

FOOD \$ENSE



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

Use These High Nutrition & Lower Cost Foods

Try beans lentils, eggs, peanut butter, tofu, and canned fish like salmon or tuna for ways to get healthy proteins. You can usually find good prices on whole grains including oats, brown rice, and barley. Sweet and white potatoes are also low cost filling options. Frozen fruit and vegetables are rich in nutrients and can be less expensive than their fresh counterparts, especially during the winter season. Another way to get protein foods at a lower cost is to order the Food \$en\$e Protein Box special for March!

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

EBT Approvals: March 17
Order Deadline: March 18

Money Due to the Food Bank: March 22
Delivery Dates: March 27 - 29

- For Customer Order Deadlines: Please 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*

February Package: (Price \$20.50)

- Pork Tenderloin, 1.7 lbs. (avg.)
- Chicken Thighs, 3.5 lbs. (avg.)
- Fish Sticks, 1 lb.
- Kielbasa Sausage, 13 oz.
- Beef Sandwich Steaks, 10.5 oz.
- Pierogies, 13 oz.
- Cheddar Cheese, 8 oz.
- Chicken Pot Pie, 7 oz.
- Mixed Vegetables, 1 lb.
- Diced Pears, 15 oz.
- Fresh Mushrooms, 8 oz.
- Fresh Salad Mix, 12 oz.

March Package: (subject to change)

- Chicken Tenderloins, 1.5 lbs. (avg.)
- Tilapia Fillets, 1 lb.
- Ham Steaks, 1 lb.
- Salisbury Steaks, 12 oz.
- Ground Turkey, 1 lb.
- Shoe String French Fries, 20 oz.
- White Rice, 1 lb.
- Frozen Brussel Sprouts, 1 lb.
- Shrimp Florentine, 24 oz.
- Frozen Blackberries, 1 lb.
- Fresh Produce
- Fresh Produce

March Specials:

Spiral Ham: 9 lbs. (avg.) for \$13.50 - The ham is an all natural honey spiral ham and averages 9 lbs. per special.

Breaded Chicken Nuggets: 5 lbs. for \$7.75 - The chicken nuggets are fully-cooked and can be reheated in the oven or microwave oven.

Italian Meatballs: 5 lbs. for \$9.25 - The Italian meatballs are fully cooked and are in a 5 lbs. bag.

Stuffed Pork Chops: 2 lbs. for \$7.00 - The pork chops are stuffed with apples and cranberries.

Protein Box: \$15.00 - The Protein Box includes Pork Tenderloin 1.7 lbs. (avg.), boneless chicken breast 3 lbs., breaded fish sticks 1 lb., ground beef 1 lb., and deli-sliced turkey 8 oz.

Mozzarella Sticks: 2 lbs. for \$6.25 - The mozzarella sticks are par-cooked and ready for the oven.

Stuffed Shells: 3 lbs. for \$5.75 - The stuffed shells are hand stuffed with a ricotta cheese filling.

Crispy Baked Chicken Thighs

Ingredients

- 3 lbs. chicken thighs*, about 6-8
- 2 tsp. olive oil
- 1 tsp. salt
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 2 tsp. Italian seasoning
- 1 tsp. black pepper
- 1 tsp. paprika

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



Directions:

1. Preheat oven to 400°F degrees. Line a large baking sheet with foil for easy cleanup and set aside.
2. Remove the chicken thighs from their packaging and pat them dry with paper towels. Arrange chicken on prepared baking sheet and drizzle with olive oil.
3. In a small bowl, mix together the salt, pepper, garlic powder, onion powder, Italian seasoning, and paprika. Sprinkle spices evenly over chicken.
4. Bake in preheated oven for 35-45 minutes or until internal temperature reaches 165°F.
5. Serve & enjoy. Refrigerate leftovers.

Food \$en\$e Contacts:

Main Number: (315) 437-1899 or (800) 444-1562

Transportation: Bob Lindsay, ext. 234

Product Shortages: Adam Croteau, ext. 235

Quality Control: Andrew Katzer, ext. 231

Ordering/Billing: Allison Rood, ext. 230



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