

FOOD Sense

A MONTHLY FOOD
CO-OP FOR EVERYONE



March 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:



MARCH PACKAGE (\$20.50)

Pork Tenderloin, 1.8 lbs. (avg.)
Chicken Drumsticks, 2.4 lbs. (avg.)
Marinated Beef Portions, 1 lb.
Pollock Fillets, 1 lb.
Ground Turkey, 1 lb.
Stuffed Rigatoni, 12 oz.
Peas and Carrots, 1 lb.
Frozen Strawberries, 1 lb.
Elbow Macaroni, 1 lb.
Applesauce, 15 oz.
Cabbage, 1 head
Mushrooms, 8 oz.

APRIL PACKAGE (\$20.50)

Meatballs, 1 lb.
Italian Sausage, 1 lb.
Tilapia, 1 lb.
Boneless Chicken Drumsticks, 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.
Produce #1
Produce #2

APRIL SPECIALS:

- **Breaded Shrimp, 3 lbs. for \$13.00:** The shrimp are butterflied, breaded, and 21-25 per pound.
- **Stuffed Chicken, 2 lbs. for \$10.00:** The chicken breasts are stuffed with apples and cranberries.
- **Beef with Broccoli, 22 oz. for \$6.50:** The beef and broccoli consist of beef strips, broccoli florets, and red bell peppers with white rice in a savory soy sauce.
- **Mozzarella Sticks, 3 lbs. for \$11.50:** The mozzarella sticks are par-cooked and ready for the oven.
- **Pantry Box 10 lbs. for \$11.50:** The pantry box is 9 items and consists of, Corn Flakes (7 oz.), Pancake Mix (32 oz.), Instant potatoes (13.3 oz.), Chicken in a pouch (4.5 oz.), Elbow Macaroni (1 lb.), Peanut Butter (18 oz.), Strawberry Spread (19 oz.), Applesauce (15 oz.) and Carrots (14.5 oz.).
- **Stuffed Shells, 3 lbs. for \$ 7.50:** The stuffed shells are frozen and have 18 shells per special.



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*

Pork Tenderloin with Cabbage & Mushroom Stir-Fry

Serves 4

Ingredients:

- 1 pork tenderloin* (1-2 lbs.)
- 4 cups shredded cabbage*
- 1 cup sliced mushrooms*
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon vegetable oil
- Salt and pepper to taste
- Cooked rice for serving



Directions:

1. Prepare the pork tenderloin: Trim any excess fat from the pork tenderloin and slice it into thin ½-inch pieces
2. In a bowl, season the pork slices with salt and pepper.
3. Heat the vegetable oil in a large skillet over medium-high heat. Add the minced garlic and stir-fry for about 30 seconds until fragrant. Add the sliced mushrooms and cook for 2-3 minutes until they start to soften. Add the shredded cabbage to the skillet and cook for another 3-4 minutes until it wilts slightly.
4. Push the vegetables to one side of the skillet and add the seasoned pork slices in a single layer. Cook the pork for 2-3 minutes on each side until browned and cooked through.
5. Mix the cooked pork with the cabbage and mushrooms in the skillet.
6. Drizzle soy sauce over the mixture and toss everything together until well combined.
7. Serve the pork tenderloin stir-fry over cooked rice.



ORDER ONLINE:
foodsense.foodbankcny.org



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