

~Bank Notes~

FOOD BANK OF EAST ALABAMA

March 2026

Fresh Picks for Better Health:

Take Advantage of Available Produce

The nutrition world is filled with controversy about which foods are healthy to consume and which ones are not. However, there is one food group most everyone can agree on--fruits and vegetables. Produce is an important part of a healthy diet, and we should all be eating more of them.

A diet rich in fruits and vegetables can reduce the risk of heart disease and stroke, lower blood pressure, and help prevent some types of cancer.

If you have checked out the Food Bank's Food List recently, you have noticed the great variety of produce that is currently available to our agencies. At the beginning of the month, there were 22 different produce items—and many of these are available at minimal or no cost!

We encourage our agencies to check the Food List regularly and take advantage of this produce.



How long do vegetables last?

Use/Save right away - 1-3 days	Use/Save soon - 3-7 days	No rush - 1+ week
<ul style="list-style-type: none"> • Cucumbers • Green Beans • Broccoli • Lettuce • Mushrooms • Spinach • Corn 	<ul style="list-style-type: none"> • Greens (Collards, Kale, Swiss Chard, Mustard and Beet) • Yellow Squash • Zucchini • Peppers • Cauliflower • Eggplant • Tomatoes 	<ul style="list-style-type: none"> • Potatoes • Pumpkin • Sweet Potatoes • Beets • Cabbage • Carrots • Onions • Acorn Squash • Butternut Squash • Spaghetti Squash

Store these vegetables at room temperature: garlic, onions, potatoes, sweet potatoes, tomatoes and all winter squash (butternut, acorn, spaghetti and pumpkin)



TIP: Remove mushrooms from plastic container. Store them in a paper bag and refrigerate.

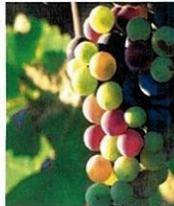
How long does fruit last?

Use/Save right away - 1-3 days	Use/Save soon - 3-7 days	No rush - 1+ week
<ul style="list-style-type: none"> • Strawberries • Raspberries • Blackberries • Blueberries • Avocados • Bananas 	<ul style="list-style-type: none"> • Cantaloupe • Honeydew • Plantains • Grapes • Pears • Watermelon • Peaches 	<ul style="list-style-type: none"> • Apples • Lemons • Limes • Cranberries • Grapefruit • Oranges

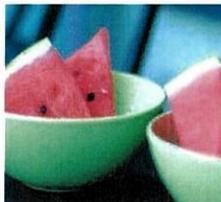


TIP: Berries can freeze easily.

Mix them into your oatmeal or favorite muffin mix.



TIP: Store bananas on counter in kitchen.



Crate Expectations:

We Need Them Back

And pallets, too!



Most of the food donated to the Food Bank comes in on pallets and often the produce items are in plastic crates. **Did you know the Food Bank is required to return pallets and crates to the donors?** We hope to avoid having to charge our agencies for pallets and crates, but unless our agencies make a concerted effort to return pallets and crates to the Food Bank, we may have to start charging a “deposit fee” that would be refunded when these items are returned. We greatly appreciate your help in getting these items back to us.

Agency Monthly Report Now Available Online!

You can now submit the Agency Monthly Report online via our website. This quick, easy, convenient option makes reporting easier while saving time and paper.



Follow these simple steps:

1. Visit foodbankofeastalabama.com/agency-partners/forms
2. Click **Online Agency Monthly Report—NEW** and enter your agency's information and data.
3. Click **Submit** at the bottom of the form. Your report will be sent directly to the Food Bank.

It's as easy as 1-2-3!

MARCH

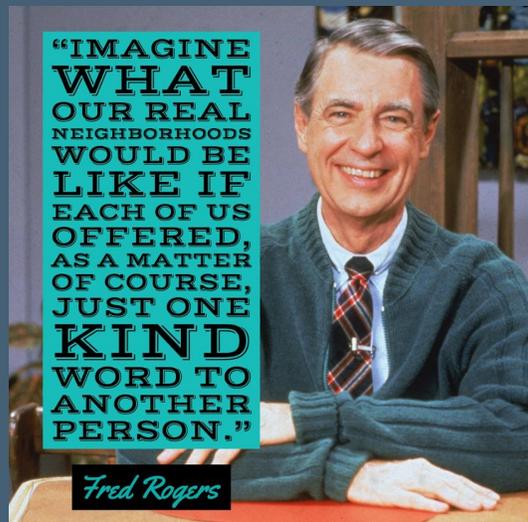
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8 DAYLIGHT SAVING TIME BEGINS 	9	10	11	12	13	14
15	16	17  Agency Orientation @ 8:45 am	18	19	20	21
22	23	24	25	26	27	28
29	30 [CLOSED] For inventory	31 [CLOSED] For inventory				



Our Agencies Spend Less & Give More

January 2026

Number of Agencies Shopping:	116
Pounds Distributed:	447,695
Retail Value per FA (\$1.90 per lb.):	\$850,621
Food Bank SMF:	\$25,312
Savings to FBEA Agencies:	\$825,308



Civil Rights Assurance

In accordance with Federal law and U.S. Department of Agriculture policy, no person shall, the basis of race, color, national origin, sex, age, or disability, be excluded from participation in or be denied, or otherwise subject to discrimination under this program.