



FOOD BANK *of* ALASKA

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.