



real impact.
real fun.
real people.

What does giving back mean to you?
For the 53,000 individuals who utilize
our food pantry network every year,
we offer fresh and nutritional food
options. We also offer a lifeline of
support without judgement.

DMARC is looking for energetic and
creative young professionals who can
inspire others to give back... and have
fun doing it! Join a group of young
professionals that are passionate
about combatting food insecurity
through **advocacy, volunteerism** and
FUNdraising.

Learn more at dmarcunited.org/yp





Changing **tommorow** through **action today.**

- Join us for quarterly **trivia nights** and networking **happy hours**.
- Participate and plan DMARC's biggest events of the year including **DMARCh Madness**, **Spring Greens**, **Bike Out Hunger** and **Halloween on the Hill**.
- **Volunteer** at our food pantry sites or events.
- **Invite** others to host a food donation drive.
- **Create your own opportunity** to help others further engage with food insecurity in Des Moines.



Contact Amanda Parkins to learn more and get involved:
515-277-6969 x220 or **AParkins@dmarcunited.org**.



ABOUT THE CAUSE

The Des Moines Area Religious Council (DMARC) is an interfaith organization with a mission of working together to meet basic human needs for the greater Des Moines community. The need we are seeing now in the fight against food insecurity is unlike anything we've ever done before. This important work is done through the novel approach of a food pantry network, which is made up of 15 partner pantry sites, multiple Mobile Food Pantry locations, and a home delivery program.

Once per calendar month, people can select a three-day supply of food from any one of our partner food pantries, and AnyTime Items are available whenever our partner pantries are open.