



We need **YOU** to join us in  
providing meals for the hungry  
this Thanksgiving.



RaJan with Pulse Mornings will be broadcasting live  
from the Hope Ministries Food Donation Event on  
**Wednesday, November 22nd**  
**from 9am-1pm at 1310 6th Ave.**  
**Des Moines, IA**

Drop by to say “hey” and deliver food  
to provide meals for those in need.

### **Needed Items:**

- Bottled Water
- Ground Meat
- Coffee
- Pasta/Egg Noodles
- Dairy Donations
- Canned Tomatoes
- Green Beans
- Corn
- Tomato Paste
- Canned Fruit

} 10 pound cans

