

FOOD \$ENSE



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

EBT VOUCHER REMINDER

As a reminder, when completing a Supplemental Nutrition Assistance Program (SNAP) EBT voucher, please remember to put the name of your site in the "store name" field. Please print all approval numbers clearly in pen.

When calling in for approval, you can approve more than one voucher at a time.

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

EBT Approvals: May 12
Order Deadline: May 13

Money Due to the Food Bank: May 17
Delivery Dates: May 22 - 24

- 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*

April Package: (Price \$20.50)

- Italian Meatballs, 1 lb.
- Chicken Drumsticks, 3.5 lbs. (avg.)
- Pollock Fillets, 1 lb.
- Italian Sausage, 1 lb.
- Veal Patties, 12 oz.
- Shredded Mozzarella, 8 oz.
- Cheese Ravioli, 13 oz.
- Spaghetti Sauce, 24 oz.
- Frozen Mixed Vegetables, 1 lb.
- Mixed Fruit, 15 oz.
- Grape Tomatoes, 1 pt.
- Salad Mix, 12 oz.

May Package: (Subject to Change)

- Ground Beef, 1 lb.
- Pork Tenderloin, 1.7 lbs (avg.)
- Breaded Fish Sticks, 1 lb.
- Chicken Tenderloins, 1.3 lbs. (avg.)
- Hot Dogs, 1 lb.
- Macaroni Salad, 16 oz.
- Shoe String French Fries, 20 oz.
- Pork and Beans, 15 oz.
- Frozen Strawberries, 1 lb.
- Frozen Corn, 1 lb.
- Fresh Produce
- Fresh Produce

May Specials:

BBQ Ribs: 3 lbs. for \$7.25 - The baby back ribs are in a honey BBQ sauce and are fully-cooked.

Chicken Breasts: 2.5 lbs. for \$5.50 - The chicken breasts are boneless, skinless, and individually quick frozen.

Pollock Fillets: 2 lbs. for \$4.50 - The pollock fillets are wild caught, individually frozen, and vacuum packed.

Produce Box: \$14.50 - The produce box includes: apples (5), oranges (5), potatoes (5 lbs.), pineapple (1), grape tomatoes (1 pt.), cucumber (1), salad mix (1 bag), and carrots (1 lb.).

Beef Sandwich Steaks: 21 oz. for \$6.50 - The beef sandwich steaks are 100% beef, quick and easy to prepare.

Onion Rings: 2.5 lbs. for \$4.50 - The onion rings are ready to cook and can be cooked in the oven or fryer.

Sweet Italian Sausage: 3 lbs. for \$9.00 - The Italian sausage is a sweet sausage and locally made in Utica, New York.

Crispy Baked Ravioli

Ingredients

- 1 package of frozen ravioli*
- ½ cup Italian dry bread crumbs
- ½ cup grated Parmesan cheese
- 1 1/2 tbsp. melted butter
- 1/2 tsp. garlic powder
- 1 tsp. dried parsley



Directions:

1. Preheat oven to 375°F.
2. Combine bread crumbs, cheese, garlic powder, and parsley in a medium bowl.
3. Dip ravioli into melted butter then add bread crumb mixture. Coat evenly.
4. Place ravioli onto a nonstick baking sheet.
5. Bake 10-14 minutes or until ravioli are crisp and lightly browned.
6. Serve immediately with pasta sauce. Refrigerate leftovers. Enjoy!

*Ingredient in Food \$en\$e package

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