

# FOOD Sense

A MONTHLY FOOD  
CO-OP FOR EVERYONE



February 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](https://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](https://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](https://foodsense.foodbankcny.org)

A program of:



## FEBRUARY PACKAGE (\$20.50)

Chicken Breasts, 1.8 lbs. (avg)  
Pork Kabobs, 1 lb.  
Ground Beef, 1 lb.  
Kielbasa, 13 oz.  
Fish Sticks, 1 lb.  
Pierogi, 13 oz.  
Cheddar Cheese, 8 oz.  
Fingerling Potatoes, 12 oz.  
Applesauce, 15 oz.  
White Rice, 1 lb.  
Carrots, 2 lbs.  
Celery, 1 sleeve

## 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.  
Fresh Produce #1  
Fresh Produce #2

## MARCH SPECIALS:

- **Spiral Hams, 9 lbs. for \$13.50:** The spiral honey ham is bone-in, fully cooked, and averages 9 lbs. per special.
- **Lasagna Roll-Ups, 2.5 lbs. for \$6.50:** The cheese lasagna roll-ups are stuffed with ricotta and Romano cheese and are over two and a half pounds.
- **Meatloaf, 2 lbs. for \$9.00:** The meatloaf is a traditional meatloaf made with 100% ground beef.
- **Stuffed Pork Chops, 2 lbs. for \$9.00:** The pork chops are stuffed with apples and cranberries.
- **American Cheese, 5 lbs. for \$12.50:** The sliced American cheese is not individually wrapped.
- **Chicken Wings, 5 lbs. for \$11.50:** The chicken wings can be cooked in the air-fryer or oven.



## SIGN UP FOR OUR E-NEWSLETTER FOR EXCLUSIVE RECIPES!

To learn more or  
find a site near you,  
visit [fbcny.org/fs](https://fbcny.org/fs) or  
call (800) 444-1562.

# FEATURED RECIPE

# FOOD *Sense*

## Roasted Chicken Drumsticks with Parsley

Serves 4

### Ingredients:

- (10) chicken drumsticks\*
- 1 Tbsp. olive oil
- 4 Tbsp. butter
- 1 tsp. salt
- 1 tsp. pepper
- 3 garlic cloves
- 2 Tbsp. parsley
- 1 Tbsp. lemon juice



### Directions:

1. Heat a large, heavy based sauté pan over a moderate heat.
2. Add the oil and half the butter.
3. Generously season the drumsticks with salt and pepper
4. When the butter is foaming, drop in the drumsticks, and cook until lightly browned all over.
5. Cover the pan with a lid and leave the drumsticks to continue to cook for 20-25 minutes, turn regularly.
6. Remove the lid and add the remaining butter, along with garlic, parsley and lemon juice.
7. Take the pan off the heat and leave the flavors to infuse for a few minutes before serving.  
Ensure the chicken temperature is fully cooked at a minimum internal temperature of 165° F.



**ORDER ONLINE:**

[foodsense.foodbankcny.org](https://foodsense.foodbankcny.org)



**LEARN MORE:**

[fbcny.org/fs](https://fbcny.org/fs)



**E-NEWSLETTER SIGN-UP:**

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