

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 **NO JUMBO**

Revised 3/7/2026

**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)
- hot coco

**Soup:**

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

**Crackers:**

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

**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**

**Pancake Syrup**

**Canned Vegetables: (15 oz)**

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

**Canned Fruit:**

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

**Boxed Potatoes:**

- mashed potatoes box (13 oz)
- mixes (scaloped, 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 corn
- 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)