



MARTIN LUTHER KING, JR.

DAY OF SERVICE, JANUARY 17, 2011



MOST NEEDED 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
- Fresh whole grain bread items (with generous expiration dates)
- Fresh fruits and vegetables

Please donate far before expiration and prime ripeness.

Take part in the Des Moines Area Religious Council's tribute to Martin Luther King, Jr.

As part of the Corporation for National & Community Service's MLK Day of Service, DMARC will be collecting food and cash donations for the Emergency Food Pantry at several locations in the Des Moines Metro.

Freedom Financial Bank

600 Martin Luther King, Jr Pkwy
Des Moines
7:00 AM - 6:00 PM

Gateway Market

2002 Woodland Avenue
Des Moines, IA 50309
(corner of MLK Pkwy and Woodland Ave)
7:00 AM - 6:00 PM

DMARC Warehouse

3816 36th St
Des Moines
8:30 am - 4:30 pm

Any Stop Hunger Red Barrel

Located in every Dahl's, HyVee and Fareway in the Des Moines Metro.
During store hours.

MLK Day of Service is the perfect time for Americans to answer Dr. King's challenge to do something for others.

Spread the word and invite others to join you in the MLK Day of Service!

For more information or to volunteer: contact Kelly Sparks

515.277.6969 ksparks@dmreligious.org
or visit www.dmreligious.org