

FOOD *Sense*

A MONTHLY FOOD
CO-OP FOR EVERYONE



April 2024 Newsletter

*** PLEASE NOTE:** For order deadlines and pick-up dates, please contact your participating host site.

HOW TO ORDER A PACKAGE:

To pay with credit or debit card:

1. Visit foodsense.foodbankcny.org and select your participating pick-up site.
2. Select the items you would like to purchase.
3. Pay with credit or debit card!

To pay with cash or EBT:

1. Call (800) 444-1562 or use our Food Finder tool at fbcny.org/findfood to find a Food \$en\$e site near you.
2. Contact your local site coordinator to order and pre-pay with cash or EBT payment.



ORDER ONLINE:

foodsense.foodbankcny.org

A program of:



APRIL PACKAGE (\$20.50)

Italian Meatballs, 1 lb.
Tilapia, 1 lb.
Italian Sausage, 1 lb.
Boneless Chicken Drumstick Meat, 1 lb.
Mozzarella Cheese, 8 oz.
Tomato Soup, 18.5 oz.
Spaghetti Sauce, 24 oz.
Rigatoni, 1 lb.
Diced Tomatoes, 14.5 oz.
Pears, 14.5 oz.
Grape Tomatoes, 1 pint
Celery, 1 sleeve

MAY PACKAGE (\$20.50)

Chicken Breast, 1.66 lb. (avg.)
Marinated Beef Portions, 1 lb.
Ground Turkey, 1 lb.
Fish Sticks, 1 lb.
Hot Dogs, 1 lb.
French Fries, 30 oz.
Mac & Cheese, 7.25 oz.
Frozen Strawberries, 1 lb.
Applesauce, 15 oz.
Frozen Carrots, 16 oz.
Produce #1
Produce #2

MAY SPECIALS:

- **Chicken Wings, 5 lbs. for \$11.25** - The chicken wings are ready for the air-fryer or grill and are individually quickly frozen.
- **Protein Box, 6 lbs. for \$14.50** - Includes ground beef (1 lb.), Italian sausage (1 lb.), chicken drumsticks (2.2 lbs.), Pollock fillets (1 lb.), & bologna (1 lb.).
- **American Cheese, 5 lbs. for \$13.00** - The American cheese is not individually wrapped.
- **Shrimp Scampi, 1.5 lbs. for \$6.00** - The shrimp scampi is a complete meal with shrimp, linguini pasta, and vegetables in a creamy sauce.
- **Baby Back Ribs, 2 lbs. for \$10.50** - The ribs are fully cooked and are in a BBQ sauce.
- **Meatballs, 5 lbs. for \$13.25** - The Italian meatballs are fully cooked and are in a five-pound bag.



SIGN UP FOR OUR E-NEWSLETTER FOR EXCLUSIVE RECIPES!

To learn more or
find a site near you,
visit fbcny.org/fs or
call (800) 444-1562.

FEATURED RECIPE

FOOD *Sense*

Italian Meatball and Mozzarella Stuffed Bell Peppers

Serves 4

Ingredients:

- 1 lb. Italian meatballs*
- 8 oz. mozzarella cheese*
- 4 large bell peppers
- Olive oil
- 1 teaspoon garlic, minced
- ½ cup onion, chopped
- 1 cup cooked rice
- 1 cup pasta sauce*
- Salt and pepper, to taste
- Grated parmesan cheese, for garnish



Directions:

1. Preheat the oven to 375° F.
2. Cut the tops off the bell peppers and remove the seeds.
3. In a skillet, heat olive oil over medium heat. Add garlic and onions, and sauté until softened.
4. Add the Italian meatballs to the skillet and cook until heated through.
5. Remove the skillet from heat and stir in cooked rice, pasta sauce, salt, and pepper.
6. Stuff each bell pepper with the meatball mixture and top with mozzarella cheese.
7. Place the stuffed bell peppers in a baking dish and cover with foil.
8. Bake in the oven for 25-30 minutes, or until the peppers are tender.
9. Remove the foil and sprinkle grated Parmesan cheese over the top. Bake for an additional 5 minutes until the cheese is melted and bubbly.



ORDER ONLINE:
foodsense.foodbankcny.org



SHARE FEEDBACK:
fbcny.org/feedback



E-NEWSLETTER SIGN-UP:
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