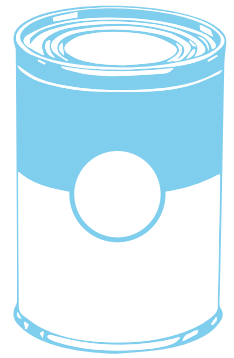


***Purchase these items and drop them off in a DMARC Red Barrel!***

## Non-Perishable Food Items

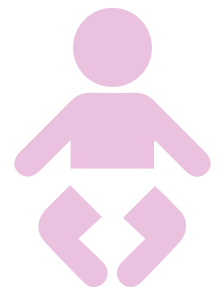
- |   |   |                                |
|---|---|--------------------------------|
| <input type="checkbox"/> dry and canned beans | <input type="checkbox"/> canned meat                    | <input type="checkbox"/> pasta |
| <input type="checkbox"/> canned vegetables    | <input type="checkbox"/> 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.

## 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.

***Have more?***

Deliver them to the DMARC Food Pantry Network warehouse,  
100 Army Post Road, Des Moines, IA 50315.

**Questions?**

Call (515) 277-6969

**[dmarcunited.org/donate-food](http://dmarcunited.org/donate-food)**