

FOOD *sense*

A MONTHLY FOOD
CO-OP FOR EVERYONE



August 2024 Newsletter

*** PLEASE NOTE:** For order deadlines and pick-up dates, please contact your participating host site.

HOW TO ORDER A PACKAGE:

To pay with credit or debit card:

1. Visit foodsense.foodbankcny.org and select your participating pick-up site.
2. Select the items you would like to purchase.
3. Pay with credit or debit card!

To pay with cash or EBT:

1. Call (800) 444-1562 or use our Food Finder tool at fbcny.org/findfood to find a Food \$en\$e site near you.
2. Contact your local site coordinator to order and pre-pay with cash or EBT payment.



ORDER ONLINE:

foodsense.foodbankcny.org

A program of:



AUGUST PACKAGE (\$20.50)

Ground Beef, 1 lb.
Marinated Pork, 1 lb.
Chicken Breasts, 1.66 lbs. (avg.)
Tilapia Fillets, 1 lb.
Hot Dogs, 1 lb.
Hamburger Helper, 5.8 oz.
Elbow Macaroni, 1 lb.
Pizza Pepperoni, 10 oz.
Corn, 15 oz.
Strawberries, 1 lb.
Bell Peppers, 3 count
Grape Tomatoes, 1 pint

SEPTEMBER PACKAGE (\$20.50)

Italian Meatballs, 1 lb.
Pollock Fillets, 1 lb.
Italian Sausage, 1 lb.
Ground Chicken, 1 lb.
Mozzarella Cheese, 8 oz.
Stuffed Rigatoni, 12 oz.
Pasta Sauce, 24 oz.
Spaghetti, 1 lb.
Mixed Vegetables, 1 lb.
Mandarin Oranges, 11 oz.
Fresh Produce #1
Fresh Produce #2

SEPTEMBER SPECIALS:

- **Pork Baby Back Ribs, 2 lbs. for \$8.50:** The pork ribs are fully cooked and are in traditional BBQ sauce.
- **Garlic Chicken Meal, 24 oz. for \$6.00:** Pasta in garlic sauce with broccoli, carrots, corn, and seasoned white meat chicken.
- **Breaded Shrimp, 3 lbs. for \$13.00:** The shrimp are butterflied, breaded, and 21-25 per pound.
- **Stuffed Shells, 3 lbs. for \$7.50:** The stuffed shells are frozen and have 18 shells per special.
- **American Cheese, 5 lbs. for \$12.50:** The sliced American cheese is not individually wrapped.
- **Meatloaf, 2 lbs. for \$9.00:** The meatloaf is a traditional meatloaf made with 100% ground beef.



SIGN UP FOR OUR E-NEWSLETTER FOR EXCLUSIVE RECIPES!

To learn more or find a site near you, visit fbcny.org/fs or call (800) 444-1562.

Chicken & Corn Macaroni Salad

Serves 4

Ingredients:

- 8 oz. elbow macaroni*
- 2 chicken breasts, cubed
- 1 cup corn*
- 1/2 cup diced bell peppers*
- 1/4 cup diced red onion
- 1 cup grape tomatoes, halved*
- 1/4 cup chopped fresh parsley
- 1/3 cup Greek yogurt
- 1/3 cup mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder



Directions:

- 1. Cook Macaroni:** Cook the elbow macaroni according to the package instructions. Drain and rinse under cold water to cool.
- 2. Cook Chicken:** Heat olive oil in a skillet over medium heat. Add the cubed chicken, garlic powder, onion powder, salt, and pepper. Cook until the chicken is fully cooked and golden brown, about 6-8 minutes. Set aside to cool.
- 3. Prepare Dressing:** In a large mixing bowl, whisk together Greek yogurt, mayonnaise, lemon juice, Dijon mustard, salt, and pepper until smooth.
- 4. Combine Ingredients:** Add the cooked macaroni, cooked chicken, corn, bell peppers, red onion, cherry tomatoes, and parsley to the dressing. Toss everything together until well combined.
- 5. Chill and Serve:** Refrigerate salad for at least 30 minutes to let the flavors meld. Serve chilled.



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