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

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