

# FOOD Sense

A MONTHLY FOOD  
CO-OP FOR EVERYONE



February 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](https://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](https://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](https://foodsense.foodbankcny.org)

A program of:



## FEBRUARY PACKAGE (\$20.50)

Marinated Beef Portions, 1 lb.  
Chicken Tenderloin, 1.17 lb. (Avg)  
Kielbasa Sausage, 13 oz.  
Pollock Fillet, 1 lb.  
French Fries, 2 lbs.  
Strawberries, 1 lb.  
Green Beans, 1 lb.  
Applesauce, 15 oz.  
Corn, 15 oz.  
White Rice, 1 lb.  
Mushroom, 8 oz.  
Carrots, 1 lb.

## MARCH PACKAGE (\$20.50)

Pork Tenderloin, 1.8 lbs. (Avg)  
Chicken, 1.17 lbs. (Avg)  
Ground Beef, 1 lb.  
Fish Sticks, 1 lb.  
Chicken Pot Pie, 7 oz.  
Mac & Cheese, 7.25 oz.  
Stuffed Rigatoni, 12 oz.  
Chopped Broccoli, 1 lb.  
Carrots, 14.5 oz.  
Mandarins, 11 oz.  
Fresh Produce #1  
Fresh Produce #2

## MARCH SPECIALS:

- **Spiral Honey Hams, 9 lbs. (avg) For \$16.00:** The Spiral Honey Ham is fully cooked and averages 9 lbs.
- **Meatloaf Mix, 2 lbs. for \$11.00:** The meatloaf is an equal blend of beef, pork and veal, vacuum-sealed and frozen.
- **Shrimp Alfredo, 24 oz. for \$6.00:** The shrimp alfredo is a complete meal with shrimp, pasta, and vegetables in a creamy alfredo sauce.
- **American Cheese Sliced, 5 lbs. for \$11.50:** The sliced American cheese is not individually wrapped.
- **BBQ Chicken Wings, 25.5 oz. for \$7.00:** The BBQ chicken wings are frozen and oven or air-fryer ready.
- **Stuffed Shells, 48 oz. for \$7.50:** The stuffed shells are frozen and have 18 shells per special.



## SIGN UP FOR OUR E-NEWSLETTER FOR EXCLUSIVE RECIPES!

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

# FEATURED RECIPE

# FOOD *Sense*

## One-Pan Beef, Green Beans, & Rice Stir Fry

Serves 4

### Ingredients:

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

- 1 lb. Marinated Beef Portions\*
- 1 lb. Green Beans\*
- 1 lb. White Rice\*
- 1 Tablespoon Olive Oil
- 1 Teaspoon Garlic powder
- 1 Can Corn\*
- Soy sauce



### Directions:

1. Add two cups of rinsed rice to a pot with four cups of water.
2. Bring to a boil then cover and reduce heat, simmer for 15–18 minutes. Fluff with a fork.
3. Heat a large skillet over medium-high heat and add one tablespoon of oil.
4. Add green bean and corn, season with salt & pepper, cook for 6–8 minutes.
5. Remove from pan and set aside.
6. In the same pan, add the marinated beef. Cook for 6–8 minutes, stirring occasionally.
7. Add 1 teaspoon garlic powder and a splash of soy sauce and stir.
8. Add the cooked green beans back into the pan with the beef and toss together.
9. Spoon a bed of fluffy rice into bowls, then pile the beef & green beans mixture on top and serve.



**ORDER ONLINE:**  
[foodsense.foodbankcny.org](https://foodsense.foodbankcny.org)



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