



# Healthy Donation List

The following items are highly requested and considered “**dream donations**” by the local food pantries we serve. Whenever possible, please choose options that are low or no added sugar, low sodium, natural, or organic. Look for products with the American Heart Association Heart-Check seal.

## 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

## HEALTHY FATS

## NUTS AND BUTTERS

Almonds, pecans, walnuts, almond butter, peanut butter, sunbutter

## CANNED PROTEINS

Tuna, chicken, pork, all kinds of beans

## PREPARED MEALS

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

## MILKS

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

## Deliver These Items Directly to Food Bank of Alaska

Since these items are perishable, they must be delivered to our warehouse at:  
2192 Viking Dr., Anchorage, AK 99501 • Monday–Friday, 8am–4pm

## FROZEN

Fish, lean meats, poultry, fruits, vegetables

## GARDEN VEGETABLES

Yes, you can bring in your harvest!

## DAIRY

Milk and cheese

## EGGS

Own laying chickens? We'll happily accept their extra eggs!

## WILD FISH AND GAME

Alaskans love local fish and game, and we gladly accept donations to help feed our communities. To donate, hunters must complete a transfer of possession form, and Northern Air Cargo offers free transportation for these donations. All wild fish and game must be commercially processed before being donated. Before delivering, please notify Food Bank of Alaska's Food Donation Coordinator at 907-222-3115. We can only accept commercially processed fish and game.