FOOD ene

A MONTHLY FOOD CO-OP FOR EVERYONE



September 2026 Newsletter

*** PLEASE NOTE:** For order deadlines and pick-up dates, please contact your participating host site.

HOW TO ORDER A PACKAGE:

To pay with SNAP EBT, 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 EBT, credit, or debit card!

To pay with cash or need further assistance:

1. Call (800) 444-1562 or use our Food Finder tool at **fbcny.org/findfood** to find a Food ene site near you.
2. Contact your local site coordinator to order and pre-pay with cash.

ORDER ONLINE:
foodsense.foodbankcny.org

A program of:

Food Bank of Central New York

SEPTEMBER PACKAGE ($20.50)

Meatballs, 1 lb.
Chicken Breast, 1.5 lb. (Avg)
Fish Sticks, 1 lb.
Italian Sausage, 1 lb.
Pasta Sauce, 24 oz.
Italian Vegetable Blend, 1 lb.
Green Beans, 1 lb.
Spaghetti, 1 lb.
Mandarins, 11 oz.
Pears, 15 oz.
Onions, 2 lb.
Carrots, 1 lb.

OCTOBER PACKAGE ($20.50)

Chicken Breast, 1.5 lb. (Avg)
Ground Beef, 1 lb.
Pollock Fillets, 1 lb.
Marinated Pork, 1 lb.
Hamburger Helper, 5.8 oz.
Corn, 1 lb.
Strawberries, 1 lb.
Macaroni & Cheese, 7.25 oz.
Applesauce, 15 oz.
Fruit Salad, 15 oz.
Fresh Produce #1
Fresh Produce #2

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.

OCTOBER SPECIALS:

- **Chicken Nuggets, 5 lbs. for $11.00:** The chicken nuggets are fully-cooked and are ready for the oven or fryer.
- **Mozzarella Sticks, 3 lbs. for $12.00:** The mozzarella sticks are par-cooked and ready for the oven.
- **Pulled Pork, 1 lb. for $6.50:** The pulled pork is fully cooked and in a Carolina BBQ sauce.
- **Pantry Box, 8 items for $11.50:** The pantry box includes baking mix (40 oz.), quick oats (14 oz.), pears (15 oz.), ziti (1 lb.), strawberry spread (19 oz.), macaroni & cheese (7.25 oz.), scalloped potatoes (4.7 oz.), and peanut butter (16 oz.).
- **Shimp, 2 lb. for $10.50:** These shrimp are farm-raised, individually quick frozen, and are E-Z peel.
- **Meatloaf Mix, 2 lbs. for $12.00:** This traditional meatloaf mix is made with only ground beef, veal, and pork.

FEATURED RECIPE

FOOD ene

Cheesy Italian Chicken Pasta Bake

Serves 4

Ingredients:

**Ingredient in Food ene package*

- 1.5 lb. chicken breast, diced*
- 1 lb. Spaghetti*
- 24 oz. pasta sauce*
- 1 lb. Italian vegetable blend*
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp black pepper
- ½ tsp salt
- 1 cup shredded mozzarella cheese
- ½ cup grated parmesan cheese



Directions:

1. Preheat oven to 375°F.
2. Cook spaghetti according to package directions; drain.
3. Season the diced chicken with Italian seasoning, garlic powder, onion powder, salt, and pepper. In a large skillet, cook the chicken until browned and fully cooked.
4. Add the Italian vegetable blend and cook for 4 to 5 minutes. Stir in the pasta sauce and simmer for 5 minutes. Add the cooked spaghetti and toss until evenly combined.
5. Transfer the mixture to a 9x13-inch baking dish. Sprinkle mozzarella and parmesan evenly over the top.
6. Bake for 20 minutes, or until the cheese is melted and lightly golden. Serve promptly.

ORDER ONLINE:
foodsense.foodbankcny.org

SHARE FEEDBACK:
fbcny.org/feedback

E-NEWSLETTER SIGN-UP:
fbcny.org/fs-newsletter