

FOOD \$EN\$E



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

Do you know how much money you spend on groceries each month? Having a food budget and sticking to it can help save money. One easy method to get an estimate is to put all of the grocery receipts in an envelope for a month and add it up. You can get a better idea on where your money is going and try ways of cutting for the next month.

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

EBT Approvals: November 10
Order Deadline: November 11

Money Due to the Food Bank: November 15
Delivery Dates: November 20–22

- 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*

October Package:

- Pork Tenderloin, 1.75 lbs. (avg.)
- Chicken Drumsticks, 1.8 lbs. (avg.)
- Salisbury Steaks, 12 oz.
- Cod Fillets, 1 lb.
- Sliced Turkey, 10 oz.
- Mozzarella Cheese, 8 oz.
- Pierogies, 13 oz.
- Cheddar Cheese, 8 oz.
- Chicken Pot Pie, 7 oz.
- Frozen Carrots, 1 lb.
- Salad Mix, 12 oz.
- Golden Pineapple, 1 each

November Package \$20.50:

- Turkey Pan Roast, 2 lbs.
- Ground Sausage, 1 lb.
- Pollock Fillets, 1 lb.
- Homestyle Stuffing, 22 oz.
- Mashed Potatoes, 32 oz.
- Turkey Gravy, 15 oz.
- Sweet Potatoes, 15 oz.
- Cranberry Sauce, 14 oz.
- Canned Corn, 15 oz.
- Apple Pie, 22 oz.
- Fresh Produce
- Fresh Produce

November Specials:

Whole Turkeys: 9 lbs. (avg.) for \$12.00 - The whole turkeys average between 8 and 10 pounds per special.

Stuffed Pork Chops: 2 lbs. for \$8.00 - The pork chops are stuffed with apples and cranberries.

Chicken Nuggets: 4 lbs. for \$5.00 - The chicken nuggets are ready to cook and can be used in the oven or fryer.

Meatballs: 2 lbs. for \$12.50 - The Italian meatballs are fully-cooked and are in a five-pound bag.

Produce Box: \$12.50 - The produce box includes celery (sleeve), onions (2 lbs.), carrots (1 lb.), white potatoes (5 lbs.), butternut squash, and six sweet potatoes.

Onion Rings: 2.5 lbs. for \$6.00 - The onion rings are ready to cook and can be used in the oven or fryer.

Macaroni & Cheese: 6 lbs. for \$11.00 - The macaroni & cheese is family-sized and a Stouffers' product.

Baked Cod with Cherry Tomatoes

Ingredients

4 cod filets, about 1-inch thick

4 tbsp. olive oil

1 cup cherry tomatoes

1 lemon, sliced

2 garlic cloves, smashed but not peeled

2 tbsp. freshly chopped parsley

Salt & Peppers

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



Directions

1. Preheat the oven to 400°F.
2. Pat cod fillets with a paper towel until dry. Season with salt and pepper.
3. In a medium bowl, combine olive oil, cherry tomatoes, lemon slices, and garlic.
4. Brush a baking dish with olive oil. Pour tomato-oil mixture into dish, then nestle in cod.
5. Bake until fish is opaque and flakes easily with a fork, about 10-15 minutes.
6. Serve garnished with parsley and any sauce left in the pan.

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