

# Caroling For Channel One



**Hello!**  
**We are caroling for**  
**Channel One Food Shelf**

If you have any can foods that you would like to donate to Channel One, it would be greatly appreciated!

## Items Needed

*Meats, Fish and Protein* – canned tuna, ham or chicken, beef stew, chili, peanut butter, canned/dried beans.

*Fruits and Vegetables* – fresh produce, 100% fruit juice, canned fruits and vegetables, instant potatoes, fruit preserves.

*Complete Meals* – pasta & sauce, boxed meals, hearty soups

*Grains* – cereal, rice

# Happy Holidays!

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