

# FOOD \$EN\$E



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

Turkey, or any other meat, should never be defrosted on the counter. The safest way to thaw your turkey is in the refrigerator, so plan ahead. Turkeys need approximately 24 hours for every four to five pounds of weight. Once thawed, cook your bird within one to two days. For a quicker thaw, you can wrap your turkey in a leak proof package and submerge it in cold water, making sure to change the water every half hour. It will take approximately 30 minutes per pound for it to completely thaw. Then, cook your turkey immediately, even if you plan to refreeze it after cooking. Make sure to cook all poultry to an internal temperature of 165°F.

**PLEASE NOTE: Please contact your participating host site for specific days and times noted below. Some dates and times may vary during this pandemic.**

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

EBT Approvals: December 6  
Order Deadline: December 7  
Money Due to the Food Bank: December 11  
Delivery Dates: December 16 – 18

- 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
- 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 at [foodbankcny.org](http://foodbankcny.org)

### November Package:

*(price \$20.50)*

Turkey Pan Roast, 2 lbs.  
Tilapia Fillets, 1 lb.  
Ground Pork, 1 lb.  
Homestyle Stuffing, 22 oz.  
Mashed Potatoes, 32 oz.  
Turkey Gravy, 15 oz.  
Sweet Potatoes, 15 oz.  
Cranberry Sauce, 15 oz.  
Canned Corn, 15 oz.  
Apple Pie, 22 oz.  
Carrots, 1 lb.  
Onion, 2 lbs.

### December Package:

*(subject to change)*

Pork Tenderloin, 1.7 lbs. (avg.)  
Chicken Drumsticks, 3 lbs (avg.)  
Fish Sticks, 1 lb.  
Ground Turkey, 1 lb.  
Fresh Eggs, 1 dozen  
Honey Nut Cereal, 12.9 oz.  
Pancake Mix, 32 oz.  
Apple Juice, 64 oz.  
Frozen Strawberries, 16 oz.  
Frozen Diced Potatoes, 16 oz.  
Fresh Produce  
Fresh Produce

## December Specials:

**Spiral Ham:** 8-10 lbs. (avg.) for \$21.00 - The spiral hams average between eight & ten pounds per special.

**Italian Meatballs:** 5 lbs. for \$12.50 - The Italian meatballs are fully cooked and are in a five pound bag.

**Stuffed Chicken Breast:** 2 lbs. for \$8.50 - The chicken breasts are stuffed with apples and cranberries.

**Breakfast Sausage:** 3 lbs. for \$8.00 - The breakfast sausage is made locally in Utica, NY.

**Mozzarella Sticks:** 2 lbs. for \$6.50 - The mozzarella sticks are par-cooked and ready for the oven or fryer.

**Stuffed Shells:** 4 lbs. for \$6.00 - The stuffed shells are stuffed with a ricotta cheese filling.

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## Sausage Stuffing Casserole (serves four)

### Ingredients

8 slices bread (about 4 cups cut into half-inch dice)

1/2 cup onion chopped\*

1/2 cup celery, chopped\*

1/2 stick butter

2 tbsp. parsley, chopped

1 tbsp. chopped sage and thyme

1 cup chicken stock

1 egg, beaten

Optional: 1 cup chopped walnuts, hazelnuts or slivered almonds, and/or raisins or diced apples.

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



### Directions:

1. Preheat the oven to 350°F. Grease a 9 x13 baking dish with butter.
2. Place the stuffing cubes in a large mixing bowl.
3. In a large sauté pan, melt the butter. Add the onions and celery and cook over medium heat, stirring occasionally for about 6-8 minutes.
4. Add the vegetables to the stuffing cubes.
5. In the same pan cook, the sausage over medium heat 8-10 minutes, until browned and cooked through, breaking up the sausage with spatula while cooking.
6. Add the browned sausage to the bread cubes and vegetables.
7. Add the chicken broth, egg, parsley, salt and pepper to the bread cube mixture and mix until the bread is soft and moistened. Transfer the stuffing to the prepared baking dish and bake for 45-60 minutes, uncovered, until golden and crisp on top.

### Food \$en\$e Contacts:

Main Number: (315) 437-1899 or (800) 444-1562

Product Shortages: Adam Croteau, ext. 235

Quality Control: Andrew Katzer, ext. 231

Ordering/Billing: Allison Rood, ext. 230



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