

FOOD \$EN\$E



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

Do Your Own Slicing and Dicing

Pre-packaged and single-serving foods are highly marked-up at the grocery store. Though it may be more time consuming, we suggest purchasing the whole chicken, block cheese or pineapple and chopping the food items yourself. You can create your own smaller servings (for example school lunches) by dividing up and putting the food into baggies or plastic containers.

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

EBT Approvals: February 9

Order Deadline: February 10

Money Due to the Food Bank: February 14

Delivery Dates: February 19-21

- 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*

January Package:

- Chicken Drumsticks, 3.5 lbs. (avg.)
- Meatballs, 1 lb.
- Italian Sausage, 1 lb.
- Pollock Fillets, 1 lb.
- Pizza (Supreme), 20.6 oz.
- Cheese Ravioli, 13 oz.
- Mozzarella Cheese, 8 oz.
- Spaghetti Sauce, 24 oz.
- Frozen Pineapple, 1 lb.
- Diced Tomatoes, 15 oz.
- Grape Tomatoes, 1 pint
- Salad Mix, 12 oz.

February Package \$20.50:

- 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 Produce
- Fresh Produce

February Specials:

Boneless Chicken: 2.5 lbs. for \$5.50 - The chicken breasts are boneless/skinless and individually quick frozen.

Lobster Bites: 17 oz. for \$4.50 - Lobster Bites can be deep fried or baked in the oven.

American Cheese: 5 lbs. for \$12.00 - The sliced American cheese is not individually wrapped.

Meatloaf: 2 lbs. for \$6.50 - The meatloaf is a traditional meatloaf made with 100% ground beef

Produce Box: \$15.00 - The Produce Box includes apples (5), oranges (5), potatoes (5 lbs.), pineapple (1), grape tomatoes (1 pint), cucumber (1), salad mix (1 bag), and carrots (1 lb.).

French Fries: 5 lbs. for \$4.50 - The French fries are ready to cook and can be used in the oven or fryer.

Hot Pockets: (12) 8 oz. sandwiches for \$20.00 - The Ham & Cheese Hot Pockets contain 12 sandwiches per special.

Lemon Garlic Drumsticks

Ingredients

8 chicken drumsticks

1/4 cup sodium soy sauce

1/4 cup olive oil

3 cloves garlic, minced

Juice of 1 lemon

Pinch crushed red pepper flakes

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

*Ingredient in Food \$en\$e package



Directions

1. Preheat oven to 450°F.
2. In a large bowl, combine soy sauce, oil, garlic and lemon juice.
3. Add drumsticks and toss to coat.
4. Refrigerate and let marinate at least 30 minutes and up to overnight.
5. Place chicken on a baking sheet and bake for 20 to 25 minutes and internal temperature reaches 165°F.

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