

FOOD \$EN\$E



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

Meal Planning Saves Money

Make time in your schedule to plan your breakfasts, lunches, dinners, and snacks for the next 10 to 14 days. Start by checking your freezer, refrigerator, pantry, and kitchen cabinets for what you have on hand. Then, build your menu to use up cans of soup and other staples. Consider keeping a folder of recipes you want to try. Once you have a completed menu, build your grocery list. Planning meals can save you time, save food from going to waste, and overall save you money.

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

EBT Approvals: April 12
Order Deadline: April 13

Money Due to the Food Bank: April 17
Delivery Dates: April 22-24

- For Customer Order Deadlines: 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*

March Package:

- Chicken Drumsticks, 3.5 lbs. (avg.)
- Ham Steaks, 1 lb.
- Tilapia Fillets, 1 lb.
- Ground Turkey, 1 lb.
- Salisbury Steaks, 12 oz.
- Pizza (BBQ), 14 oz.
- French Fries, 20 oz.
- Macaroni & Cheese, 7.25 oz.
- Frozen Tropical Fruit, 1 lb.
- Diced Carrots, 1 lb.
- Salad Mix, 12 oz.
- Mushrooms, 8 oz.

April Package \$20.50:

- Chicken Thighs, 3.5 lbs. (avg.)
- Italian Sausage, 1 lb.
- Meatballs, 1 lb.
- Breaded Veal Patties, 12 oz.
- Fresh Eggs, 1 dozen
- Mozzarella Cheese, 8 oz.
- Spaghetti Sauce, 24 oz.
- Cheese Ravioli, 13 oz.
- Tomato Soup, 14.3 oz.
- Italian Mix Frozen Vegetables, 1 lb.
- Fresh Produce
- Fresh Produce

April Specials:

Stuffed Pork Chops: 2 lbs. for \$7.50 - The pork chops are stuffed with apples and cranberries.

Beef Sandwich Steaks: 21 oz. for \$6.50 - The beef sandwich steaks are made from 100% beef and are quick & easy to prepare.

Chicken Breast: 2.5 lbs. for \$5.50 - The chicken breast are boneless, skinless, and individually quick frozen.

American Cheese: 5 lbs. for \$11.50 - The sliced American cheese is not individually wrapped.

Protein Box: \$12.75 - The Protein Box includes: Pork Tenderloin 1.7 lb. (avg.), Chicken Breasts Kabobs 1 lb., Breaded Fish Sticks 1 lb., Ground Beef 1 lb. and Deli-Sliced Turkey 10 oz.

French Fries: 5 lbs. for \$4.50 - The French fries are ready to cook and are a straight-cut restaurant fry.

Hot Pockets: 12/8 oz. sandwiches for \$20.25 - The pepperoni Hot Pockets contain 12 sandwiches per special.

Ham and Potato Soup

Ingredients

3 tablespoons butter
1 medium onion diced
4 cups potatoes diced
1 large carrot diced *
1 stalk celery sliced
2 cloves garlic minced
2 cups ham diced *
2 teaspoons parsley
3 cups chicken broth
1 1/3 cups light cream
1/2 cup sour cream
Salt and pepper to taste



Directions

1. Cook onion in olive oil in a soup pot until tender for about 5 minutes.
2. Add remaining ingredients except sour cream and cream. Bring to a boil, reduce heat, and simmer 20 minutes or until potatoes are tender.
3. Using a potato masher, mash some of the potatoes in the pot, add cream, and simmer an additional 5 minutes. Stir in sour cream and serve warm.

Serves 8

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