



Not sure how to help? Host a meal packing event for the DMARC Food Pantry Network!

Each year DMARC provides healthy food to over 50,000 individuals, including a three-day supply of fresh produce, grains, and other nutritious items once per month, regardless of household size or income. Our Food Pantry Network also offers “AnyTime Items,” a staple of which are Combo Meal Packs available through a partnership between DMARC and Meals from the Heartland.

You can help keep our pantry shelves well-stocked by hosting a meal packing event at our warehouse with members of your workplace, organization, school, or faith community!

These special volunteer events include a facility tour, a Hunger Simulation that illustrates challenges faced by individuals living with food insecurity, and a packing activity; approximately 300 meals may be packed within only 45 minutes! The length of time for which you volunteer is only limited by the availability of funds for purchasing Combo Meal ingredients.

Three type of meals are available for each packing activity:

1. Taco Rice:

- rice
- black beans
- canned chicken
- cheese sauce
- taco seasoning

Your support:

- cost of \$3.77 per meal
- \$1,000 provides 265 meals
- \$3,000 provides 796 meals
- \$5,000 provides 1,326 meals

2. Chili Mac

- macaroni and cheese
- chili beans
- chili seasoning
- shelf-stable milk

Your support:

- cost of \$3.14 per meal
- \$1,000 provides 318 meals
- \$3,000 provides 955 meals
- \$5,000 provides 1,592 meals

3. Tuna Noodle

- macaroni and cheese
- cream of mushroom soup
- tuna
- mixed vegetables

Your support:

- cost of \$3.11 per meal
- \$1,000 provides 321 meals
- \$3,000 provides 965 meals
- \$5,000 provides 1,608 meals

To learn more, please contact Leslie L. Garman, CFRE, at LGarman@dmarcunited.org or (515) 277-6969.