food items** provided by DMARC to Central Iowa Shelter & Services were valued at **\$4,256**.

The cost of DMARC **overhead** attributed to Central Iowa Shelter & Services had a value of **\$5,596**. This includes staff, transportation, and technical expenses to support the pantry.

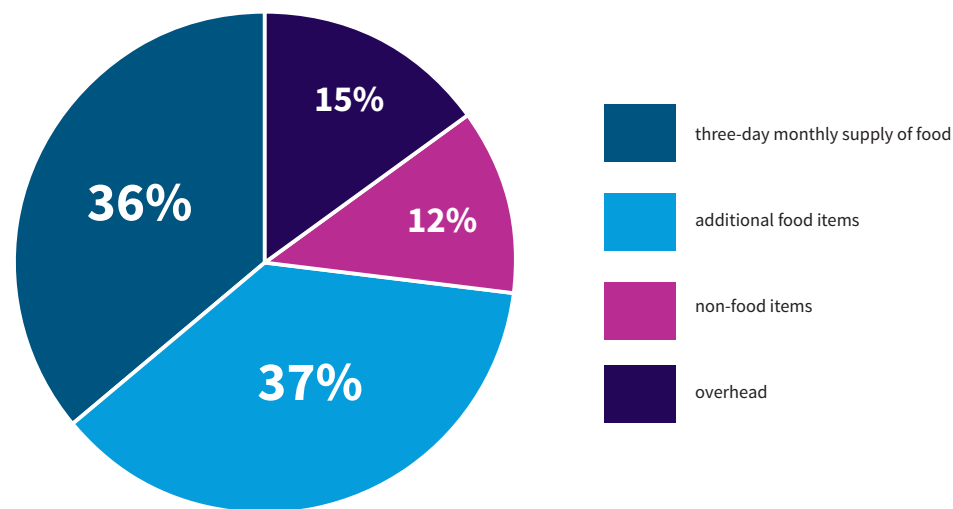
*\*this number does not include most AnyTime items such as bread products, additional donated produce, and food rescue items*

For more information on DMARC support for partner pantries in 2017, please visit [dmarcunited.org/food/partner-support](http://dmarcunited.org/food/partner-support).

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