

FOOD \$EN\$E



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

CREATING A FOOD BUDGET

Do you know how much money you're spending 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 up the totals. You can get a better idea on where your money is going and look for ways to reduce spending for the next month.

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

EBT Approvals: October 11
Order Deadline: October 12

Money Due to the Food Bank: October 16
Delivery Dates: October 21– 23

- 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*

September Package:

- Chicken Breast Kabobs, 1 lb.
- Italian Meatballs, 1 lb.
- Veal Patties, 12 oz.
- Italian Sausage, 1 lb.
- Ground Turkey*, 1 lb.
- Cheese Ravioli, 13 oz.
- Mozzarella Cheese*, 8 oz.
- Spaghetti Sauce, 24 oz.
- Broccoli Blend, 1 lb.
- Diced Tomatoes, 14.5 oz.
- Fresh Apples, 3 lbs.
- Salad Mix, 9 oz.

October Package:

- Pork Tenderloin, 1.75 lb. (avg.)
- Fish Sticks, 1 lb.
- Chicken Thighs, 3.5 lbs. (avg.)
- Sliced Turkey, 10 oz.
- Salisbury Patties, 12 oz.
- Tuna Fish, 5 oz.
- Pierogies, 13 oz.
- Egg Noodles, 12 oz.
- Frozen Diced Potatoes, 16 oz.
- Applesauce, 14.5 oz.
- Fresh Produce
- Fresh Produce

October Specials:

Chicken Tenders: 5 lbs. for \$8.00 - The chicken tenders are breaded and can be used in the oven or fryer.

Stuffed Pork Chops: 2 lbs. for \$8.50 - The pork chops are stuffed with apples and cranberries.

Shrimp: 1 lb. for \$7.25 - The shrimp are uncooked, peeled, and de-veined.

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

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

Hot Pockets: 12/8 oz. sandwiches for \$20.00 - The Ham & Cheese Hot Pockets contain 12 sandwiches per special.

Baked Italian Chicken and Vegetables

Ingredients

- 1 lb. chicken breast*
- 8 ounces mozzarella cheese, shredded*
- 1 zucchini, sliced
- 1 cup cherry tomatoes, sliced in half
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon pepper
- *Ingredient in Food \$en\$e package*

Directions

1. Preheat oven to 375°F.
2. Add chicken breasts to a large casserole pan.
3. Sprinkle chicken with garlic powder, salt, and pepper.
4. Top with sliced zucchini and sliced tomatoes.
5. Top with shredded mozzarella cheese.
6. Bake for 20-25 minutes or until chicken is fully cooked and reaches internal temperature 165°F.
7. Remove casserole pan from oven and let rest for 10 minutes.
8. Serve and enjoy!



Serves 4

Food \$en\$e Contacts:

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

Product Shortages: Adam Croteau, ext. 235

Control: Andrew Katzer, ext. 231

Ordering/Billing: Allison Rood, ext. 230

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