



# Season of Giving

DECEMBER 2021

sunday	monday	tuesday	wednesday	thursday	friday	saturday
28	29	30	 1	 2	learn! 3	 4
 5	advocate! 6	 7	60¢ 8	learn! 9	 10	advocate! 11
 12	learn! 13	 14	 15	 16	advocate! 17	 18
 19	 20	learn! 21	 22	 23	 24	 25
 26	 27	 28	 29	 30	make a resolution! 31	1

Questions? Contact Sarah Trone Garriott at [stronegarriott@dmarcunited.org](mailto:stronegarriott@dmarcunited.org).

- 1** Donate a jar of peanut butter. Peanut Butter is a great source of protein. DMARC goes through 1,000 jars a week.
- 2** Donate \$1. Cash donations make a bigger difference. DMARC can purchase up to 6x more food with your dollar than you can in the grocery store!
- 3** Learn more. Visit [dmarcunited.org/food/pantry-locations/](https://dmarcunited.org/food/pantry-locations/) and count how many pantries and mobile pantry sites we have in the metro area.
- 4** Donate canned meat. DMARC provides canned tuna, chicken, and even sardines in our pantries. Please make sure it is within the best by date!
- 5** Donate toilet paper. DMARC provides hygiene supplies. Even if a package of TP is open, we can still receive it.
- 6** Advocate. Send your State Representative an email to share why helping neighbors in need of food is important to you! Find your Representative here: [legis.iowa.gov/legislators/find](https://legis.iowa.gov/legislators/find)
- 7** Donate canned fruit. The best of the bunch is canned in juice. Syrup is used to cover up the low quality, less tasty fruit. Healthy food is our #1 priority.
- 8** Donate 60 cents. DMARC can provide a full meal for 60 cents. We provide a 3-day supply of food for each person we assist once per calendar month.
- 9** Learn more. Visit [dmarcunited.org/capital-campaign/](https://dmarcunited.org/capital-campaign/) to learn about our new building. The warehouse space will be 6 times larger than in our current Mulberry Street location (from 6,000 sq. ft. to 36,000 sq. ft.).
- 10** Donate period supplies and diapers. DMARC provides these items and they are always in need.
- 11** Advocate. Share online or with a friend that you are supporting DMARC and tell them why!
- 12** Donate whole grain cereal. We can always use whole grain cereal. Just make sure the sugar per serving is less than 10 grams!
- 13** Learn more. Visit [dmarcunited.org/food/refuel-station/](https://dmarcunited.org/food/refuel-station/) to learn about our partnership with the Boys and Girls Clubs of Central Iowa. We provide healthy, easy-prep items for every child that visits our mobile Refuel Station.
- 14** Donate \$1. With cash donations DMARC can purchase exactly the right kind of healthy food we need—including fresh fruits and vegetables!
- 15** Donate body wash/soap. DMARC provides these high-need items.
- 16** Donate canned or dried beans. DMARC focuses on foods that people from any background can use to make the healthy meals they love!
- 17** Advocate. Send your State Senator an email to share why helping neighbors in need of food is important to you! Find your Senator here: [legis.iowa.gov/legislators/find](https://legis.iowa.gov/legislators/find)
- 18** Donate canned tomatoes or tomato sauce. Not everyone likes canned vegetables, but tomatoes are a favorite. When DMARC moves into our new headquarters we'll be able to provide a lot more of the fresh and frozen veggies that our community needs!
- 19** Donate \$1. Every item donated to DMARC must be checked and sorted by hand, a time consuming process. When we purchase food it can go right where it is needed!
- 20** Donate pasta. DMARC receives about 30,000 donated items every month. Make sure your donations are healthy, un-opened, brand new, and in-date.
- 21** Learn more. There are lots of ways to volunteer with DMARC. Visit [dmarcunited.org/volunteer](https://dmarcunited.org/volunteer) to find out more about the ways you can help!
- 22** Donate rice. DMARC assists people of all backgrounds and cultures. Rice is an important food all over the world!
- 23** Donate almond butter. Not everyone can eat peanuts. We get requests for almond butter all the time!
- 24** Donate baby food or formula. Healthy food is extremely important in the first two years of life!
- 25** Donate deodorant. DMARC often gets requests for this personal care item.
- 26** Donate lentils. Lentils are a great source of protein.
- 27** Donate \$1. Next year with a cooler and freezer so large we can drive a fork lift inside, we'll be able to purchase a lot more fresh and frozen food!
- 28** Donate adult disposable undergarments. These are always in need.
- 29** Donate canned fish. Tuna isn't the only canned fish - we love salmon and sardines, too!
- 30** Donate canned black eyed peas. It is considered good luck to eat black eyed peas on New Year's Day. Pick up a can to eat and a can to donate.
- 31** Make a resolution! In the New Year, make a plan to come visit the new DMARC location, volunteer, or attend a DMARC educational event!