



DONATION of the MONTH

MARCH 2020

Peanut Butter

A Food Pantry Staple

- peanut butter is a great food item for busy families on the go
- peanut butter can be eaten on its own, as a snack, or used as an ingredient
- when donating peanut butter, look for options with reduced fat and sodium
- be sure to check that any jars of peanut butter you plan to donate have their seals intact and are not opened

Nutrition Information

- peanut butter is a shelf-stable source of protein, and also includes many essential vitamins and minerals
- most adults are recommended to eat five to six ounces of protein every day
- two tablespoons of peanut butter counts as two ounces of protein

DMARC IS ABLE TO PURCHASE
33 JARS OF PEANUT BUTTER
WITH YOUR \$25 DONATION



COMPARE THAT TO THE
11 JARS OF PEANUT BUTTER



YOU COULD BUY AT THE
STORE WITH THE SAME \$25

3X THE FOOD.

DO MORE. DONATE FUNDS.



Des Moines Area Religious Council
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