

# Should I give Food or Money?



## North Dallas Shared Ministries puts BOTH to good use.

Our food assistance programs are unique. We don't provide a standard "grocery bag" of staples. Instead, we allow clients to choose the healthy, nutritious foods they want – up to \$250 worth for a family of five.

### How we use FOOD

There are some things we cannot obtain at a discount. Your donations of these items help us to stretch our budget and to provide more variety to our clients.

### How we use MONEY

For \$ 1.00 we can buy what would cost \$ 11.62 at a grocery or warehouse store. Our buying power and special relationships allow us to stretch every dollar. In short, we really leverage your contributions.

### We currently could use the following items:

Canned Peaches	Canned Pears	Canned Pineapple
Canned Mixed Fruit	Canned Applesauce	Peanut Butter*
Macaroni and Cheese	Cereal	Saltine Crackers
Canned Soup	Ramen Noodles	Toilet Tissue

*\*Please, no glass containers*

### However you choose to give – WE APPRECIATE IT!

Thank you for your kindness and generosity!



In 2019 NDSM provided food valued at \$1.9 million to 48,000 adults, seniors and children.

NDSM is a 501 (c) (3) non-profit organization.