

# FOOD *SenSe*

A MONTHLY FOOD  
CO-OP FOR EVERYONE



## ST. LAWRENCE COUNTY

### *What is it?*

Food SenSe is a program of Food Bank of Central New York. The goal is to help individuals and families stretch food dollars and to decrease the need for emergency food.

### *Who is eligible?*

Anyone who needs to stretch their food dollars can participate. It's a food buying club, you are not required to show proof of income.

### *How does it work?*

It's simple. Once each month, participants register in their community at a local host site. Cost is \$20.50 per unit. Cash or EBT cards are accepted (no checks). There is no limit to the number of units that an individual or family may buy. Packages are picked up near the end of the month at your local site on distribution day.

### *What is in a unit?*

Ten to twelve food items including fresh fruits & vegetables, meats, and grocery staples. Each month the food package will change. The retail value of the food package will depend largely on where you price it out. Those living in small towns and rural areas will see larger savings than those shopping in cities. Many participants find their package is worth about \$35-\$40.

Hammond	Hammond Fire Hall	300 Lake St.	Judy Hayes	(315) 528-9067
Heuvelton	Grace Point	18 York St.	Brandu Taylor	(315) 528-4680
Ogdensburg	First Presbyterian Church	311 Franklin St.	Ann Tomboillo	(315) 393-2510
Potsdam	Potsdam Neighborhood Center	2 Part St., Civic Center	Kristal Hayes	(315) 265-3920