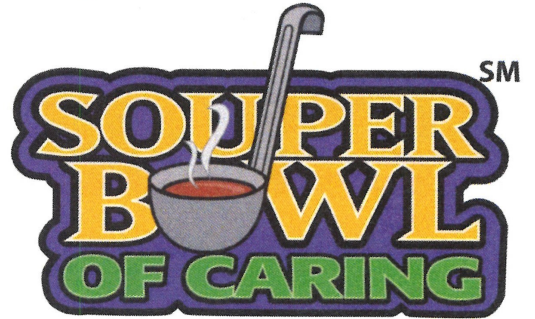


Help Tackle Hunger!

Souper Bowl of Caring is a national campaign that works to mobilize those looking to fight hunger and poverty in their own communities around the time of the big football game. Learn more at souperbowl.org.



Support DMARC through Souper Bowl of Caring

You can host your own Souper Bowl of Caring event or drive to benefit the DMARC Food Pantry Network! Some ideas include:

- get a small group together to host a pop-up food drive at a grocery store the Saturday before the Big Game
- create a friendly competition between fans to see which team can raise the most funds, food, or both
- hold a soup supper with a good-will offering to raise funds
- host your own online virtual food drive to raise funds for DMARC, visit dmarcunited.org/donate/host-a-drive

Remember: Because we purchase food wholesale and in bulk, DMARC is able to buy two to six times more food per dollar than a grocery store consumer can buy with the same amount of money.

Our Top Food Needs

DMARC has healthy food guidelines at our food pantries, so please donate items that are low in sugar, fat and salt. Our top three current food needs are:

- healthy cereal (less than 10g of sugar per serving)
- peanut butter
- fruit canned in its own juice

Learn more by visiting:

dmarcunited.org/food/most-needed-items



Questions? Contact Nisha Kishor at nkishor@dmarcunited.org.



Working together to meet basic human needs for the greater Des Moines community.

The DMARC Food Pantry Network, established in 1976, consists of 14 partner pantry sites, 30+ Mobile Food Pantry sites, two food warehouses, and numerous community partners. It is the largest and oldest food pantry system in Iowa. Pantry sites are located in West Des Moines, Ankeny, Johnston, Clive and Urbandale, with nine sites in Des Moines.

Once per calendar month, families can receive a free, three-day supply of nutritionally balanced food. It's not enough for us to just fill stomachs, we want to provide nourishing food to those we assist. Families can also receive additional 'Anytime Items' every day at pantries. Last year, DMARC assisted over 58,000 individuals facing food insecurity in Greater Des Moines.

How You Can Help

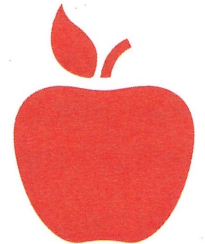


Donate Funds - dmarcunited.org/donate

DMARC works with a number of food wholesalers to find the best deals. With our purchasing power, we are able to buy anywhere from 2-6 times the amount of food you could in the grocery store with the same dollar. So, if you want to do more with your dollar, consider donating funds to our Food Pantry Network!

Donate Food - dmarcunited.org/donate/food

In-kind food donations through food drives and our Red Barrel program are still very important to DMARC's work. When donating food, please make sure you're donating items that meet our healthy food guidelines. If you're not sure about something, look for items to donate that are low in sugar, fat and salt.



Volunteer - dmarcunited.org/volunteer

We have all sorts of volunteer opportunities for both groups and individuals! Visit www.dmarcunited.org/volunteer for more details on how you can contribute your time and talents.