

FOOD \$ENSE



A monthly food buying program for anyone who wants to stretch their grocery dollars

PLEASE NOTE:

We only accept checks/money orders made payable to Food Bank of Central New York. Any customer checks must be approved by coordinator and be made out to your host site.

IMPORTANT DATES & REMINDERS FOR COORDINATORS:

- EBT Approvals: September 12
- Order Deadline: September 13
- Money due at Food Bank: September 17
- Delivery Dates: September 22-24

PLEASE NOTE: Please contact your participating host site for specific days and times.

- Payments not received by the deadline will result in your delivery not being shipped
- We only accept checks/money orders made payable to Food Bank of Central New York
- Please do not send paper clips or staples with your payments
- Envelopes should be labeled "re: Food Sense"

August Package (\$20.50)

Ground Beef, 1 lb.
Pork for Stir Fry, 1 lb.
Chicken Drumsticks, 3.5 lbs. (avg.)
Pollock Fillets, 1 lb.
Hot Dogs, 1 lb.
Cheddar Cheese, 8 oz.
Fresh Macaroni Salad, 16 oz.
French Fries, 32 oz.
Fudge Brownies, 10.3 oz.
Canned Corn, 15 oz.
Fresh Grape Tomatoes, 1 pint
Fresh Sweet Corn, 4 ears

September Package (\$20.50)

Italian Meatballs, 1 lb.
Chicken Thighs, 3.5 lbs. (avg.)
Italian Sausage, 1 lb.
Veal Patties, 12 oz.
Ground Turkey, 1 lb.
Cheese Ravioli, 13 oz.
Spaghetti Sauce, 24 oz.
Diced Tomatoes, 15 oz.
Hamburger Helper, 5.8 oz.
Mandarin Oranges, 11 oz.
Fresh Produce #1
Fresh Produce #2

September Specials

Stuffed Pork Chops, 2 lbs. for \$7.50: The pork chops are stuffed with apples and cranberries.

Chicken Tenders, 5 lbs. for \$11.50: The chicken tenders are a breaded chicken from Tyson Foods.

Shrimp, 1 lb. for \$7.00: The shrimp are uncooked and are peeled and deveined.

American Cheese, 5 lbs. for \$11.00: The sliced American cheese is not individually wrapped.

French Fries, 5 lbs. for \$5.00: The French fries are ready to cook and are a straight-cut restaurant fry.

Hot Pockets, 12/8 oz. sandwiches for \$20.50: The pepperoni Hot Pockets contain 12 sandwiches per special.

Grilled Pork and Pineapple Skewers

Serves 4

- 1 pound pork kabob*
- 2 tablespoons Teriyaki Sauce
- 1 cup fresh pineapple chunks
- 1 green pepper, cut into 2-inch pieces
- 1 red pepper, cut into 2-inch pieces
- 1 sweet onion, cut into 2-inch pieces
- Olive oil



Directions

1. Place pork kabobs into a large zip top bag. Add teriyaki sauce to the pork. Press as much air out of the bag as possible and seal. Massage the teriyaki sauce onto the pork and allow to marinate for at least one hour to overnight in the refrigerator.
2. Preheat grill to 425° F. Arrange pork, pineapple, peppers and onion onto skewers. Brush grill with olive oil to prevent sticking. Place skewers onto grill and cook for 15-20 minutes or until pork registers between 160° F. Remove from grill and allow to rest about 3 minutes before serving. Brush with extra teriyaki sauce

Food \$en\$e Contacts:

(315) 437-1899 or (800) 444-1562

Transportation: Nate O'Grady, ext. 274

Product Shortages: Adam Croteau, ext. 235

Quality Control: Andrew Katzer, ext. 231

Ordering/Billing: Allison Rood, ext. 230