



DONATION of the MONTH

FEBRUARY 2020

Canned Pineapple

A Food Pantry Staple

- Pineapple is a tropical fruit indigenous to South America that is now found in cuisines around the world.
- Canned pineapple is great as a snack on its own or used in recipes.
- When donating canned pineapple, look for pineapple canned in its own juice and *not* heavy syrup.

Nutrition Information

- Pineapple is rich in vitamin C and manganese.
- USDA recommends that most adults should eat about two cups of fruit per day.
- A drained 20 oz can of pineapple contains about two cups of fruit.
- A medium-sized pineapple typically contains four and a half cups of fruit.

DMARC IS ABLE TO PURCHASE
60 CANS OF PINEAPPLE
WITH YOUR \$25 DONATION



COMPARE THAT TO THE
26 CANS OF PINEAPPLE
YOU COULD BUY AT THE STORE
WITH THE SAME \$25



DO MORE. DONATE FUNDS.



Des Moines Area Religious Council
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