

FOOD *sense*

A MONTHLY FOOD
CO-OP FOR EVERYONE



December 2023 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:



DECEMBER PACKAGE (\$20.50)

Breaded Chicken Strips, 25 oz.
Breakfast Sausage, 6.4 oz.
Hickory Smoked Bacon, 12 oz.
Ground Chicken, 1 lb.
Medium Eggs, 1 dozen
Pancake Mix, 32 oz.
Orange Juice, 32 oz.
Frozen Strawberries, 16 oz.
Home-style Waffles, 9.8 oz.
Mandarin Oranges, 11 oz.
Wrapped Lettuce, 1 head
Fresh Carrots, 1 lb.

JANUARY PACKAGE (\$20.50)

Italian Meatballs, 1 lb.
Chicken Breasts, 1.75 lbs. (avg)
Italian Sausage, 1 lb.
Ground Turkey, 1 lb.
Mozzarella Cheese, 8 oz.
Cheese Ravioli, 13 oz.
Pasta Sauce, 24 oz.
Pizza Rolls, 7.5 oz.
Cannellini Beans, 15 oz.
Diced Tomatoes, 15 oz.
Fresh Produce 1#
Fresh Produce 2#

JANUARY SPECIALS:

- **Stuffed Pork Chops, 2 lbs. for \$9.00:** The pork chops are stuffed with a bread, apple, and cranberry mix.
- **Chicken Wings, 5 lbs. for \$10.00:** The chicken wings are ready for the air-fryer or oven and are in a resealable bag.
- **American Cheese, 5 lbs. for \$12.50:** The sliced American cheese is not individually wrapped.
- **Breaded Shrimp, 3 lbs. for \$13.00:** The shrimp are butterflied, breaded, and 21-25 per pound.
- **Meatloaf, 2 lbs. for \$9.00:** The meatloaf is a traditional meatloaf made with 100% ground beef.
- **Stuffed Shells, 3 lbs. for \$7.50:** The stuffed shells are frozen and have 18 shells per special.



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.

FEATURED RECIPE

FOOD *sense*

Chicken & Waffles

Serves 4

Ingredients:

- 1 package breaded chicken strips*
- 2 cups of pancake mix*
- 2 eggs*
- 1 1/2 cups of cold water
- 2 Tbsp. of cooking oil
- Maple syrup



Directions:

1. Preheat oven to 425°F with the rack in the middle.
2. Spray baking sheet with cooking spray.
3. Place frozen chicken strips on sheet and bake for 16-18 minutes.
4. While chicken is cooking combine the pancake mix in a bowl with the water.
5. Wisk the eggs and oil together in another bowl.
6. Add egg mixture to the pancake mix and water.
7. Preheat waffle iron.
8. Bake on hot waffle iron until desired doneness.
9. Serve chicken and waffles with maple syrup.



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foodsense.foodbankcny.org



LEARN MORE:

fbcny.org/fs



E-NEWSLETTER SIGN-UP:

fbcny.org/fs-newsletter