Have a Safe and Happy Memorial Day

We appreciate your support of the Food $en$e program and your efforts to help families stretch their grocery dollars!

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

- **EBT Approvals:** June 9
- **Order Deadline:** June 10
- **Money Due to the Food Bank:** June 14
- **Delivery Dates:** June 19 - 21

- 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 $en$e/Food $en$e Coordinators

<table>
<thead>
<tr>
<th>May Package:  (Price $20.50)</th>
<th>June Package:  (Subject to Change)</th>
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</thead>
<tbody>
<tr>
<td>- Ground Beef, 1 lb.</td>
<td>- Boneless Chicken Breasts, 1.65 lbs. (Avg.)</td>
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<tr>
<td>- Pork Tenderloin, 1.7 lbs (avg.)</td>
<td>- Beef Burgers, 1 lb.</td>
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<td>- Breaded Fish Sticks, 1 lb.</td>
<td>- Kielbasa, 15 oz.</td>
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<tr>
<td>- Chicken Tenderloins, 1.3 lbs. (avg.)</td>
<td>- Pollock Fillets, 1 lb.</td>
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<tr>
<td>- Hot Dogs, 1 lb.</td>
<td>- Ground Turkey, 1 lb.</td>
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<td>- Macaroni Salad, 16 oz.</td>
<td>- Potato Salad, 16 oz.</td>
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<td>- Shoe String French Fries, 20 oz.</td>
<td>- Cheddar Cheese, 8 oz.</td>
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<tr>
<td>- Pork and Beans, 15 oz.</td>
<td>- Elbow Macaroni, 16 oz.</td>
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<tr>
<td>- Frozen Strawberries, 1 lb.</td>
<td>- Frozen Peeper &amp; Onions, 1 lb.</td>
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<tr>
<td>- Frozen Corn, 1 lb.</td>
<td>- Frozen Berry Blend 1 lb.</td>
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<tr>
<td>- Sweet Mini Peppers, 1 lb.</td>
<td>- Fresh Produce</td>
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<tr>
<td>- Baby Carrots, 1 lb.</td>
<td>- Fresh Produce</td>
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June Specials:

**Chicken Nuggets**: 4 lbs. for $4.50 - The chicken nuggets are ready to cook and can be used in the oven or fryer.

**Stuffed Pork Chops**: 2 lbs. for $5.50 - The pork chops are stuffed with apples and cranberries.

**Italian Meatballs**: 5 lbs. for $13.00 - The Italian meatballs are fully cooked and are in a five pound bag.

**Protein Box**: $14.50 - The Protein Box includes: Pork Tenderloin 1.7 lb (avg.), Boneless Chicken Breast 3 lbs., Meatballs 1 lb., Tilapia Fillets 1 lb., and Hot Dogs 1 lb.

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

**French Fries**: 5 lbs. for $4.50 - The French fries are ready to cook and straight cut restaurant fry.

**Stuffed Shells**: 3 lbs. for $5.50 - The stuffed shells are stuffed with a ricotta cheese filling.

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**Roasted Garlic Pork Tenderloin**

**Ingredients**

2 tsp. olive oil  
1 1/2 tbsp. diced garlic  
1 tsp. thyme, dried  
1 tsp. oregano, dried  
1 tbsp. parsley, dried  
Salt and pepper  
1 pork tenderloin*

*Serves Four*

**Directions:**

1. Preheat oven to 350°F. Line baking sheet with aluminum foil.
2. In a small bowl combine oil, garlic, oregano, thyme, and parsley. Generously season tenderloin with salt and pepper.
3. Place tenderloin on baking sheet. Cover the tenderloin with herb mixture. Place in oven and roast for 15 minutes.
4. Turn roast and cook additional 15-20 minutes or until internal temperature reaches 145°F.

*Ingredient in Food $en$e package

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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  
Control: Andrew Katzer, ext. 231  
Ordering/Billing: Allison Rood, ext. 230