FOOD Sense
a monthly food co-op for everyone

IMPORTANT DATES FOR FOOD $ENSE COORDINATORS:

EBT Approvals: September 11
Order Deadline: September 12
Money due at Food Bank: September 16
Delivery Dates: September 21-23

PLEASE REMEMBER:
- If your payment is not received by the deadline, your delivery will not be 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 resources on the Food Bank website can be found under:
  Our Programs/FOOD $ENSE/Forms & Resources

1. All F$ payments must be received at the Food Bank no later than the Friday of the week prior to your F$ delivery. Please reference the F$ schedule of important dates.

2. Make sure you are entering the correct voucher numbers and writing down the correct approval number. If this is not done accurately, the F$ site is responsible if there is a discrepancy.

3. When submitting payment please include a completed F$ payment form, one check made out to FBCNY, and the white copies of the approved EBT Vouchers.

FOOD $ENSE CONTACTS:

(315) 437-1899 or (800) 444-1562
Transportation:
Nate O’Grady, ext. 274
Product Shortages:
Adam Croteau, ext. 235
Quality Control:
Andrew Katzer, ext. 231
Ordering/Billing:
Allison Rood, ext. 230

AUGUST PACKAGE ($20.50)
Pork Tenderloin, 1.8 lb. (avg.)
Marinated Beef Portions, 1 lb.
Chicken Thighs, 1.2 lb.
Smoked Kielbasa, 13 oz.
Ground Turkey, 1 lb.
Chocolate Chip Cookie Mix, 21 oz.
White Rice, 1 lb.
Pork and Beans, 19.75 oz.
Mandarin Oranges, 11 oz.
Frozen Green Beans, 1 lb.
Grape Tomatoes, 1 pint
Sweet Corn, 3 pack

SEPTEMBER PACKAGE ($20.50)
Italian Meatballs, 1 lb.
Italian Sausage, 1 lb.
Marinated Pork Portions, 1 lb.
Pepperoni Pizza, 18.5 oz.
Shredded Mozzarella Cheese, 8 oz.
Spaghetti, 1 lb.
Spaghetti Sauce, 24 oz.
Diced Tomatoes, 14.5 oz.
Apple Sauce, 14.5 oz.
Fresh Produce #1
Fresh Produce #2

SEPTEMBER SPECIALS:
St. Louis Style Ribs, 4.5 lbs. (avg.) for $9.50: The pork ribs are a St. Louis style rib and average 4.5 lbs per special.
American Cheese, 5 lbs. for $13.50: The sliced American cheese is not individually wrapped.
French Fries, 5 lbs. for $6.50: The French fries are ready to cook and can be used in the oven or fryer.
Meatloaf, 5 lbs. for $10.00: The meatloaf is a traditional meatloaf made with 100% ground beef.
Lobster Bites, 15 oz. for $5.00: The lobster bites can be deep-fried or baked in the oven.
Chicken Nuggets, 5 lbs. for $14.50: The chicken nuggets are uncooked and a Tyson family product.
FEATURED RECIPE
Ground Turkey Tacos
Serves 4

INGREDIENTS
*Ingredient in Food $en$e package

• 1 Tbsp. olive oil
• 1 lb. ground turkey*
• 1 1/2 tsp minced garlic
• 1 1/2 tsp chili powder
• 1 1/2 tsp ancho chili powder
• 1 tsp ground cumin
• 1/2 tsp paprika
• 1 cup salsa, store-bought or fresh
• 3 Tbsp. chopped cilantro
• Salt and ground black pepper

FOR SERVING:
• 8 corn tortillas, warmed
• 3/4 cup shredded cheddar cheese
• 2 small Roma tomatoes, (or 1 cup grape tomatoes), diced*
• 2 cup shredded lettuce

DIRECTIONS
2. Add turkey season with salt and pepper and let lightly brown on bottom, about 3 minutes.
3. Reduce heat slightly, turn turkey, and garlic. Break up turkey and let just cook through.
4. Add chili powder, cumin, paprika and sauté 30 seconds longer.
5. Pour in salsa and toss. Reduce heat to low. Cover and let simmer for a few minutes.