

FOOD *Sense*

a monthly food co-op for everyone



June 2023 Newsletter

IMPORTANT DATES FOR FOOD \$EN\$E COORDINATORS:

EBT Approvals: July 16

Order Deadline: July 17

Money due at Food Bank: July 21

Delivery Dates: July 26-28

PLEASE NOTE: For customer order deadlines, please contact your participating host site for specific days and times.

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 \$EN\$E 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

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 \\$en\\$e/Forms & Resources](#)

JUNE PACKAGE (\$20.50)

Pork Tenderloin, 1.8 lb. avg.
Boneless Chicken Breast, 1.78 lb. avg.
Ground Beef, 1 lb.
Tilapia Fillets, 1 lb.
Bologna, 1 lb.
Chocolate Chip Muffin Tops, 13 oz.
Mac and Cheese, 7.25 oz.
Spaghetti, 1 lb.
Mandarin Oranges, 11 oz.
Green Beans, 14.5 oz.
Grape Tomatoes, 1 pint
Lettuce, 1 head

JULY PACKAGE (\$20.50)

Chicken Breast (IQF), 2.5 lb.
Marinated Beef Portions, 1 lb.
Kielbasa, 13 oz.
Pork Kabob Pieces, 1 lb.
Ground Turkey, 1 lb.
Cilantro Lime Rice, 6.2 oz.
Pork and Beans, 19.75 oz.
Ziti, 1 lb.
Peaches, 15 oz.
Corn, 15 oz.
Fresh Produce #1
Fresh Produce #2

JULY SPECIALS:

Produce Box, 12 lbs. for \$15.00: The produce box has 7 items and consists of, Green Squash (2), Peppers (2), Peaches (5), Corn (4), Cucumbers (2), Grape Tomatoes (1 Pint), and Lettuce (1).

American Cheese, 5 lbs. for \$12.00: The sliced American cheese is not individually wrapped.

Tilapia, 5 lbs. for \$12.50: The Tilapia fillets are farm raised and come individually quick frozen.

Meatballs, 5 lbs. for \$16.00: The Italian meatballs are fully cooked and are in a five-pound bag.

Pulled Pork, 1 lb. for \$6.50: The pulled pork is fully cooked and in a Carolina BBQ sauce.

Lobster Bites, 15 oz. for \$5.00: The lobster bites can be baked in the oven, or cooked in the air-fryer.

FEATURED RECIPE

Chicken and Pesto Pasta

Serves 4

INGREDIENTS

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

- 1 lb. pasta*
- 14.5oz. green beans*
- 1 tbsp olive oil
- 1 bunch green onions
- 1.5 lbs. chicken breast*
- 5 tbsp jar pesto
- 3 tbsp cream or milk



DIRECTIONS

1. Cook 1 pound of pasta according to the package instructions.
2. Drain the pasta and reserve a few tablespoons of the pasta water.
3. Cut chicken breast into 1-inch cubes. Sprinkle with salt and pepper.
4. Heat 1 tablespoon of olive oil in a large pan. Add cubed chicken to a large pan and cook for 5-7 minutes.
5. Add 1 bunch of finely sliced spring onions and green beans to the pan. Cook for 1 minute.
6. Stir in 5 tablespoons of pesto and 3 tablespoons of cream or milk.
7. Mix in the cooked pasta and green beans. Add some of the reserved cooking water.
8. Season and serve garnished with grated parmesan cheese.



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website!

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of Central New York

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