

FOOD Sense

A MONTHLY FOOD
CO-OP FOR EVERYONE



September 2025 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)

Meatballs, 1 lb.
Chicken Tenderloins, 1.17 lbs. (Avg)
Flounder Fillet, 1 lb.
Italian Sausage, 1 lb.
Cheese Ravioli, 13 oz.
Pasta Sauce, 24 oz.
Spaghetti, 1 lb.
Strawberries, 1 lb. (Frozen)
Crinkle Carrots, 14 oz. (Frozen)
Mandarin Oranges, 11 oz.
Bell Peppers, 2-pack (NYS Grown)
Onions, 2 lbs. (NYS Grown)

OCTOBER PACKAGE (\$20.50)

Pork Tenderloin, 1.87 lbs. (Avg)
Boneless Chicken Thighs, 1.68 lbs. (Avg)
Ground Beef, 1 lb.
Pollock Fillets, 1 lb.
French Fries, 20 oz.
Corn, 1 lb. (Frozen)
Green Beans, 1 lb. (Frozen)
Macaroni & Cheese, 7.25 oz.
Applesauce, 15 oz.
Fruit Mix, 15 oz.
Fresh Produce #1
Fresh Produce #2

OCTOBER SPECIALS:

- **Chicken Nuggets, 5 lbs. for \$10.50:** The chicken nuggets are fully-cooked and are ready for the oven or fryer.
- **Tilapia Fillets, 2 lbs. for \$7.50:** The tilapia fillets are ready to cook and are individually quick frozen.
- **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 (18 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.).
- **Mozzarella Sticks, 3 lbs. for \$11.50:** The mozzarella sticks are par-cooked and ready for the oven.
- **Meatloaf Mix, 2 lbs. for \$11.00:** This traditional meatloaf mix is made with only ground beef, veal, and pork.



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*

Lemon Herb Flounder with Glazed Carrots

Serves 4

Ingredients:

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

- 1 lb. flounder fillet*
- 14 oz. crinkle-sliced carrots*
- 1 tbsp. olive oil
- 1 tbsp. butter
- 1 tbsp. lemon juice
- 1-2 cloves garlic, minced
(or substitute with a pinch of garlic powder)
- Salt & pepper to taste
- Fresh parsley, dill, or other herbs



Directions:

1. Pat the flounder fillets dry and season both sides with salt, pepper, and a drizzle of lemon juice.
2. In a skillet over medium heat, melt ½ tbsp butter with ½ tbsp olive oil.
3. Add carrots, a pinch of salt & pepper, and cook for 6-8 minutes, stirring occasionally, until tender and slightly caramelized. Set aside.
4. In the same skillet, add the remaining butter and olive oil. Add minced garlic and cook for 30 seconds until fragrant. Place the flounder fillets in the pan and cook for 2-3 minutes per side, depending on thickness, until fish is opaque and flakes easily with a fork.
5. Drizzle more lemon juice over the fish before serving. Sprinkle chopped herbs on top.
6. Plate the flounder with a side of the glazed carrots.



ORDER ONLINE:
foodsense.foodbankcny.org



SHARE FEEDBACK:
fbcny.org/feedback



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