

**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 4/2024

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)
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