

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 – The Shelf is generally low right now
Consider having a food drive this fall.

Items of greater need - Please note recommended item sizes

Revised 9/17/2022

Beverages:

- 1# coffee
- regular tea (20 or 50 bag box)
- juice boxes (6 to 8 box packs)
- Orange/Apple Juice (48 oz)
- shelf stable milk (32 oz)

Soup:

- Lipton Noodle Soup
- condensed varieties soup(10oz)
- condensed chicken noodle -
- Condensed tomato soup
- Varieties of 19 oz cans of soup
- Ramen, Cup of Noodles

Crackers:

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

Canned Pasta (15 oz):

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

Canned meats/seafood:

- Chicken (12 oz)
- pork (24 oz)
- spam
- tuna fish
- clams, salmon, sardines

Misc Canned Food:

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

Canned & Dry Beans

- Red Kidney beans
- black, cannellini, pinto, garbanzo, navy, lentils, split pea, great northern

Peanut Butter (12-16 oz)

Jelly

- strawberry
- grape

Canned Vegetables:

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

Canned Fruit:

- applesauce (jars or cans 24 oz)
- peaches, fruit cocktail, pears, mandarin oranges, pineapple (15oz)

Boxed Potatoes:

- mashed 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: elbow macaroni, egg noodles, lasagna, farfalle, orzo, penne, rigatoni, semolinas, rotini,

Spaghetti Sauce (24 oz)

Tomato Products:

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

Macaroni Products:

- Mac & cheese
- Knorr pouches
- Bear Creek pouches
- Suddenly Salad
- Hamburger Helper
- Tuna Helper

Pancake Mix

- Pancake 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

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

Other Items:

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

Cereal:

- regular cereal
- Oatmeal

Snacks:

- boxes of cookies
- bags of chips, pretzels
- boxes of granola bars
- boxes of pop tarts
- pop corm
- jello, pudding
- dry 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)