

FOOD Sense

A MONTHLY FOOD
CO-OP FOR EVERYONE



October 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 \$en\$e site near you.
2. Contact your local site coordinator to order and pre-pay with cash.



ORDER ONLINE:

foodsense.foodbankcny.org

A program of:



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.
Potatoes, 5 lb. (NYS-grown)
Mushrooms, 8 oz.

NOVEMBER PACKAGE (\$20.50)

Pork Tenderloin, 1.87 lbs. (avg.)
Chicken Tenders, 1.4 lbs. (avg.)
Meatballs, 1 lb.
Fish Sticks, 1 lb.
Stuffing Mix, 6 oz.
Instant Potatoes, 13.5 oz.
Gravy, 10.5 oz.
Corn, 15 oz.
Sweet Potatoes, 15 oz.
Cranberry Sauce, 11.75 oz.
Fresh Produce #1
Fresh Produce #2

NOVEMBER SPECIALS:

- **Whole Chicken Roaster, 6.5 lbs. (avg.) for \$13.00:** The whole chicken roasters are frozen and free of antibiotics and hormones.
- **Stuffed Shells, 48 oz. for \$7.50:** The stuffed shells are frozen and have 18 shells per special.
- **American Cheese (sliced), 5 lbs. for \$11.50:** The sliced American cheese is not individually wrapped.
- **Produce Box, 12 lbs. (avg.) for \$14.50:** Includes onions (2 lbs.), apples (3 lbs.), carrots (2 lbs.), potatoes (5 lbs.), celery (1 sleeve), yams (6 each), butternut squash (1 each).
- **Beef & Broccoli, 22 oz. for \$7.00:** The beef and broccoli consists of beef strips, broccoli florets, and red bell peppers with white rice in a savory soy sauce.
- **Breaded Shrimp, 3 lbs. for \$13.00:** The shrimp are butterflied, breaded, and 21-25 per pound.



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.

FEATURED RECIPE

FOOD *sense*

Garlic Herb Pork & Corn Macaroni Skillet

Serves 4

Ingredients:

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

- 1 lb. marinated pork, cut into bite-sized pieces*
- 1 lb. corn*
- 1 box macaroni & cheese (7.25 oz.)*
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ½ tsp. paprika
- ½ tsp. Italian seasoning
- 1 Tbsp. butter
- Salt and pepper, to taste



Directions:

1. Prepare the macaroni & cheese according to the package directions. Set aside.
2. Season the pork with the garlic powder, onion powder, paprika, black pepper, salt, and Italian seasoning.
3. In a large skillet over medium-high heat, cook the pork for 8-10 minutes until browned and fully cooked. Add the corn and cook for 4-5 minutes, stirring occasionally, until heated through.
4. Stir in the prepared macaroni & cheese. Add the butter and mix until creamy and well combined.
5. Reduce the heat to low and cook for an additional 2-3 minutes so the flavors can blend together.
6. Allow to rest, serve promptly



ORDER ONLINE:
foodsense.foodbankcny.org



SHARE FEEDBACK:
fbcny.org/feedback



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