

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 5-10-2023

**Beverages:**

- 1# coffee
- regular tea (20 or 50 bag box)
- juice boxes (6 to 8 box packs)
- Orange/Apple Juice (64 oz)
- shelf stable milk (32 oz)

**Soup:**

- Lipton Noodle Soup
- condensed varieties soup<sup>(10oz)</sup>
- 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: spaghettos, 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 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

**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)