

# FOOD *Sense*

a monthly food co-op for everyone



May 2023 Newsletter

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

**EBT Approvals:** June 11

**Order Deadline:** June 12

**Money due at Food Bank:** June 16

**Delivery Dates:** June 21-23

**PLEASE NOTE:** For customer order deadlines, please contact your participating host site for specific days and times.

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](#)

### MAY PACKAGE (\$20.50)

Chicken Breast Portions, 1 lb.

Marinated Beef, 1 lb.

Ground Turkey, 1 lb.

Hot Dogs, 1 lb.

French Fries, 2 lbs.

Hamburger Helper, 12.2 oz.

Macaroni, 1 lb.

Applesauce, 15 oz.

Frozen Green Beans, 1 lb.

Corn, 15 oz.

Carrots, 1 lb.

Mushrooms, 8 oz.

### JUNE PACKAGE (\$20.50)

Pork Tenderloin, 1.8 lb. avg.

Boneless Chicken Breast, 1.78 lb. avg.

Ground Beef, 1 lb.

Tilapia Fillets, 1 lb.

Bologna, 1 lb.

Chocolate Chip Muffin Tops, 13 oz.

Mac and Cheese, 7.25 oz.

Spaghetti, 1 lb.

Mandarin Oranges, 11 oz.

Green Beans, 14.5 oz.

Fresh Produce #1

Fresh Produce #2

## JUNE SPECIALS:

**St. Louis Style Ribs, 28 oz. for \$10.00:** The St. Louis Style Ribs are fully-cooked and in an original BBQ sauce.

**Chicken Wings, 5 lbs. for \$6.50:** The Chicken Wings are fully-cooked in a five-pound bag.

**French Fries, 5 lbs. for \$6.25:** The French Fries are ready to cook and can be used in the oven or air-fryer.

**Beef Patties, 4 lbs. for \$11.50:** The Beef Patties are 100% all-beef and there are 16 (1/4 pound) patties per special.

**Shrimp, 2 lbs. for \$11.25:** The Shrimp are cooked, peeled, and individually quick frozen.

**Pantry Box, 9.5 lbs. for \$11.00:** The pantry box is 9 items and consists of, Whole Grain Corn Flakes (7 oz.), Pancake Mix (32 oz.), Pasta Sauce (24 oz.), Chicken in a pouch (4.5 oz.), Elbow Macaroni (1 lb.), Peanut Butter (18 oz.), Strawberry Spread (19 oz.), Applesauce (15 oz.) and Carrots (14.5 oz.).

# FEATURED RECIPE

## Buffalo Chicken Mac and Cheese

Serves 4

### INGREDIENTS

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

- 1 pound (16 ounces) elbow macaroni\*
- 1/2 cup unsalted butter
- 1/2 cup all-purpose flour
- 4 cups milk
- 4 cups shredded Cheddar cheese
- 1/4 cup plus 2 tablespoons hot sauce, divided
- 2 cups chopped cooked chicken\*
- 3 stalks celery
- 1/2 cup crumbled blue cheese, optional



### DIRECTIONS

1. Preheat oven to 350°F. Spray a 13x9-inch baking dish with no stick cooking spray; set aside. Cook macaroni as directed on the package. Drain well.
2. Melt butter in a 3-quart saucepan on low heat. Whisk in flour; cook and stir until smooth. Gradually stir in milk. Bring to a boil, stirring constantly. Boil for 1 minute until the mixture is hot and bubbly. Add cheese and 1/4 cup of the hot sauce; stir until the cheese is melted and the mixture is smooth.
3. Add the cooked macaroni, chicken, and celery to the cheese sauce; stir gently to coat well.
4. Pour the macaroni mixture into the prepared baking dish. Sprinkle with blue cheese crumbles if desired.
5. Drizzle the top with the remaining 2 tablespoons of hot sauce. Bake, uncovered, 15 to 20 minutes or until bubbly and lightly browned on top. Let stand 5 minutes before serving.



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**Food Bank**  
of Central New York

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