

The following is the list of items that the Perinton Food Shelf distributes to its clients  
It would be appreciated if you only donated items from this list

**Also note the size recommendations for your donations**

Revised 1/22/2024

**Beverages:**

- coffee (1lb or less)
- regular tea (20 or 50 bag box)
- juice boxes (6 to 8 box packs)
- orange/apple or other) types of juice (64 oz or less)
- shelf stable milk (32 oz)

**Soup:**

- Any type or variety of soup  
19 oz or less
- Ramen, Cup of Noodles

**Crackers:**

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

**Canned Pasta (15 oz):**

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

**Canned meats/seafood:**

- Chicken (12 oz)
- tuna fish

**Misc Canned Food:**

- Stew (20 oz or less)
- baked (pork) & beans (16oz)
- chili (15 oz)
- hash (15 oz)
- Sloppy Joe (15 oz)

**Canned Beans (15 oz)**

- red kidney beans, black, cannellini, pinto, navy, garbanzo, great northern

**Peanut Butter (12-16 oz)**

**Jelly (12-16 oz)**

**Pancake Mix 1#**

**Pancake Syrup**

**Canned Vegetables: (15 oz)**

- peas, carrots, beets, mushrooms, mixed vegetables  
corn and green beans

**Canned Fruit:**

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

**Boxed Potatoes:**

- mashed potatoes box (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 types of pasta: elbow, macaroni, egg noodles, farfalle, orzo, penne, rigatoni, semolinas, rotini,

**Spaghetti Sauce (24 oz)**

**Tomato Products:**

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

**Macaroni Products:**

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

**Rice:**

- rice or instant rice  
1 or 2 lb. box or bag
- Single meal rice mixes -  
ie. Rice-a-Roni, Goya, Earthy Grains, Uncle Ben

**Baking Products**

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

**Other Items:**

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

**Cereal:**

- regular cereal
- Oatmeal 1# or 42oz

**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)