

# FOOD *sense*

A MONTHLY FOOD  
CO-OP FOR EVERYONE



January 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](https://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](https://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](https://foodsense.foodbankcny.org)

A program of:



## JANUARY PACKAGE (\$20.50)

Italian Sausage, 1 lb.  
Chicken Breasts, 1.78 lb.  
Meatballs, 1 lb.  
Ground Turkey, 1 lb.  
Pizza Rolls, 7.5 oz.  
Mozzarella Cheese, 8 oz.  
Cannellini Beans, 15 oz.  
Cheese Ravioli, 13 oz.  
Spaghetti Sauce, 24 oz.  
Diced Tomatoes, 14.5 oz.  
Fresh Cantaloupe, 1 each  
Fresh Mushrooms, 8 oz.

## FEBRUARY PACKAGE (\$20.50)

Chicken Breasts, 1.8 oz. (avg)  
Pork Kabobs, 1 lb.  
Ground Beef, 1 lb.  
Kielbasa, 13 oz.  
Fish Sticks, 1 lb.  
Pierogi, 13 oz.  
Cheddar Cheese, 8 oz.  
Fingerling Potatoes, 12 oz.  
Applesauce, 15 oz.  
White Rice, 1 lb.  
Produce #1  
Produce #2

## FEBRUARY SPECIALS:

- **Pork Baby Back Ribs, 2 lbs. for \$10.50:** The pork ribs are fully cooked, and are in traditional BBQ sauce.
- **Stuffed Chicken, 2 lbs. for \$10.00:** The chicken breasts are stuffed with apples and cranberries.
- **Onion Rings, 2.5 lbs. for \$9.00:** The onion rings are ready to cook and used in the oven or fryer.
- **Shrimp Scampi, 1.5 lbs. for \$6.00:** The shrimp scampi is a complete meal with shrimp, linguini pasta, and vegetables in a creamy garlic sauce.
- **Protein Box, 5 lbs. for \$14.00:** The Protein box contains ground turkey (1 lb.), Italian sausage (1 lb.), breaded chicken strips (26 oz.), salmon portions (1 lb.), and bologna (1 lb.).
- **Meatballs 5 lbs. for \$13.25:** The Italian meatballs are fully cooked and are in a 5 lb. bag.



## SIGN UP FOR OUR E-NEWSLETTER FOR EXCLUSIVE RECIPES!

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

# FEATURED RECIPE

# FOOD *Sense*

## Sausage in Tomato Sauce with Cannellini Beans

Serves 2

### Ingredients:

- 1 lb. Italian sausage\*
- 2 tablespoons olive oil
- 1 onion (finely chopped)
- 1 can cannellini beans (15 oz.) drained and rinsed\*
- 1 can diced tomatoes (14.5 oz.)\*
- ½ teaspoon sugar
- ¼ teaspoon pepper
- 2 cloves of garlic (optional)



### Directions:

1. Heat the oil in a large frying pan, add the sausage and sauté until golden brown and cooked-through, turning occasionally.
2. Push the sausage to the side, add the onion and garlic and cook for 3-4 minutes until softened.
3. Add the tomatoes to the pan and heat through.
4. Serve and enjoy!



**ORDER ONLINE:**

[foodsense.foodbankcny.org](https://foodsense.foodbankcny.org)



**LEARN MORE:**

[fbcny.org/fs](https://fbcny.org/fs)



**E-NEWSLETTER SIGN-UP:**

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