



West Des Moines Human Services DMARC Food Pantry

Most Needed Food Items:

Canned Chicken & Tuna • Dry & Canned Soup • Canned Vegetables
Canned Fruit • Canned Meals • Beans • White or Brown Rice • Cereal
Nuts & Seeds • Dry Pasta & Pasta Sauce • Infant Formula • Shelf-Stable Milk
Baking Supplies • Spices • Dairy Products (unexpired) • Frozen Meat
Peanut Butter • 100% Juice • Fresh Fruits & Vegetables (prime ripeness)

Most Needed Non-Food Items:

- Personal Care Products: shampoo, soap, toothpaste, deodorant, etc..
- Feminine Hygiene Products & Adult Diapers
- Baby Supplies: diapers (larger sizes), wipes, shampoo and other baby items
- Household Cleaning Supplies
- Paper Products
- Grocery Bags: plastic and paper

Food Preferences:

- Canned foods with pop-top lids
- Low-sugar or no sugar added
- Low-sodium or no salt added
- Whole-grain
- Canned fruit in 100% juice or water
- Healthy snacks (granola bars, dried fruit, nuts)

We are unable to accept:

- Homemade food products
- Opened products (excluding diapers)

Donations are accepted
Monday through Friday
between 8 am and 4 pm at:

West Des Moines Human Services
139 6th Street
West Des Moines, IA 50265
(515) 222-3663