



# DONATION of the MONTH

AUGUST 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.



**\$2<sup>50</sup>**



**\$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](https://dmarcunited.org/donate)



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