

FOOD *Sense*

a monthly food co-op for everyone



December 2022 Newsletter

IMPORTANT DATES FOR FOOD \$EN\$E COORDINATORS:

EBT Approvals: January 15

Order Deadline: January 16

Money due at Food Bank: January 20

Delivery Dates: January 25-27

PLEASE NOTE: For customer order deadlines, please contact your participating host site for specific days and times.

1. All F\$ payments must be received at the Food Bank no later than the Friday of the week prior to your F\$ delivery. Please reference the F\$ schedule of important dates.

2. Make sure you are entering the correct voucher numbers and writing down the correct approval number. If this is not done accurately, the F\$ site is responsible if there is a discrepancy.

3. When submitting payment please include a completed F\$ payment form, one check made out to FBCNY, and the white copies of the approved EBT Vouchers.

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

PLEASE REMEMBER:

- If your payment is not received by the deadline, your delivery will not be 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 resources on the Food Bank website can be found under: [Our Programs/Food \\$en\\$e/Forms & Resources](#)

DECEMBER PACKAGE (\$20.50)

Breakfast Sausage Patties, 12 oz.

Ham Steaks, 12 oz.

Ground Chicken, 1 lb.

Eggs, 1 dozen, medium-sized

Toaster Scramble, 14.4 oz.

Pancake Mix, 32 oz.

Corn Flake Cereal, 7 oz.

Pancake Syrup, 24 oz.

Frozen Strawberries, 1 lb.

Mandarin Oranges, 11 oz

Carrots, 1 lb.

Cherry Tomatoes, 8 oz.

JANUARY PACKAGE (\$20.50)

Italian Sausage, 1 lb.

Chicken Thighs, 3 lbs. (avg.)

Italian Meatballs, 1 lb.

Ground Turkey, 1 lb.

Pizza Poppers (3 Cheese), 6.8 oz.

Mozzarella Cheese, 8 oz.

Penne Chicken Soup, 19 oz.

Cheese Ravioli, 13 oz.

Spaghetti Sauce, 24 oz.

Diced Tomatoes, 14.5 oz.

Fresh Produce #1

Fresh Produce #2

JANUARY SPECIALS:

Stuffed Pork Chops, 2 lbs. for \$8.50: The pork chops are stuffed with apples and cranberries.

Chicken Wings, 5 lbs for \$9.50: The chicken wings are ready for the fryer or oven and are in a re-sealable bag.

American Cheese, 5 lbs. for \$14.00: The sliced American cheese is not individually wrapped.

Onion Rings, 2.5 lbs. for \$9.25: The onion rings are ready to cook and can be used in the oven or fryer.

Lobster Bites, 15 oz. \$5.25: The lobster bites can be deep-fried or baked in the oven.

Pantry Box, 10 items for \$13.00: The pantry box contains 10 items: Whole Grain Corn Flakes (18 oz.), Pancake Mix (32 oz.), Pancake Syrup (24 oz.), Mac and Cheese (7.25 oz.), Tuna in Water (5 oz.), Spaghetti (1 lb.), Peanut Butter (18 oz.), Strawberry Spread (19 oz.), Corn (15 oz.) and Pears (15 oz.).

FEATURED RECIPE

Pancake Breakfast Sandwich

Serves 4

INGREDIENTS

**Ingredient in Food \$en\$e package*

- 4 Frozen Sausage Patties*
- 4 Slices American Cheese
- 2 Cups Pancake Mix*
- 1 3/4 Cup Cold Water
- 7 Eggs*
- 2 Tablespoons Cream or Milk
- Salt and Pepper to taste



DIRECTIONS

1. Heat the sausage patties according to the package directions.
2. Move a baking tray to the oven set at the lowest temperature to keep it warm.

Pancakes:

3. If using a box mix, follow the directions on the box until the batter is formed.

Folded Eggs:

4. Whisk the egg, cream, and salt and pepper in a large measuring cup.
5. Heat a medium-sized skillet over low heat. Add 1 teaspoon of butter and spread to coat the pan.
6. Pour 1/4 of the egg mixture into the heated pan, swirling to make sure it covers the entire bottom of the pan.
7. Cover and cook for 1 minute, or until the egg begins to set.
8. Fold the egg over in half and then in half again, creating the folded egg.

Assemble:

9. Place a pancake onto a plate. Top with a slice of cheese, sausage patty, egg, and top with a second pancake.



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