

# FOOD \$EN\$E



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

## Proper Ways to Thaw Your Food

When thawing frozen food, it's best to plan ahead and thaw in the refrigerator where it will remain at a safe temperature. There are three safe ways to thaw food: in the refrigerator, in cold water, and in the microwave.

**Refrigerator:** The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food.

**Cold Water:** For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.

**Microwave:** Cook meat and poultry immediately after microwave thawing.

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

EBT Approvals: April 15  
Order Deadline: April 16

Money Due to the Food Bank: April 20  
Delivery Dates: April 25-27

- 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*

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### **March Package:**

- Chicken Thighs, 2 lbs. (avg.)
- Beef Sandwich Steaks, 10.5 oz.
- Tilapia Fillets, 1 lb.
- Shrimp Fried Rice Dinner, 24 oz.
- Breakfast Sausage, 1 lb.
- Apple Juice, 64 oz.
- Egg Noodles, 12 oz.
- Chicken Tortilla Soup, 18.5 oz.
- Frozen Mixed Vegetables, 16 oz.

### **April Package:** *(subject to change)*

- Chicken Breasts, 1.25 lbs. (avg.)
- Meatballs, 1 lb.
- Italian Sausage, 1 lb.
- Shrimp Scampi, 24 oz.
- Veal Patties, 12 oz.
- French Bread Pizza, 12.3 oz.
- Spaghetti Sauce, 26 oz.
- Spaghetti, 1 lb.
- Frozen Cut Greens Beans, 16 oz.

- Frozen Blackberries, 16 oz.
- Baby Carrots, 1 lb.
- White Mushrooms, 8 oz.

- Canned Fruit Mix, 15 oz.
- Fresh Produce
- Fresh Produce

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## April Specials:

**Pork Roast:** 2 lbs. for \$6.50 - The pork roast is boneless and weighs two pounds per special.

**Breaded Shrimp:** 3 lbs. for \$12.50 - The breaded shrimp contain 16-20 shrimp per pound.

**Meatloaf:** 2 lbs. for \$6.00 - The meatloaf is a traditional meatloaf made with 100% ground beef.

**Mozzarella Sticks:** 2 lbs. for \$6.00 - The mozzarella sticks are and for the oven or fryer.

**Stuffed Chicken Breasts:** 2 lbs. for \$7.50 - The chicken breasts are stuffed with apples and cranberries.

**American Cheese:** 5 lbs. for \$10.50 - The sliced American cheese is not individually wrapped.

**Popcorn Chicken:** 10 lbs. for \$14.00 - The popcorn chicken is breaded and fully cooked.

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## Roasted Honey Chicken Thighs

*Serves six*

### Ingredients:

- 8 boneless chicken thighs\*
- 1/4 cup flour
- 1/4 cup honey
- 1/4 cup soy sauce
- 1 clove garlic, minced
- 3 tbsp. Dijon honey mustard
- Salt and pepper to taste
- \*Ingredient in Food \$en\$e package*



### Directions:

1. Preheat oven to 375°F. In a bowl with a tight fitting lid, add the flour.
2. Add chicken in batches and shake to coat. Shake off excess flour and place pieces in a greased 8" x 8" baking dish.
3. In a small bowl, mix the honey, soy sauce, garlic, and mustard.
4. Pour sauce evenly over the chicken.
5. Cover and bake for 30 minutes.
6. Uncover and bake an additional 15 minutes, basting occasionally with the sauce. Cook until the internal temperature reaches 165°F.
7. Enjoy and refrigerate any leftovers.

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### 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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