

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 1/4/2021

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**

Peanut Butter - NOT need at the present 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, mandarin oranges, pineapple (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**
- 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

Jelly

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)
- bar 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)