



Channel One Food Drive for Savings

March 18th – 24th

- **Donate 3 non-perishable food items; get a coupon to save 20% off your purchase at Thrive**
- **Donate 5 non-perishable food items; get a coupon to save 25% off your purchase at Thrive**
- **Donate 10 non-perishable food items; get a coupon to save 30% off your purchase at Thrive**

List of Items Needed Most

Shelf Stable Protein

Canned tuna, chicken or ham, peanut butter, beans, nuts, chickpeas

Fruits and Vegetables

Canned fruits and vegetables, fresh produce

Compete Meals

Hearty soups and stews, box meals

Grains

Rice, pasta, oatmeal, quinoa

Cooking Basics

Flour, oil, sugar, herbs and spices

Special Dietary Need Foods

Gluten free items, low sugar items, low sodium items

Personal Care Items

Toiletries, feminine hygiene items, diapers, toilet paper