

# FOOD *SenSe*

A MONTHLY FOOD  
CO-OP FOR EVERYONE

## ***What is it?***

The Food \$en\$e program is a monthly food co-op designed to help individuals and families stretch their food dollars and build greater self-sufficiency. As part of our mission, this program aims to help people move from reliance on emergency food toward long-term independence.

## ***Who is eligible?***

Anyone looking to stretch their food budget can participate. There are no qualifications, no subscriptions, and no requirements. This program is for EVERYONE!

## ***How does it work?***

Once each month, participants log in to our online Food \$en\$e portal and select their site. The cost of each Food \$en\$e package \$20.50 per unit. You can purchase with Credit, Debit, or EBT(SNAP) online. You also can contact your local site directly to pay cash and/or EBT.

There is **no limit** to the number of units or specials that an individual or family may buy. Packages are picked up near the end of the month at your selected site on distribution day.

## ***What is in a unit?***

Each package costs \$20.50 and includes an average of 12 staple grocery items such as proteins, dry goods, fresh fruits, and vegetables. In addition to the main package, we also offer a variety of specials that can be added on or purchased separately. These specials offer more unique items that may be a larger size or cater to individuals with a dietary preference or restriction.



Scan to order now  
or find a site near you at  
[foodsense.foodbankcny.org](https://foodsense.foodbankcny.org)

A program of:



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## OSWEGO COUNTY

Central Square	American Legion 915	3301 Fulton Ave.	Deb Lombard	(315) 676-5528
Fulton	UMC	1408 St. Rte. 176	Julie Nicolini	(315) 592-7347
Oswego	Salvation Army	73 W. 2nd St.	Lt. Cassidy Dow	(315) 343-6491
Phoenix	First Congregational Church	43 Bridge St.	Amy Delahunt	(315) 591-7312
Pulaski	United Methodist Church	2 Hubble St.	Peggy Balcom	(315) 298-5454



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