

FOOD \$ENSE



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

PLEASE NOTE:

We only accept checks/money orders made payable to Food Bank of Central New York. Any customer checks must be approved by coordinator and be made out to your host site.

IMPORTANT DATES & REMINDERS FOR COORDINATORS:

- EBT Approvals: July 18
- Order Deadline: July 19
- Money due at Food Bank: July 23
- Delivery Dates: June 28-30

PLEASE NOTE: 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"

June Package (\$20.50)

Beef Burgers, 1 lb.
Chicken Drumsticks, 3.5 lbs. (avg.)
Pollock Fillets, 1 lb.
Ground Pork, 1 lb.
Hot Dogs, 1 lb.
Pork & Beans, 19.75 oz.
Fresh Macaroni Salad, 16 oz.
Spaghetti w/meat, 15 oz.
Frozen Blueberries, 16 oz.
Canned Peaches, 15 oz.
Fresh Cantaloupe, 1 each
Bagged Salad Mix, 9 oz.

July Package (\$20.50)

Pork Tenderloin, 1.7 lb. (avg)
Chicken Thighs, 3.5 lbs. (avg)
Fish Sticks, 1 lb.
Ground Turkey, 1 lb.
Bologna, 1 lb.
Peanut Butter, 18 oz.
Fresh Potato Salad, 16 oz.
Macaroni & Cheese, 7.25 oz.
Peas & Carrots, 16 oz.
Fruit Salad, 15 oz.
Fresh Produce #1
Fresh Produce #2

July Specials

Beef Patties, 2 lbs. for \$7.50: The beef patties are 100% all beef and there are 8 quarter pound patties per special.

Chicken Strips, 5 lbs. for \$8.50: The breaded chicken strips are fully-cooked and are a Tyson product.

American Cheese, 5 lbs. for \$11.50: The sliced American cheese is not individually wrapped.

Haddock Fillets - 1 lb. for \$5.00: The haddock fillets are individual quick frozen and are in a one-pound bag.

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

Produce Box, 12 lbs. for \$14.50: The Produce Box includes: apples (3 lbs.), celery (sleeve), onions (2 lbs.), carrots (1 lb.), lettuce (head), grape tomatoes (pint), sweet corn (4 ears), pineapple (1 each), fresh berries (strawberries or blueberries).

Hot Pocket, 12/8 oz. sandwiches for \$20.50: The Philly cheese steak Hot Pockets contain 12 sandwiches per special.

Grilled Pork Burgers

Serves 4

- 1 lb. ground pork*
- ½ cup instant oats
- 1 egg
- 2 teaspoons dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon sea salt, to taste
- Olive oil spray for cooking
- Ground black pepper, to taste
- 4-6 burger buns



Directions

- Combine all the ingredients in a large bowl and mix well, making sure to distribute the spices evenly.
- Divide the mixture into 4-6 even parts and form burger patties, making sure to squish them with your hands in the middle. Make them as wide as your burger bun and not too thick in the middle so they cook evenly.
- Preheat a large skillet to medium heat. Spray or brush with olive oil.
- Carefully place the burgers on the skillet, cover with a lid, and cook about 4 minutes per side or until fully cooked to an internal temperature of 160F. Assemble your burgers and enjoy!

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