FOOD ENE

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

This is a great time of year to start thinking of ways to advertise the Food ene program within your community. From schools and senior housing to other local churches and community centers in your area, there are numerous places to educate the community on Food ene and all that it provides. Placing an ad in the local paper, sending information home with students, hanging flyers on community bulletin boards, or posting information on social media sites can be free or low-cost ways to spread the word. Please get out there to promote the Food ene program so the Food Bank of CNY can continue to offer this great community supported program

Important Dates and Reminders for Food ene Coordinators:

EBT Approvals: October 13
Order Deadline: October 14

Money Due to the Food Bank: October 18
Delivery Dates: October 23-25

- 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 ene/Food ene Coordinators*

September Package:

- Chicken Kabobs, 1 lb.
- Meatballs, 1 lb.
- Italian Sausage, 1 lb.
- Shrimp Scampi Meal, 24 oz.
- Ground Turkey, 1 lb.
- Mozzarella Cheese, 8 oz.
- Cheese Ravioli, 13 oz.
- Spaghetti Sauce, 24 oz.
- Frozen Berry Blend, 1 lb.
- Diced Tomatoes, 14.5 oz.
- Fresh Carrots, 2 lbs.
- Fresh Local Apples, 3 lbs.

October Package: $20.50

- Pork Tenderloin, 1.75 lbs. (*avg.*)
- Chicken Drumsticks, 1.8 lbs. (*avg.*)
- Salisbury Steaks, 12 oz.
- Cod Fillets, 1 lb.
- Sliced Turkey, 10 oz.
- Pierogis, 13 oz.
- French Fries, 2 lbs.
- Cheddar Cheese, 8 oz.
- Chicken Pot Pie, 7 oz.
- Frozen Carrots, 1 lb.
- Fresh Produce
- Fresh Produce

October Specials:

BBQ Ribs: 2.5 lbs. for $7.50 - The baby back ribs are in a BBQ sauce and are fully-cooked.
Stuffed Chicken: 2 lbs. for $7.50 - The chicken breasts are stuffed with apples and cranberries.
Meatloaf: 2 lbs. for $6.25 - The meatloaf is a traditional meatloaf made with 100% ground beef.
Protein Box: $13.50 - The Protein Box includes boneless chicken breast (2.5 lbs.), Italian sausage (1 lb.), breaded fish sticks (1 lb.), ground beef (1 lb.), and bologna (1 lb.).
American Cheese: 5 lbs. for $11.50 - The sliced American cheese is **not** individually wrapped.
Mozzarella Sticks: 2 lbs. for $6.00 - The mozzarella sticks are par-cooked and ready for the oven or fryer.
Hot Pockets: (12) 8 oz. sandwiches for $20.50 - The Philly steak & cheese hot pockets contain 12 sandwiches per special.

Italian Sausage and Ravioli Casserole

Ingredients

1 lb. Italian sausage*

1/2 cup chopped onion

2 cloves garlic, finely chopped

1 jar of spaghetti sauce

1 bag frozen cheese filled ravioli

2 cups shredded mozzarella cheese

Ingredient in Food ene package

Directions

1. Heat oven to 350°F. In 10 inch nonstick skillet, cook sausage, onion, and garlic over medium high heat 5 to 7 minutes, stirring occasionally, until no longer pink. Drain. Stir in pasta sauce.
2. In ungreased 13 x 9 inch baking dish, spread 1 cup of the sausage mixture. Arrange half of the ravioli on top. Sprinkle with 1 cup of the Italian cheese. Top with remaining ravioli, sausage mixture, and remaining 1 1/2 cup cheese.
3. Cover with foil. Bake 45 to 50 minutes or until thoroughly heated. Remove foil, bake 10 minutes longer or until cheese is melted.
4. Let stand 15 minutes before serving.

Food ene 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

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