

FOOD \$EN\$E



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

Thank You

I would like to thank all Food \$en\$e coordinators and volunteers for your hard work in helping run each local site. I am grateful to have you as a partner with the Food Bank of Central New York to support your local communities.

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

EBT Approvals: September 15
Order Deadline: September 16

Money Due to the Food Bank: September 20
Delivery Dates: September 25 - 27

- 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*

August Package:

- Bone-In Chicken Breasts, 3.5 lbs. (avg.)
- Beef Burgers, 1 lb.
- Pork Chops, 1 lb.
- Bologna, 1 lb.
- Ground Turkey, 1 lb.
- Fresh Eggs, 1 doz.
- Fresh Macaroni Salad, 1 lb.
- Beef Ravioli, 15 oz.
- Frozen Sliced Peaches, 1 lb.
- Frozen Mixed Vegetables, 1 lb.
- Grape Tomatoes, 1 pt.
- Zucchini & Squash, 3 ct.

September Package: \$20.50

- 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 Produce
- Fresh Produce

September Specials:

Boneless Chicken Breast: 2.5 lbs. for \$5.50 - The chicken breast are boneless and individually quick frozen.

Stuffed Pork Chops: 2 lbs. for \$7.50 - The pork chops are stuffed with apples and cranberries.

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

Pantry Box: \$10.00 - The Pantry Box includes: Raisin Bran Cereal (18.7 oz.), White Rice (1 lb.), Orange Juice (46 oz.), Crushed Tomatoes (28 oz.), Mixed Vegetables (14.5 oz.), Tuna Fish (5 oz.), Mac & Beef (14.5 oz.), Peanut Butter (18 oz.), Strawberry Spread (19 oz.), Mandarin Oranges (11 oz.).

Whiting Fillets: 2 lbs. for \$5.00 - The whiting fillets are individually quick frozen in a two-pound bag.

Onion Rings: 2.5 lbs. for \$6.00 - The onion rings are ready to cook and can be used in the oven or fryer.

Macaroni & Cheese: 4.5 lbs. for \$10.00 - The macaroni & cheese is family-sized and a Stouffers' product.

Easy Grilled Pork Chops

Ingredients

4 pork chops*

2 tbsp. vegetable oil

¼ cup honey

1 tbsp. apple cider vinegar

1 tsp. ground cumin

1 tsp. red peppers flakes

1 tsp. garlic powder

**Ingredient in Food \$en\$e package*



Directions

1. In a small bowl, whisk together the honey, oil, vinegar, cumin, and red pepper flakes.
2. Sprinkle both sides of pork chops with salt and pepper and place in a re-sealable plastic bag with the marinade. Let rest in the refrigerator 4 hours.
3. Heat a grill to a medium heat.
4. Remove the pork chops from the bag and place on the grill.
5. Cook pork chops on grill for about 4 minutes, flip, and cook on the other side for another 3 minutes or until the internal temperature reaches 145°F.
6. Let rest for 10 minutes before serving.

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