

# FOOD *SenSe*

a monthly food co-op for everyone



November 2022 Newsletter

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

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**EBT Approvals:** December 4

**Order Deadline:** December 5

**Money due at Food Bank:** December 9

**Delivery Dates:** December 14-16

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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.

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## FOOD \$EN\$E CONTACTS:

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(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](#)

### NOVEMBER PACKAGE (\$20.50)

Pork Tenderloin, 1.8 lb. avg.  
Ground Turkey, 1 lb.  
Chicken Breast Portions, 1 lb.  
Marinated Beef Portions, 1 lb.  
Stuffing Mix, 6 oz.  
Instant Potatoes, 6.2 oz.  
Turkey Gravy, 10.5 oz.  
Cranberry Sauce, 14 oz.  
Corn, 15 oz.  
Sweet Potatoes, 15 oz.  
Fresh Carrots, 1 lbs.  
Onions, 2 lbs.

### DECEMBER PACKAGE (\$20.50)

Boneless Chicken Breast, 1 lb.  
Breakfast Sausage Patties, 12 oz.  
Ham Steaks, 12 oz.  
Eggs, 1 Dozen Medium Sized  
Breakfast Sandwiches, 14.4 oz.  
Buttermilk Pancake Mix, 32 oz.  
Pancake Syrup, 24 oz.  
Corn Flake Cereal, 7 oz.  
Mandarin Oranges, 11 oz.  
Frozen Strawberries, 1 lb.  
Fresh Produce #1  
Fresh Produce #2

## DECEMBER SPECIALS:

**Boneless Ham, 5 lbs. (avg.) for \$15.25:** The hams are boneless and each ham weighs on average 5 lbs.

**Stuffed Chicken Breast, 2 lbs for \$8.25:** The chicken breasts are stuffed with apples and cranberries.

**Shrimp Scampi, 24 oz. for \$6.00:** The Shrimp Scampi is a complete meal with linguini pasta and vegetables in a creamy garlic sauce.

**Lasagna Roll Up, 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.

**Italian Meatballs, 5 lbs. \$15.00:** The Italian meatballs are fully cooked and are in a five-pound bag.

**Mozzarella Sticks, 3 lbs. for \$11.75:** The mozzarella sticks are par-cooked and ready for the oven.

# FEATURED RECIPE

## Turkey Shepherd's Pie

Serves 4

### INGREDIENTS

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

#### Mashed Potato Topping:

- 3 large potatoes, peeled
- 1/4 cup warm milk
- 2 tablespoons butter, room temperature
- Salt and ground black pepper to taste

#### Turkey Filling:

- 1 tablespoon olive oil
- 1 onion, chopped\*
- 1 pound ground turkey\*
- 1 large carrot, shredded\*
- 1 tablespoon chopped fresh parsley
- 1 clove garlic, minced
- 1 teaspoon chicken bouillon powder
- 1/4 teaspoon dried thyme
- 1 tablespoon all-purpose flour
- Salt and ground black pepper to taste



### DIRECTIONS

1. Preheat the oven to 375° F
2. Start the topping: Place potatoes in a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, 15 to 20 minutes.
3. At the same time, make the filling: Heat olive oil in a skillet over medium heat; stir in onion. Sauté onion until soft and translucent, about 5 minutes. Stir in ground turkey, carrot, parsley, garlic, bouillon powder, and thyme. Cook and stir until meat is broken up and cooked through, 5 to 7 minutes. Stir in flour and cook for 1 minute more. Remove from the heat and set aside.
4. Finish the topping: Drain potatoes and transfer to a bowl. Add milk and butter and mash to desired consistency. Season with salt and pepper.
5. Transfer the filling to a deep-dish pie pan or casserole dish. Spread topping over filling and swirl with a fork.
6. Bake in the preheated oven until the topping is lightly browned, about 30 minutes.



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**Food Bank**  
of Central New York

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