

Support your local pantry

DONATE TODAY!

The IMPACT Pantries provides thousands of Central Iowa residents with food and personal hygiene items every month. These items are difficult to purchase on a limited income and some cannot be purchased with Food Stamps. Providing families with these items is made possible, in part, by community donations. Consider donating items to help families in your community.

ITEM SUGGESTIONS:

- Meals-in-a-can (stew, chili, soup)
- Meals-in-a-box (mac and cheese, Hamburger Helper)
- Tuna and canned meat
- Peanut butter
- Low-sugar cereals
- 100% fruit juices
- Canned fruit packed in juice
- Toilet paper and paper towels
- Hand soap
- Shampoo and conditioner
- Toothpaste, toothbrushes, and floss
- Deodorant
- Bar soap and body wash
- Tampons and pads
- Baby diapers and wipes
- Adult diapers
- Dish soap
- Household cleaners
- Disposable razors

