

FOOD \$ENSE



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

Do Your Own Slicing and Dicing

Prepackaged and single serving foods are highly marked up at the grocery store. Though it may be more time consuming, buy the whole chicken, block cheese or pineapple, and do the chopping yourself. You can create your own smaller servings — for school lunches— by dividing up the food into baggies or plastic containers.

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

EBT Approvals: February 10
Order Deadline: February 11

Money Due to the Food Bank: February 15
Delivery Dates: February 20-22

- For Customer Order Deadlines: Please 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: (price \$20.50)

- Chicken Tenderloins, 1.25 lbs. (avg.)
- Italian Meatballs, 1 lb.
- Pollock Fillets, 1 lb.
- Italian Sausage, 1 lb.
- Veal Patties, 12 oz.
- Spaghetti Sauce, 26 oz.
- Pepperoni Pizza, 22.8 oz.
- Cheese Ravioli, 13 oz.
- Frozen Strawberries, 1 lb.
- Diced Tomatoes, 14.5 oz.
- Baby Carrots, 1 lb.
- Fresh Apples, 3 lbs.

February Package: (subject to change)

- Pork Tenderloin, 1.7 lbs. (avg.)
- Chicken Thighs, 3.5 lbs. (avg.)
- Fish Sticks, 1 lb.
- Kielbasa Sausage, 13 oz.
- Beef Sandwich Steaks, 10.5 oz.
- Pierogies, 13 oz.
- Cheddar Cheese, 8 oz.
- Chicken Pot Pie, 7 oz.
- Mixed Vegetables, 1 lb.
- Diced Pears, 15 oz.
- Fresh Produce
- Fresh Produce

February Specials:

Cooked Shrimp: 2 lbs. for \$9.50 - The cooked shrimp contain 41-50 shrimp per pound.

Stuffed Chicken Breasts: 2 lbs. for \$7.00 - The chicken breasts are stuffed with apples and cranberries.

Pork Roast: 2 lbs. for \$9.00 - The pork roast is boneless and weighs 2 lbs. per special.

Produce Box: \$14.25 - The Produce Box includes: apples (5), oranges (5), potatoes (5 lbs.), pineapple (1), grape tomatoes (1 pt.), cucumber (1), salad mix (1 bag), and carrots (1 lb).

Onion Rings: 2.5 lbs. for \$6.25 - The onion rings are ready to cook and can be used in the oven or fryer.

American Cheese: 5 lbs. for \$10.00 - The sliced American cheese is not individually wrapped.

Macaroni & Beef: 4.5 lbs. for \$12.25 - The macaroni & beef is family sized and a Stouffers' product.

Italian Sausage and Ravioli

Ingredients

- 1 lb. Italian sausage*, diced
- 1 tsp. garlic powder
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 ¼ cup of water
- 1 can of diced tomatoes, undrained
- 1 cup tomato sauce
- 13 oz. of cheese ravioli*
- 1/4 cup grated Parmesan cheese



Directions:

1. In a large bowl, combine ground pork, garlic powder, dried oregano, and basil.
2. Heat pan over medium-high heat. Add sausage and cook for 10 minutes.
3. Drain sausage and place back into the pan.
4. Add water, diced tomatoes, tomato sauce, and frozen ravioli to the pan.
5. Stir ingredients and bring to a boil. Use a lid to cover the pan and cook the ravioli for 5 minutes.
6. Reduce heat and sprinkle pasta with Parmesan cheese and cook for an additional 5 minutes.
7. Serve & Enjoy! Refrigerate leftovers.

Food \$en\$e Contacts:

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

Transportation: Bob Lindsay, ext. 234

Product Shortages: Adam Croteau, ext. 235

Quality Control: Andrew Katzer, ext. 231

Ordering/Billing: Allison Rood, ext. 230



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