

# **MOST NEEDED ITEMS**

We strive to offer a diversity of food that helps balance nutrition intake and diet, especially important to children, seniors, immigrants and those with health challenges. Cash gifts allow Channel One to purchase items we don't receive as donations including meat and dairy products.



## **MEAT, FISH AND PROTEIN**

Canned tuna, ham, or chicken, peanut butter, canned/dried beans

## **FRUITS AND VEGETABLES**

Canned fruits and vegetables, fresh produce

## **COMPLETE MEALS**

Boxed meals, hearty soups

## **GRAINS**

Rice, pasta

## **COOKING BASICS**

Flour, sugar, oil

## **SPECIAL DIETARY FOODS**

Gluten-free, low-sugar, low-sodium

## **PERSONAL CARE PRODUCTS**

Shampoo, deodorant, soap, toothpaste, diapers, toilet paper, feminine hygiene products



[www.helpingfeedpeople.org](http://www.helpingfeedpeople.org)