

FOOD \$ENSE



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

PLEASE NOTE:

We only accept checks/money orders made payable to Food Bank of Central New York. Any customer checks must be approved by coordinator and be made out to your host site.

IMPORTANT DATES & REMINDERS FOR COORDINATORS:

- EBT Approvals: December 5
- Order Deadline: December 6
- Money due at Food Bank: December 10
- Delivery Dates: December 15-17

PLEASE NOTE: 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"

November Package (\$20.50)

Pork Tenderloin, 1.7 lbs. (avg)
Italian Meatballs, 1 lb.
Breaded Fish, 1 lb.
Ground Turkey, 1 lb.
Stuffing Mix, 6 oz.
Instant Mashed Potatoes, 13.3 oz.
Turkey Gravy, 15 oz.
Apple Pie, 22 oz.
Corn, 16 oz.
Sweet Potatoes, 16 oz.
Yellow Onions, 2 lbs.
Celery, 1 each

December Package (\$20.50)

Chicken Breast Portions, 1 lb.
Comed Beef Hash, 1 lb.
Breakfast Sausage, 12 oz.
Salisbury Steak, 12 oz.
Fresh Eggs, 1 dozen
Pancake Mix, 32 oz.
Toasted Oats Cereal, 12 oz.
Quick Oats, 18 oz.
Frozen Diced Potatoes, 1 lb.
Cinnamon Rolls, 17.5 oz.
Fresh Produce #1
Fresh Produce #2

December Specials

Spiral Ham, 8 lbs. (avg) for \$16.75: The spiral hams average between 8 and 10 pounds per special.

Italian Meatballs, 5 lbs. for \$14.50: The Italian meatballs are fully-cooked and are in a five-pound bag.

Onion Rings, 2.5 lbs. for \$8.00: The onion rings are ready to cook and can be used in the oven or fryer.

Stuffed Chicken, 2 lbs. for \$11.50: The chicken breasts are stuffed with apples and cranberries.

Lobster Bites, 15 oz. for \$5.00: The lobster bites can be deep fried or baked in the oven.

Hot Pockets, 12/8 oz. sandwiches for \$22.00: The Philly Steak Hot Pockets contain 12 sandwiches per special.

Roasted Pork Tenderloin with Apples

Serves 4

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

- 1 pork tenderloin*
- 2 tbsp olive oil
- 1 tbsp butter
- 1 tbsp Dijon mustard
- 2 onions, sliced*
- 1 cup chicken stock
- 2 apples, cored and sliced
- Salt and pepper to taste



Directions

1. Heat oven 425°F. Pat pork dry with paper towel and then rub mustard and one tablespoon of oil.
2. Heat a tablespoon of oil in oven-safe skillet over medium heat. When the oil is hot add the pork tenderloin and cook, occasionally turning until evenly browned on all sides, about 12 minutes.
3. Transfer to a large plate.
4. Keep the pan used to sear the pork on the stove over medium heat. Check the pan, if it looks dry add another tablespoon of oil.
5. Add the apples and onions then cook, occasionally stirring, until lightly browned around edges, about 5 minutes. Place the seared pork on top of the apples and onions and then roast in oven for 10 to 15 minutes or until an internal temperature reaches 145°F. Transfer pork to a large plate and let rest for 10 minutes.
6. Place the apples and onions back onto the stove on medium heat and add the chicken stock and use a wooden spoon to scrape the pan. Add butter and stir until melted.
7. Serve and enjoy.

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