



# DONATION of the MONTH

## JANUARY 2020

### Hot Cereal

### A Food Pantry Staple

- hot cereals like oatmeal, grits, cream of wheat, and farina make for simple and nutritious breakfasts
- when donating hot cereal, look for options with no added sugars

### Nutrition Information

- oatmeal is a great source of fiber, and is also rich in thiamine, zinc, magnesium, phosphorus, manganese, selenium, and iron
- cream of wheat, farina, and grits are all good sources of carbohydrates, iron, and other vitamins and minerals that help your body function
- increase the nutritional value of hot cereal by adding fresh fruit, plain yogurt, and nuts—and avoiding syrup, sugar, and other high-calorie additives



DMARC IS ABLE TO PURCHASE  
**26 CANISTERS OF OATS**  
WITH YOUR \$25 DONATION



COMPARE THAT TO THE  
**SIX CANISTERS**  
YOU COULD BUY AT THE  
STORE WITH THE SAME \$25



**4X THE FOOD.**

**DO MORE. DONATE FUNDS.**



**Des Moines Area Religious Council**  
1435 Mulberry Street, Des Moines, IA 50309  
(515) 277-6969 | [dmarcunited.org](http://dmarcunited.org)