



DONATION of the MONTH

JULY 2020

Top 3 Items

A Constant Need

The top three most-needed items at the DMARC Food Pantry Network are consistently **whole grain cereal, peanut butter, and fruit canned in its own juice.**

Whole grain cereal is one of the only breakfast items distributed in our healthy three-day supply of food, and an important source of whole grains.

Peanut butter is an important source of protein for the people we assist, and one of the most expensive food items DMARC purchases.

Fruit canned in 100% juice is an important source of vitamins and servings of fruit for those we assist.



\$2⁵⁰



\$10

DMARC can purchase 1 box of cereal, 1 jar of peanut butter, and 1 can of fruit for \$2.50. Maximize your gift with a monetary donation to the DMARC Food Pantry Network!

dmarcunited.org/donate



Des Moines Area Religious Council
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