

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: November 7
- Order Deadline: November 8
- Money due at Food Bank: November 12
- Delivery Dates: November 17-19

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"

October Package (\$20.50)

Chicken Breast Portions, 1 lb
Salisbury Steaks, 12 oz.
Kielbasa, 15 oz.
Fish Sticks, 1 lb.
Sliced Deli-Turkey, 10 oz.
Egg Noodles, 12 oz.
Cheddar Cheese, 8 oz.
Cheese Pierogies, 13 oz.
Peas & Carrots, 16 oz.
Applesauce, 15 oz.
Fresh Mushroom, 8 oz.
Fresh Spinach, 10 oz.

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.
Fresh Produce #1
Fresh Produce #2

November Specials

Whole Turkey, 10-12 lbs. (avg) for \$16.00: The whole turkeys average between 10 and 12 pounds per special.

Meatloaf, 2 lbs. for \$10.25: The meatloaf is a traditional meatloaf made with 100% ground beef.

Breaded Shrimp, 3 lbs. for \$13.75: The breaded shrimp contains 16-20 shrimp per pound.

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

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

Macaroni & Cheese, 6 lbs. for \$11.00: The macaroni & cheese is a family-sized and a Stouffers' product.

Kielbasa and Cabbage with Egg Noodles

Serves 4

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

- 1 medium onion, diced
- 1 tbsp olive oil
- 12 oz kielbasa, sliced*
- 1 small head green cabbage, shredded
- 2 tbsp butter
- 8 oz egg noodles*
- Salt and pepper to taste

Directions

1. Heat olive oil over medium heat in Dutch oven or large, heavy-bottomed pot. Add onions and kielbasa and cook about 5 minutes or until sausage is browned.
2. Add shredded cabbage and butter. Reduce heat to medium low and cook, stirring occasionally, for 10-20 minutes, or until cabbage is wilted and some parts are browned. Taste a piece to see if it's as cooked as you like it.
3. While cabbage is cooking, cook pasta according to package directions and drain.
4. Toss cooked pasta with kielbasa and cabbage mixture. Add salt and pepper to taste.



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