

Most Wanted:

At Missoula Food Bank, we rely on donations throughout the year to keep our shelves stocked, and to provide the people who come through our doors with the food that they need. We gratefully accept any and all nonperishable donations (and properly handled perishable donations).

We also strive to provide those that we serve with the best possible nutrition, and have worked with nutritionists and health professionals to make sure that the foods we offer are healthy and nourishing.

Therefore, we humbly offer the following list of foods as a suggestion for the types of food that would be most helpful in providing the best possible nutrition to our clients:



Canned Tuna or Meat

Canned Chili

Brown Rice

Peanut Butter

Cooking Oil

Oatmeal

Fruits Canned in Own Juice

Hunts Tomato Sauce

Canned Soup (low Sodium)

Canned Vegetables (Low/No Sodium)

Canned Beans

Pasta

Low-fat Salad Dressings

Shelf-stable milk

Whole-grain cereal

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