

FOOD \$ENSE



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

Advertising Ideas to Promote Your Food \$en\$ Programs

This is a great time of year to start thinking of ways to advertise the Food \$en\$ program within your community. From schools and senior housing centers to other local churches and community centers in your area, there are numerous places to educate the community about Food \$en\$ and all that it provides. Placing an advertisement in the local paper, sending information home with students, hanging flyers on community bulletin boards or posting on social media sites can be free or low cost ways to spread the word. Please get out there to promote the Food \$en\$ program so the Food Bank continue to offer this great community supported program!

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

EBT Approvals: April 14
Order Deadline: April 15

Money Due to the Food Bank: April 19
Delivery Dates: April 24 - 26

- For Customer Order Deadlines: 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\$/Food \$en\$ Coordinators*

March Package: (Price \$20.50)

- Chicken Tenderloins, 1.5 lbs. (avg.)
- Tilapia Fillets, 1 lb.
- Shrimp Florentine, 24 oz.
- Ham Steaks, 1 lb.
- Salisbury Steaks, 12 oz.
- Ground Turkey, 1 lb.
- Shoe String French Fries, 20 oz.
- White Rice, 1 lb.
- Frozen Brussel Sprouts, 1 lb.
- Frozen Blackberries, 1 lb.
- Fresh Apples, 3 lbs.
- Fresh Carrots, 1 lb.

April Package: (subject to change)

- Italian Meatballs, 1 lb.
- Chicken Drumsticks, 3.5 lbs. (avg.)
- Pollock Fillets, 1 lb.
- Italian Sausage, 1 lb.
- Veal Patties, 12 oz.
- Shredded Mozzarella, 8 oz.
- Cheese Ravioli, 13 oz.
- Spaghetti Sauce, 24 oz.
- Frozen Mixed Vegetables, 1 lb.
- Mixed Fruit, 15 oz.
- Fresh Produce
- Fresh Produce

April Specials:

Breaded Shrimp: 3 lbs. for \$12.75 - The breaded shrimp contain 16-20 shrimp per pound.

American Cheese: 5 lbs. for \$10.75 - The sliced American cheese is not individually wrapped.

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

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

Pantry Box: \$10.25 - The Pantry Box includes pancake mix (32 oz.), toasted oat cereal (12 oz.), macaroni & cheese (7.25 oz.), grape spread (19 oz.), peanut butter (18 oz.), mixed vegetables (15 oz.), spaghetti rings (15 oz.), tuna fish (5 oz.), crushed tomatoes (28 oz.), and pineapple (20 oz.).

French Fries: 5 lbs. for \$4.25 - The French fries are ready to cook and can be used in the oven or fryer.

Popcorn Chicken: 10 lbs. for \$11.75 - The popcorn chicken is breaded and fully-cooked.

Crispy Baked Tilapia

Ingredients

- 4 tilapia fillets*
- ½ lemon
- 1 ½ tbs. melted butter
- ¼ cup panko bread crumbs
- 2 tbsp. fresh Parmesan cheese
- ½ tsp. garlic powder
- ½ tsp. paprika
- 1 tbsp. parsley
- 1 tsp. melted butter

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



Directions:

1. Preheat oven to 400°F. Combine bread crumbs, Parmesan cheese, and seasonings in a small bowl.
2. Rinse tilapia filets, pat dry, and place on a pan sprayed with cooking spray. Drizzle with butter. Squeeze lemon juice over the filets. Top with the Panko mixture.
3. Bake for 15 minutes or until cooked through and fish is flaky. Broil for the last minute if desired.
4. Serve and enjoy! Refrigerate any 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

Control: Andrew Katzer, ext. 231

Ordering/Billing: Allison Rood, ext. 230