

The following is the list of items that the Perinton Food Shelf distributes to its clients
Donation of any of these items will be appreciated

Items of greater need

Revised 11/16/20

Beverages:

- 1# coffee
- **regular tea (20 or 50 bag box)**
- water (16 oz)
- soda, sparkling water, ice tea, vitamin water, sports drinks (16 oz or less)
- juice boxes (6 to 8 box packs)
- juices (48 oz)
- shelf stable milk (32 oz)

Soup:

- **condensed varieties soup** (10 oz)
- condensed chicken noodle - **NOT need at the present time**
- Condensed tomato soup
- **Varieties of 19 oz cans of soup**
- Ramen, Cup of Noodles - **NOT need at the present time**

Crackers:

- saltines, ritz, oyster, club crackers, Keebler Club, etc.

Canned Pasta (15 oz):

- like: spaghettos, spaghetti & meatballs, beefaroni, ravioli, mac & cheese, mac & beef

Canned meats/seafood:

- Chicken (12 oz)
- pork (24 oz)
- spam
- tuna fish - **NOT need at the present time**
- clams, salmon, sardines

Misc Canned Food:

- **Stew** (24 oz)
- baked (pork) & beans (15 oz)
- **chili** (15 oz)
- **hash** (15 oz)

Canned & Dry Beans

- **Red Kidney beans**
- black, cannellini, pinto, garbanzo, navy, lentils, split pea, great northern - **not needed at this time**

Canned Vegetables:

- **peas, carrots**, beets, olives, mushrooms, **mixed vegetables**
- corn and green beans - **not needed at this time**

Canned Fruit:

- applesauce (24 oz) - **NOT need at the present time**
- **peaches fruit cocktail, pears**, (15oz)

Boxed Potatoes:

- **mash potatoes** (13 oz)
- **mixes (scalloped, au gratin)**

Condiments:

- **salad dressing** (16 oz)
- **cooking oil** (32 oz or less)
- **mayo** (30 oz or less)
- mustard (8 oz)
- **ketchup** (20 oz)

Pasta:

- Spaghetti - **not needed at this time**
- Other pasta: **NOT need at the present time** - elbow macaroni, egg noodles, lasagna, farfalle, orzo, penne, rigatoni, semolinas, rotini,

Spaghetti Sauce (24 oz)

- **NOT need at the present time**

Tomato Products:

- **tomato sauce** (15 oz)
- **diced tomatoes** (15 oz)
- **tomato paste** (6 & 12 oz)
- **crushed tomatoes** (15 oz)

Macaroni Products:

- Kraft mac & cheese - **NOT need at the present time**
- **Knorr pouches**
- **Bear Creek pouches**
- **Suddenly Salad**
- **Hamburger Helper**
- **Tuna Helper**

Peanut Butter - NOT need at the present time

Jelly - all types

- Pan Cake Mix
- **Pan Cake Syrup**

Rice:

- Multi meal rice - box or bag
- instant rice (16 oz)
- Single meal rice mixes - boxes or pouches of mixes Rice-a-Roni, Goya, Earthy Grains, Uncle Ben pouch

Baking Products

- **cookies**
- **cake mixes**
- **frosting**
- **brownie mixes**
- **muffin mixes**
- **cookies mixes**

Other Items:

- sugar (16 oz)
- salt
- **gravy** (12 oz or less)
- **stove top stuffing**

Cereal:

- regular cereal - **NOT need at the present time**
- **Oatmeal**

Snacks:

- **boxes of cookies**
- **bags of chips, pretzels**
- **boxes of granola bars**
- **boxes of pop tarts**
- pop corm
- **boxes or packs of jello, pudding, fruit**

Personal Products:

- **shampoo** (16 oz)
- hand soap
- **deodorant**
- tooth paste
- tooth brush (single or 2 packs)

Paper Products:

- **paper towels**
- toilet paper
- **kleenex**

Detergent:

- Laundry (64 oz or less)
- Dish (16 oz)