FOOD ene

A MONTHLY FOOD CO-OP FOR EVERYONE



July 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

JULY PACKAGE ($20.50)

Pork Tenderloin, 1.78 lbs. (Avg)
Chicken Tenderloins, 1.4 lbs. (Avg)
Marinated Beef, 1 lb.
Hot Dogs, 1 lb.
Wedge Style Fries, 26 oz.
Mac & Cheese, 7.25 oz.
Peppers & Onions, 1 lb.
Blueberries, 1 lb.
Peaches, 15 oz.
Mandarins, 11 oz.
Mushrooms, 8 oz.
Squash, 2 each

AUGUST PACKAGE ($20.50)

Chicken Breast, 1.6 lbs. (Avg)
Marinated Pork, 1 lb.
Ground Beef, 1 lb.
Flounder, 1 lb.
Instant Potatoes, 13.3 oz.
Carrots, 1 lb.
Strawberries, 1 lb.
Elbow Macaroni, 1 lb.
Applesauce, 15 oz.
Corn, 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.

AUGUST SPECIALS:

- **Pork Ribs, 3 lb. (Avg) for $11.00:** The St. Louis Style Ribs are uncooked and vacuum-sealed for freshness.
- **Chicken Nuggets, 5 lbs. for $11.00:** The Chicken Nuggets are fully cooked and oven or air-fryer ready.
- **Mozzarella Sticks, 3 lbs. for $12.00:** The Mozzarella Sticks are par-cooked and ready for the oven.
- **Shrimp Lo Mein, 24 oz. for $5.00:** The Shrimp Lo Mein has tender shrimp, noodles, and vegetables with an oyster & soya sauce.
- **Key West Vegetable Blend, 4 lb. for $9.00:** The Key West vegetable blend is a mix of whole green beans, sliced carrots, and red pepper strips.
- **Italian Meatballs, 5 lbs. for $13.00:** The Italian Meatballs are fully cooked and are in a five-pound bag.

FEATURED RECIPE

FOOD ene

Garlic Herb Chicken & Veggie Mac Bake

Serves 4



Ingredients:

**Ingredient in Food ene package*

- 1.4 lbs Chicken Tenderloins, cut into bite-size pieces*
- 1 box Mac & Cheese*
- 1 lb. Peppers & Onions*
- 8 oz. Mushrooms, sliced*
- 1 tbsp Olive Oil
- 1 tsp Garlic Powder
- 1 tsp Italian Seasoning
- ½ tsp Paprika
- Salt and Pepper
- ½ cup shredded Cheddar or Mozzarella

Directions:

1. Preheat oven to 400°F.
2. Prepare the mac & cheese according to the package directions but leave it slightly saucy.
3. While the pasta cooks, heat oil in a large skillet over medium-high heat.
4. Add chicken. Season with garlic powder, Italian seasoning, paprika, salt, and pepper. Cook for 5-6 minutes.
5. Add peppers, onions, and mushrooms. Cook another 6-8 minutes until vegetables soften and any liquid evaporates.
6. Stir the cooked mac & cheese into the skillet and mix well.
7. Transfer everything to a baking dish and top with shredded cheese.
8. Bake for 10-15 minutes until bubbly and lightly browned on top. Serve promptly.

ORDER ONLINE:
foodsense.foodbankcny.org

SHARE FEEDBACK:
fbcny.org/feedback

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