

FOOD Sense

A MONTHLY FOOD
CO-OP FOR EVERYONE



September 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 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 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

A program of:



SEPTEMBER PACKAGE (\$20.50)

Italian Meatballs, 1 lb.
Pollock Fillets, 1 lb.
Italian Sausage, 1 lb.
Ground Chicken, 1 lb.
Mozzarella Cheese, 8 oz.
Stuffed Rigatoni, 12 oz.
Pasta Sauce, 24 oz.
Spaghetti, 1 lb.
Mixed Vegetables, 1 lb.
Mandarin Oranges, 11 oz.
Lettuce, 1 head
Carrots, 1 lb.

OCTOBER PACKAGE (\$20.50)

Chicken Breasts, 1 lb.
Beef Portions, 1 lb.
Kielbasa Sausage, 13 oz.
Ground Turkey, 1 lb.
Cheddar Cheese, 8 oz.
Pierogies, 13 oz.
White Rice, 16 oz.
Macaroni & Cheese, 7.25 oz.
Sweet Potato Fries, 19 oz.
Blueberries, 16 oz.
Fresh Produce #1
Fresh Produce #2

OCTOBER SPECIALS:

- **Chicken Wings, 5 lbs. for \$11.00:** The chicken wings are ready for the air-fryer or grill and are in individual quick frozen.
- **Beef & Broccoli, 22 oz. for \$6.00:** The beef and broccoli consist of beef strips, broccoli florets, and red bell peppers with white rice in a savory soy sauce.
- **Stuffed Pork Chops, 2 lbs. for \$9.75:** The pork chops are stuffed with apples and cranberries.
- **Lasagna Roll-ups, 42 oz. for \$6.50:** The cheese lasagna roll-ups are stuffed with ricotta and Romano cheese and are over two and a half pounds.
- **Pantry Box, 9 lbs. for \$11.75:** The pantry box is 9 items and consists of: Honey Nut O's (7 oz.), Pancake Mix (32 oz.), Instant Potatoes (13.3 oz.), Chicken in a pouch (4.5 oz.), Elbow Macaroni (1 lb.), Peanut Butter (18 oz.), Strawberry Spread (19 oz.), Applesauce (15 oz.) and Carrots (14.5 oz.).
- **Mozzarella Sticks, 3 lbs. for \$11.50:** The mozzarella sticks are par-cooked and ready for the oven.



SIGN UP FOR OUR E-NEWSLETTER FOR EXCLUSIVE RECIPES!

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

Italian Meatball & Sausage Rigatoni Bake

Serves 4

Ingredients:

- 12 oz. Stuffed Rigatoni*
- 1 lb. Italian Meatballs*
- 1 lb. Italian Sausage, sliced*
- 24 oz. Pasta Sauce*
- 8 oz. Mozzarella Cheese, shredded*
- 1 cup Mixed Vegetables (optional)*



Directions:

1. Bring a large pot of salted water to a boil. Cook the stuffed rigatoni according to the package instructions until al dente. Drain and set aside.
2. In a large pan, cook the Italian meatballs and sausage slices over medium heat until browned and fully cooked, about 10-12 minutes. Drain any excess fat.
3. Pour the pasta sauce into the pan with the cooked meatballs and sausage. Stir and let simmer for 5 minutes. Add the mixed vegetables if desired.
4. Preheat your oven to 375°F. In a large baking dish, combine the cooked rigatoni with the meatball-sausage-sauce mixture. Stir well to evenly coat the pasta.
5. Sprinkle the shredded mozzarella cheese evenly over the top of the pasta and sauce.
6. Place the dish in the preheated oven and bake for 20-25 minutes, until the cheese is melted and bubbly.
7. Remove from the oven and let it cool for a few minutes before serving.



ORDER ONLINE:
foodsense.foodbankcny.org



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