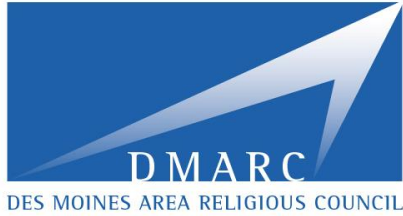


# MOST NEEDED FOOD ITEMS

Des Moines Area Religious Council Emergency Food Pantry

---



*Faithfully Serving Since 1952*

April 2010- DMARC has updated its listing of most needed food items, effective immediately. The revision is based on DMARC's commitment to providing emergency food that is free, and also nutritious. We are asking DMARC supporters to please help us promote health and wellness by noting this list of most needed food items.

- 100% Juice (tomato, orange, or vegetable in a can or plastic bottle)
- Fruit (canned in water or 100% juice, not in heavy syrup)
- Vegetables (tomatoes, green beans, mixed vegetables, or sweet potatoes, canned with no salt added)
- Beans (dry or canned in water)
- Peanut butter
- Meat (tuna or chicken canned in water)
- Whole-grain dry pasta or egg noodles
- Brown rice (regular or instant)
- Vegetable soup (low-sodium)
- Whole grain crackers (wheat saltines)
- Spaghetti sauce
- Cereal (instant or regular oatmeal with no sugar added, whole grain cheerios, wheat chex, wheaties, granola or shredded wheat)
- Shelf-stable low-fat UHT milk (in aseptic packaging, no canned milk)
- Infant/baby formula
- Diapers and baby wipes
- Personal products (shampoo, soap, feminine hygiene, toothpaste, or deodorant)
- Fresh whole grain bread items (with generous expiration dates)
- Fresh fruits and vegetables (potatoes/sweet potatoes, bananas, apples, carrots, grapes, oranges, tomatoes, melons, broccoli, or bell peppers)

Please donate far before expiration and prime ripeness.

---

## Thank you!

As a reminder, DMARC can also buy food wholesale thanks to generous cash gifts. We are grateful for both cash and food donations. To download additional copies of this flier, please visit the DMARC website, [dmreligious.org](http://dmreligious.org), click %Services+then click %Emergency Food Pantry.+For more information, contact Elisabeth Ballstadt, DMARC Food Pantry Director, 515-277-6969, [foodpantry@dmreligious.org](mailto:foodpantry@dmreligious.org).