



Join Us for a Volunteer Event with Meals from the Heartland!

Make a difference by helping package meals for those in need! Join us for a hands-on volunteer experience where we'll work together to fight hunger.

This event is open to families and the entire shop, everyone is welcome!

What to Expect:

- You'll be packaging meals alongside fellow volunteers.
- Hairnets and gloves will be provided.
- Volunteers must be at least 8 years old to participate.

Support the Cause:

Each volunteer will use over \$100 worth of ingredients during their shift. These ingredients are purchased, not donated—every contribution helps! Please consider bringing a donation of any size to support the mission and keep bellies full.

Register at **MWACA.org/events**
Questions? **816.413.9800**

Des Moines Chapter



Saturday, May 2, 2026



9:00 AM - 11:00 AM CDT



Meals From the Heartland
357 Lincoln St West Des Moines, IA 50265

Enter through the south doors

**FREE TO
VOLUNTEER!**



Empowering people to save starving children