



**515-277-6969** www.dmarcunited.org

# If you need food, we are here to help!

We help provide families with food, personal items, and diapers.

#### **NO INCOME REQUIREMENTS**

#### WHAT'S IN A FOOD BOX?

Our food pantry network is health-based. We provide an assortment of 100% juice, cereal, soup, beans, corn, peaches, pears, pasta, rice, macaroni and cheese, tuna, peanut butter, beans, bread, milk, and fresh fruits and vegetables. Our vision is to also provide delicious recipes and useful cooking classes.



#### **FOOD**

Your family may receive a 4-day supply of free and fresh food once every month from a DMARC partner food pantry distribution site. You may also request personal care items, formula and diapers.

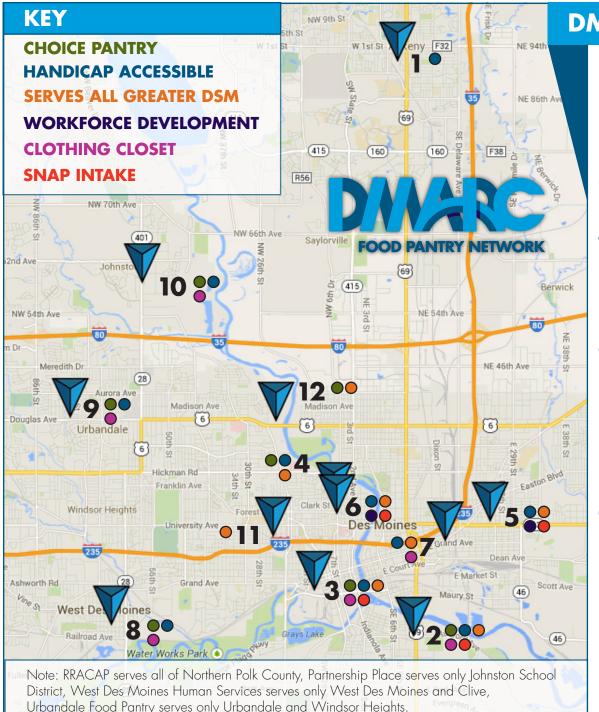
## **IDENTIFICATION**

Upon arriving at your neighborhood pantry site, we ask that you provide a photo ID for head of household and other identification for every member of the family. The amount of food you are eligible to receive is according to household size. A food box will be prepared for you, or you may select your own food items at one of our six choice pantries.

Some food pantry locations may request a current piece of mail that includes your name and address of primary residence.

## **PANTRY LOCATIONS**

To locate the pantry site closest to you, please refer to the backside of this flyer. Some pantries serve all of greater Des Moines, while others serve only certain districts. To identify your pantry site, visit dmarcunited.org or call the DMARC main office for assistance, 515-277-6969.



# **DMARC Food Pantry Network**

- **RED ROCK AREA COMMUNITY ACTION PROGRAM** 406 SW School St., Suite 201, Ankeny, IA 50023 515-965-0433
- 2 BIDWELL RIVERSIDE CENTER 1203 SE Hartford Ave., Des Moines, IA 50315 515-244-6251 x 213
- 3 CENTRAL IOWA SHELTER & SERVICES 1420 Mulberry St., Des Moines, IA 50309 515-284-5719
- **DES MOINES COMMUNITY ACTION AGENCY** 1618 6th Ave., Des Moines, IA 50314 515-248-6216 x 0
- 5 SALVATION ARMY CITADEL (EAST) 1216 E 25th Ct., Des Moines, IA 50317 515-266-3156
- **SALVATION ARMY TEMPLE (WEST)** 1330 6th Ave., Des Moines, IA 50314 **515-282-3422**
- **7 ST. MARY FAMILY CENTER** 1815 Hubbell Ave., Des Moines, IA 50314 **515-262-7290**
- **WEST DES MOINES HUMAN SERVICES** 139 6th Street, West Des Moines, IA 50265 515-222-3660
- 9 URBANDALE FOOD PANTRY 7611 Douglas Ave., Suite 34/35, Urbandale, IA 50322 515-251-6688
- **10 PARTNERSHIP PLACE** 5870 Merle Hay Rd., Suite D, Johnston, IA 50131 **515-868-1357**
- 11 CROSS MINISTRIES 1050 24th St., Des Moines, IA 50311 515-279-8877
- **12 POLK COUNTY RIVER PLACE FOOD PANTRY** 2309 Euclid Ave., Des Moines, IA 50310 **515-286-3695**