

# **MOST-WANTED 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 2121 Spar Avenue, Anchorage AK between 8am-4pm Monday-Friday and 8am-3pm on Saturday

#### **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/give-food