

FOOD Sense

A MONTHLY FOOD
CO-OP FOR EVERYONE



May 2024 Newsletter

*** PLEASE NOTE:** For order deadlines and pick-up dates, please contact your participating host site.

HOW TO ORDER A PACKAGE:

To pay with credit or debit card:

1. Visit foodsense.foodbankcny.org and select your participating pick-up site.
2. Select the items you would like to purchase.
3. Pay with credit or debit card!

To pay with cash or EBT:

1. Call (800) 444-1562 or use our Food Finder tool at fbcny.org/findfood to find a Food \$en\$e site near you.
2. Contact your local site coordinator to order and pre-pay with cash or EBT payment.



ORDER ONLINE:

foodsense.foodbankcny.org

A program of:



MAY PACKAGE (\$20.50)

Chicken Breast, 1.66 lb.(avg.)
Marinated Beef Portions, 1 lb.
Ground Turkey, 1 lb.
Fish Sticks, 1 lb.
Hot Dogs, 1 lb.
French Fries, 30 oz.
Mac & Cheese, 7.25 oz.
Frozen Strawberries, 1 lb.
Applesauce, 15 oz.
Frozen Carrots, 16 oz.
Lettuce, 1 head
Zucchini, 2 count

JUNE PACKAGE (\$20.50)

Pork Tenderloin, 1.75 lbs. (avg)
Boneless Chicken Breast, 1 lb.
Ground Beef, 1 lb.
Pollock Fillet, 1 lb.
Bologna, 1 lb.
Cheddar Cheese, 8 oz.
Taco Kit, 11.4 oz.
Brown Rice, 1 lb.
Green Beans, 14.5 oz.
Mandarin Oranges, 11 oz.
Produce #1
Produce #2

JUNE SPECIALS:

- **Chicken Thighs, 5 lbs. for \$6.00:** The chicken thighs come in a 5-pound bag, and they are free of antibiotics, hormones and by-products.
- **Pulled Pork, 1 lb. for \$6.50:** The pulled pork is fully cooked and in a Carolina BBQ sauce.
- **Onion Rings, 2.5 lbs. for \$8.50:** The onion rings are ready to cook and used in the oven or fryer.
- **Lasagna Rolls, 42 oz. for \$6.50:** The cheese lasagna roll-ups are stuffed with ricotta and Romano cheese and are over two and a half pounds.
- **Beef & Broccoli, 22 oz. for \$6.00:** The beef and broccoli consist of beef strips, broccoli florets, and red bell peppers with white rice in a savory soy sauce.
- **Lobster Bites 15 oz. for \$5.00:** The lobster bites can be baked in the oven, or cooked in the air-fryer.



SIGN UP FOR OUR E-NEWSLETTER FOR EXCLUSIVE RECIPES!

To learn more or
find a site near you,
visit fbcny.org/fs or
call (800) 444-1562.

Grilled Marinated Beef & Vegetable Skewers

Serves 4

Ingredients:

- 1 lb. marinated beef portions
- 1/4 cup soy sauce
- 2 Tbsp. olive oil
- 2 cloves garlic, minced
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. honey
- 1 tsp. paprika
- Salt and pepper, to taste
- Assorted vegetables, such as bell peppers, onions, cherry tomatoes, and zucchini, cut into chunks



Directions:

1. In a bowl, whisk together the soy sauce, olive oil, minced garlic, Worcestershire sauce, honey, paprika, salt, and pepper to create the marinade.
2. Place the beef pieces in a shallow dish or a resealable plastic bag. Pour half of the marinade over the beef, reserving the other half for the vegetables. Marinate in the refrigerator for at least 30 minutes, or up to 4 hours for maximum flavor.
3. While the beef is marinating, prepare the vegetables by cutting them into chunks.
4. Preheat your grill to medium-high heat.
5. Thread the marinated beef cubes onto skewers, alternating with the assorted vegetables.
6. Once grill is hot, place skewers on the grill grate. Cook for 3-4 minutes per side, or until the beef is cooked to your desired level of doneness and the vegetables are tender and slightly charred.
7. While grilling, brush the reserved marinade onto the skewers occasionally for added flavor.
8. Remove the skewers from the grill and let them rest for a few minutes before serving.



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foodsense.foodbankcny.org



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