

FOOD \$EN\$E



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

Wishing You A Safe and Happy Holiday Season

Please check out the specials for January, like shrimp cocktail and chicken tenders!

Important Dates and Reminders for Food \$en\$e Coordinators:

EBT Approvals: January 10
Order Deadline: January 11

Money Due to the Food Bank: January 15
Delivery Dates: January 20 - 22

- For Customer Order Deadlines: 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*"
- Important forms and documents on the Food Bank website can be found under *Get Help/Community Services/Food \$en\$e/Food \$en\$e Coordinators*

December Package: (\$20.50)

- Pork Tenderloin, 1.7 lbs. (avg.)
- Chicken Drumsticks, 3 lbs. (avg.)
- Fish Sticks, 1 lb.
- Ground Turkey, 1 lb.
- Fresh Eggs, 1 dozen
- Honey Nut Cereal, 12.9 oz.
- Pancake Mix, 32 oz.
- Apple Juice, 64 oz.
- Frozen Strawberries, 16 oz.
- Frozen Diced Potatoes, 16 oz.
- Fresh Carrots, 1 lb.
- Fresh Spinach, 10 oz.

January Package: *Subject to change*

- Meatballs, 1 lb.
- Chicken Breast Boneless, 1 lb.
- Italian Sausage, 1 lb.
- Veal Patties, 12 oz.
- Ground Turkey, 1 lb.
- Mozzarella Cheese, 8 oz.
- Cheese Ravioli, 15 oz.
- Spaghetti Sauce, 15 oz.
- Tropical Fruit Salad, 1 oz.
- Diced Tomatoes, 15 oz.
- Fresh Produce
- Fresh Produce

January Specials:

Chicken Tenders: 8 lbs. for \$9.50 - The chicken tenders are a breaded chicken strip from Tyson Foods.

Pork Roast: 2 lbs. for \$7.25 - The pork roast is boneless and weighs 2 lbs. per special.

Cooked Shrimp: 1 lb. for \$7.00 - The cooked shrimp contains 31-40 shrimp per pound.

Meatloaf: 2 lbs. for \$7.00 - The meatloaf is a traditional meatloaf made with 100% ground beef.

Onion Rings: 2.5 lbs. for \$6.50 - The onion rings are ready to cook and can be used in the oven or fryer.

American Cheese: 5 lbs. for \$10.50 - The sliced American cheese is not individually wrapped.

Chicken Drumsticks: 5 lbs. for \$5.00 - The chicken drumsticks are in a five pound bag.

Healthy Egg Casserole

- 1 large onion, diced
 - 1 bell pepper, diced
 - 8 large eggs
 - 1 cup shredded cheddar cheese
 - Salt and pepper to taste
- * Ingredient in Food \$en\$e package

Serves 4



Directions

1. Preheat the oven to 350°F. Grease a 9 x13 baking dish with butter.
2. Place the stuffing cubes in a large mixing bowl.
3. In a large skillet, over medium heat, cook diced bacon until it just starts becomes soft. Occasionally for about 6-8 minutes.
4. Add garlic and onion and cook until bacon begins to brown.
5. Add bell pepper, cover and cook for 5-10 minutes or until the veggies are soft and bacon is browned, stirring occasionally.
6. Remove from heat and let cool.
7. In a medium bowl, whisk together eggs.
8. Add sea salt and pepper and whisk to combine.
9. Add cooled bacon/veggie mixture to the beaten eggs and stir to combine.
10. Add cheese. Stir to combine.
11. Pour into prepared baking dish and spread the mixture evenly in the dish.
12. Bake in preheated oven for 25-30 minutes, or until top is set and slightly browned.
13. Cool for 5 minutes and serve warm.

Food \$en\$e Contacts:

Main Number: (315) 437-1899 or (800) 444-1562

Product Shortages: Adam Croteau, ext. 235

Control: Andrew Katzer, ext. 231

Ordering/Billing: Allison Rood, ext. 230

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