

FOOD *SENSE*

a monthly food co-op for everyone



March 2022 Newsletter

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

EBT Approvals: April 17

Order Deadline: April 18

Money due at Food Bank: April 22

Delivery Dates: April 27-29

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](#)

MARCH PACKAGE (\$20.50)

Chicken Drumsticks, 3.5 lbs. (avg.)

Salisbury Steaks, 12 oz.

Sliced Turkey, 10 oz.

Ham Steaks, 1.5 lbs. (avg.)

Fresh Eggs, 1 Dozen

Pasta Salad Mix, 6.2 oz.

Frozen Carrots, 16 oz.

Mixed Vegetables, 15 oz.

Mashed Potatoes, 13.3 oz.

Mandarin Oranges, 11 oz.

Fresh Carrots, 1 lb.

Fresh Cabbage, 1 head

APRIL PACKAGE (\$20.50)

Chicken Breast Portions, 1 lb.

Italian Meatballs, 1 lb.

Italian Sausage, 1 lb.

Veal Patties, 12 oz.

Cheese Ravioli, 13 oz.

Pepperoni Pizza Popper, 6.8 oz.

Mozzarella Cheese, 8 oz.

Parmesan Bread Crumbs, 15 oz.

Spaghetti Sauce, 24 oz.

Diced Tomatoes, 14.5 oz.

Fresh Produce #1

Fresh Produce #2

APRIL SPECIALS:

Lobster Bites, 15 oz. for \$5.00: The lobster bites can be deep-fried or baked in the oven.

Chicken Tenderloins, 3 lbs. for \$11.50: The chicken tenderloins are individually quick frozen and are great for sandwiches or salads.

Mozzarella Sticks, 3 lbs. for \$10.50: The mozzarella sticks are par-cooked and ready for the oven.

Pork Ribs, 4.5 lbs (avg.) for \$10.00: The pork ribs are a St. Louis Style spare rib.

Meatloaf, 2 lbs. for \$10.50: The meatloaf is a traditional meatloaf made with 100% ground beef.

Produce Box, 11 lbs for 15.00: The produce box includes: apples (3 lbs.), carrots (1 lb.), celery (1 sleeve), cucumber (1 each), grape tomatoes (1 pint), mushrooms (8 oz.), pineapple (1 each), onions (2 lbs.) and mini sweet peppers (1 lb.).

Vegetable Lasagna, 6 lbs for \$18.00: The vegetable lasagna is family-sized and a Stouffers' product.

FEATURED RECIPE



HOT TURKEY SANDWICHES

Serves 4

INGREDIENTS

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

- 1 stick butter
- 1/2 cup flour
- 1 1/2 tsp black pepper
- 1/2 tsp poultry seasoning
- 32 oz chicken broth
- 2 cup water
- 1-1.5 lb sliced turkey

DIRECTIONS

1. In a large pan, melt butter over medium heat.
2. Add pepper and poultry seasoning.
3. Slowly add in flour, whisking constantly, until smooth and blended.
4. Gradually whisk in broth and water while bringing to a boil.
5. Reduce heat to low.
6. Distribute sliced turkey in gravy and allow to warm.
7. Serve over sliced bread with mashed potatoes and a vegetable.



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of Central New York

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