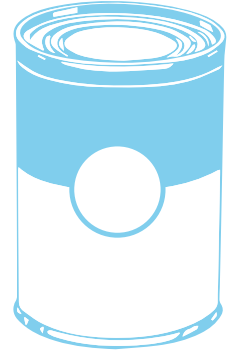


Non-Perishable Food Items

- | | | |
|---|---|--------------------------------|
| <input type="checkbox"/> dry and canned beans | <input type="checkbox"/> canned meat | <input type="checkbox"/> pasta |
| <input type="checkbox"/> canned vegetables | <input type="checkbox"/> whole grain cereal | <input type="checkbox"/> rice |
| <input type="checkbox"/> canned fruit | <input type="checkbox"/> pasta sauce | <input type="checkbox"/> soup |
| <input type="checkbox"/> peanut butter | <input type="checkbox"/> non-meat proteins (tofu, nuts) | |



TIP: Look for items with low sugar, fat and salt.

Fresh and Frozen Food Items

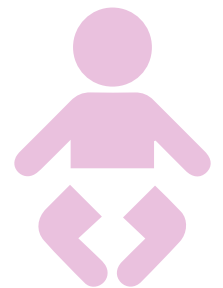
- | | |
|--|--|
| <input type="checkbox"/> fresh & frozen fruits | <input type="checkbox"/> fresh & frozen vegetables |
| <input type="checkbox"/> frozen meat | <input type="checkbox"/> whole grain bread items |
| <input type="checkbox"/> dairy products | <input type="checkbox"/> healthy frozen meals |



TIP: Donate far before expiration.

Non-Food Items

- | | | |
|---|--|-------------------------------------|
| <input type="checkbox"/> formula and baby food | <input type="checkbox"/> cleaning supplies | <input type="checkbox"/> diapers |
| <input type="checkbox"/> personal care products | <input type="checkbox"/> toilet paper | <input type="checkbox"/> baby wipes |
| <input type="checkbox"/> laundry detergent | <input type="checkbox"/> period products (tampons, pads) | |



TIP: Larger sizes of diapers are needed the most.

Please deliver donations to the DMARC Food Pantry Network warehouse,
100 Army Post Road, Des Moines, IA 50315. Questions? Call (515) 277-6969.

dmarcunited.org/food/most-needed-items/