

FOOD \$EN\$E



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

DID YOU KNOW?

Do you know how much money you spend on groceries each month? Having a food budget and sticking to it can help save money. One easy method to get an estimate is to put all of the grocery receipts in an envelope for a month and add it up. You can get a better idea on where your money is going and try ways of cutting for the next month.

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

EBT Approvals: March 15
Order Deadline: March 16

Money Due to the Food Bank: March 20
Delivery Dates: March 25-27

- 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*

February Package:

- Pork Tenderloin, 1.7 lbs. (avg.)
- Chicken Thighs, 3.5 lbs. (avg.)
- Fish Sticks, 1 lb.
- Ground Beef, 1 lb.
- Polish Sausage, 13 oz.
- Pierogies, 13 oz.
- Cheddar Cheese, 8 oz.
- White Rice, 1 lb.
- Broccoli Florets, 1 lb.
- Applesauce, 15 oz.
- Fresh Carrots, 2 lbs.
- Fresh Cantaloupe, 1 each

March \$20.50:

- Chicken Drumsticks, 3.5 lbs. (avg.)
- Ham Steaks, 1 lb.
- Tilapia Fillets, 1 lb.
- Ground Turkey, 1 lb.
- Salisbury Steaks, 12 oz.
- Pizza (BBQ), 14 oz.
- French Fries, 20 oz.
- Macaroni & Cheese, 7.25 oz.
- Frozen Tropical Fruit, 1 lb.
- Diced Carrots, 1 lb.
- Fresh Produce
- Fresh Produce

March Specials:

Pork Loin: 7-9 lbs. (avg.) for \$13.50 - The pork loin is center cut and average 8 pounds per special.

Chicken Tenders: 5 lbs. for \$6.50 - The chicken tenders are breaded and can be cooked in the oven or fryer.

Shrimp: 2 lbs. for \$9.00 - The shrimp are easy peel and contain 31-40 shrimp per pound.

Meatballs: 5 lbs. for \$13.00 - The Italian meatballs are fully-cooked and are in a five-pound bag.

Pantry Box: \$11.25 - The Pantry Box includes: Pancake Mix (32 oz.), Toasted Oat Cereal (12 oz.), Crushed Tomatoes (28 oz.), Instant Potatoes (13.3 oz.), Brown Rice (1 lb.), Macaroni & Beef (15 oz.), Tuna Fish (5 oz.), Peanut Butter (18 oz.), Grape Spread (19 oz.), Mandarin Oranges (11 oz.).

Onion Rings: 2.5 lbs. for \$6.00 - The onion rings are ready to cook and can be used in the oven or fryer.

Stuffed Shells: 3 lbs. for \$5.50 - The stuffed shells are stuffed with a ricotta cheese filling.

Ground Beef & Broccoli

Ingredients

1 lb ground beef*

¼ cup sodium soy sauce

1 ¼ cups beef broth

1 tablespoon honey

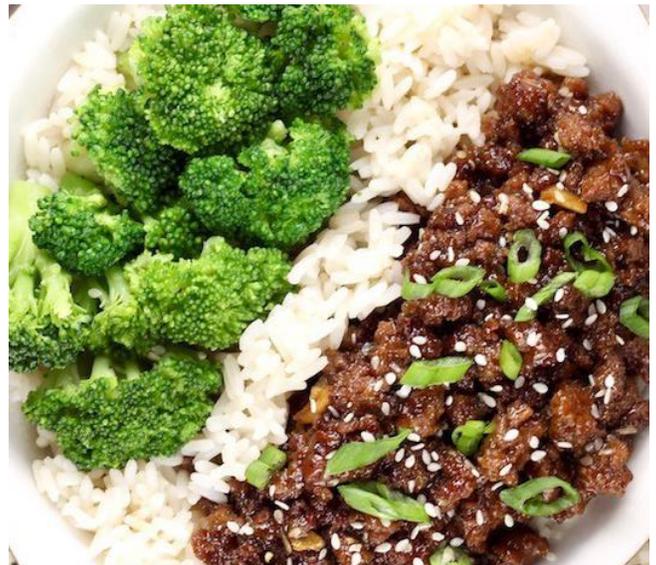
3 cloves garlic, minced

1 bag frozen broccoli*

Pinch crushed red pepper flakes

Cooked rice, for serving

*Ingredient in Food \$en\$e package



Directions

1. Set a large skillet or Dutch oven over medium heat. Add the ground beef and cook until no longer pink, breaking apart and stirring as the meat cooks.
2. While the beef is cooking, combine the beef broth, soy sauce, honey, garlic, and red pepper flakes in a bowl. Set aside.
3. Add the sauce and the broccoli to the pot and stir to combine. Bring to a boil and then reduce to simmer. Cook for several minutes and stir occasionally until the broccoli is cooked to your desired tenderness.
4. Serve over cooked rice or noodles.

Serves 4

Food \$en\$e Contacts:

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

Transportation: Bob Lindsay, ext. 234

Product Shortages: Adam Croteau, ext. 235

Control: Andrew Katzer, ext. 231

Ordering/Billing: Allison Rood, ext. 230