



Fruit Canned in its Own Juice

Fruit that is canned in water or its own juice is a great healthy donation option! DMARC can purchase fruit canned in its own juice, on average, for \$0.34 per can.

\$50 = 147 cans

\$100 = 294 cans

Peanut Butter

Peanut butter is a quick and convenient source of protein for the people we serve. DMARC can purchase peanut butter, on average, for \$0.83 per jar.

\$50 = 60 jars

\$100 = 120 jars



Healthy Cereal

Cereal is one of the staple breakfast items that we distribute through our Food Pantry Network. DMARC can purchase healthy cereal, on average, for \$1.04 per box.

\$50 = 48 boxes

\$100 = 96 boxes

Hint: When donating healthy cereal, look for varieties with less than 10 grams of sugar per serving. Examples include Cheerio's, Chex, Raisin Bran, and Rice Krispies. Avoid anything with marshmallows, sugar coating or chocolate.