

FOOD *Sense*

a monthly food co-op for everyone



January 2023 Newsletter

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

EBT Approvals: February 12

Order Deadline: February 13

Money due at Food Bank: February 17

Delivery Dates: February 22-24

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](#)

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.
Cabbage (1 head)
Zucchini (2 ea.)

FEBRUARY PACKAGE (\$20.50)

Marinated Pork Pieces, 1 lb.
Ground Beef, 1 lb.
Loop Kielbasa, 13 oz.
Fish Sticks, 1 lb.
Boneless Chicken Breast, 1.8 lb. avg.
Cheese Pierogi, 13 oz.
Mild Cheddar Cheese, 8 oz.
Frozen Diced Potatoes, 1 lb.
Applesauce, 15 oz.
White Rice, 1 lb.
Fresh Produce #1
Fresh Produce #2

FEBRUARY SPECIALS:

St. Louis Style Ribs (1 pc) 4.5 lbs. (avg.) for \$7.50: The pork ribs are a St. Louis style rib, that is not fully cooked, and average 4.5 lbs per special.

Stuffed Chicken, 2 lbs. for \$8.50: The chicken breasts are stuffed with apples and cranberries.

French Fries, 5 lbs. for \$6.50: The French Fries are ready to cook and can be used in the oven or fryer.

Shrimp Scampi, 24 oz. for \$6.00: The Shrimp Scampi is a complete meal with shrimp, linguini pasta, and vegetables in a creamy garlic sauce.

Lasagna Roll-Ups, 42 oz. 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 \$10.25: The meatloaf is a traditional meatloaf made with 100% ground beef.

FEATURED RECIPE

Ravioli with Quick Turkey Bolognese

Serves 4

INGREDIENTS

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

- 1 package of frozen cheese ravioli*
- 2 tbsp olive oil
- 1 lb ground turkey*
- 1/4 cup packed fresh basil
- 1 (24 oz) jar pasta sauce*



DIRECTIONS

1. Cook the ravioli according to package directions.
2. Meanwhile, in a 12-inch skillet, heat the oil on medium. Add the turkey. Season with salt and pepper. Cook 5-6 min. until the turkey is browned, breaking up with the back of a wooden spoon.
3. Finely chop the basil.
4. Add the marinara sauce to the skillet. Simmer for 2-3 min., until turkey is cooked through. Toss cooked ravioli with sauce. Garnish with basil.



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