FOOD BANK *of* ALASKA

Healthy Donation List

This is our wish list. The below items are "coveted" "dream items" and "very helpful" according to the local food pantries that we supply

CANNED PRODUCE
Spinach, mixed vegetables, tomatoes, tomato sauce, fruit packed in water or light syrup

DRIED FRUITS
Cranberries, cherries, apples, banana chips, raisins, apricots

DRIED MEATS & BEANS
Dried kidney, pinto and navy beans, split peas, lentils

WHOLE GRAINS
Quinoa
Rice: long grain and brown
Pasta: gluten free or whole grain
Cereal: low and no sugar
Rolled oats and instant oatmeal

PREPARED MEALS
Low-sodium soups and stews, pop-top meals for kids, kid-friendly healthy snacks

CANNED PROTEINS
Tuna, chicken, pork, all kinds of beans

HEALTHY FATS
Nuts and butters
Almonds, pecans, walnuts, almond butter, peanut butter, sunbutter

MILKS
Powdered and shelf-stable milk, almond milk, soy milk

Look for low-sugar and no sugar added options, low salt, natural and organic foods, and American Heart Association heart check seal.

BRING THESE ITEMS DIRECTLY TO FOOD BANK OF ALASKA
Because these items are perishable, they must be delivered to our warehouse at 2192 Viking Dr. Anchorage, AK 99501 between 8am-4pm Monday-Friday.

FROZEN
Fish, lean meats and poultry
All fruits and vegetables

GARDEN VEGETABLES
Yes, you can bring in your harvest!

DAIRY
Milk and cheese

EGGS
Do you own laying chickens? We'd be happy to take their extra eggs!

WILD FISH AND GAME
Alaskans love local fish and game!
Hunters must complete a transfer of possession form. Northern Air Cargo can provide free transportation. Please deliver to a commercial food processor and notify FBA Food Donation Coordinator at 222-3115. We can accept ONLY commercially processed fish and game.

www.foodbankofalaska.org/ways-to-give