



AT THE PANTRY

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JULY 4, 7:30-10 a.m.

PANCAKES 4 PANTRY

St. Stephen Lutheran Church
to benefit the Urbandale Food Pantry

You're invited to breakfast
on the 4th of July!

Wednesday, July 4—7:30 to 10 a.m.

3510 72nd St.—Urbandale
2 blocks south of Douglas and
2 blocks from the parade route!

- ★ Pancakes
- ★ Coffee
- ★ Kid's activities
- ★ Sausage
- ★ Orange juice
- ★ Music

Breakfast is free — all
donations benefit the
Urbandale Food Pantry



Please Pass the Veggies

Calling all gardeners! Please plant a little extra and donate your surplus fruits & veggies to the Pantry. Donations are accepted during our operating hours. If you need to deliver at a another time, call us at 251-6688. "Please Pass the Veggies" to your neighbors in need!



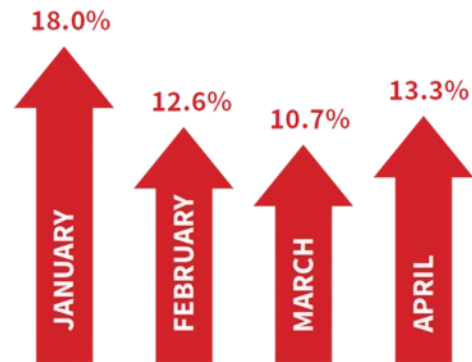
Farm to Pantry

Can't garden? Buy extra produce from a local farmer! Use *this tool* from Eat Greater Des Moines to find a farmers market, farm stand, or other local food near you! www.eatgreaterdesmoines.org

DMARC Needs Your Help

DMARC is seeing something alarming – double-digit and consecutive increases in usage of our Food Pantry Network. But with no parallel increase in contributions, we have the perfect storm. *And we don't see an end in sight.*

Monthly Increases in Usage Compared to 2017



The Urbandale Food Pantry receives the bulk of the food we distribute from DMARC. If DMARC cannot continue to meet the increasing need, neither will the UFP. In addition to supporting the UFP, please consider giving a gift of support to DMARC as well.

The Urbandale Food Pantry served an average of **2,220 individuals per month** from January - April 2018, an increase of **22.79%** from the same period last year

Monthly Personal Care Item

June: SHAMPOO

July: TOILET PAPER

August: SHAMPOO





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Volunteer at Urban Harvest

The Urban Heights Covenant Church with other community members created the Urban Harvest Garden at 7605 Aurora Avenue in Urbandale. The plot grows produce that is donated to the Urbandale Food Pantry throughout the growing season.



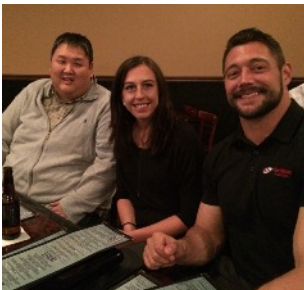
To volunteer, please call 278-1371 or e-mail office@uhecc.org. For the most up-to-date info on planting/harvesting times, like the facebook page: www.facebook.com/pages/Urban-

Stand Up Against Hunger 2018



Thanks to everyone who gathered for our 4th Annual Stand Up Against Hunger at the Funny Bone Comedy Club! We enjoyed some comic relief

with Willie Farrell and Dwayne Clark while raising funds for the Urbandale Food Pantry. We raised over \$6,600 from this fun night!



A big thank-you to The Funny Bone for providing the venue, to the wait staff for donating their time, and of course to Willie and Dwayne for offering their comic talents for our fundraiser again. We

couldn't do it without all of you!

FRESH THYME GIVING BAG PROGRAM



WHEN YOU BUY THIS BAG, WE GET A \$1 DONATION!
(ALL MONTH IN JUNE)

Fresh Thyme Grocery Store
2900 University Avenue, West Des Moines

Have Truck, Will Pick-Up Food!



With the help of the Gabus Foundation, Endow Urbandale, Giving Tuesday donors and the Gates Foundation, a private donor, and memorials for Cindy Morton, the Urbandale Food Pantry has a truck! Now we can make our daily pick-ups of food donations more easily and efficiently. Thank you to everyone who donated!

