

# FOOD *sense*

A MONTHLY FOOD  
CO-OP FOR EVERYONE



April 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](https://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](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 or EBT payment.



### ORDER ONLINE:

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

A program of:



## APRIL PACKAGE (\$20.50)

Italian Meatballs, 1 lb.  
Flounder Fillets, 1 lb.  
Italian Sausage, 1 lb.  
Ground Turkey, 1 lb.  
Shredded Mozzarella Cheese, 8 oz.  
Cheese Ravioli, 13 oz.  
Pasta Sauce, 24 oz.  
Crinkle Cut Carrots, 1 lb.  
Fruit Mix, 15 oz.  
Peas, 15 oz.  
Potatoes, 3 lbs.  
Onions, 2 lbs.

## MAY PACKAGE (\$20.50)

Pork Tenderloin, 1.8 lb. (avg.)  
Chicken Breast Pieces, 1 lb.  
Marinated Beef, 1 lb.  
Buffalo Chicken Pizza, 2.19 lbs.  
Hot Dogs, 1 lb.  
French Fries, 30 oz.  
Mac & Cheese, 7.25 oz.  
Mixed Vegetables, 1 lb.  
Strawberries, 1 lb.  
Applesauce, 15 oz.  
Fresh Produce #1  
Fresh Produce #2

## MAY SPECIALS:

- **Chicken Thighs, 3.5 lbs. (avg.) for \$6.00:** The chicken thighs are bone-in and average over three pounds per special.
- **Pulled Pork, 1 lb. for \$6.50:** The pulled pork is fully cooked and in a Carolina BBQ sauce.
- **Shrimp Scampi, 24 oz. for \$6.50:** The shrimp scampi is a complete meal with shrimp, linguini pasta, and vegetables in a creamy sauce.
- **American Cheese Sliced, 5 lbs. for \$13.00:** The sliced American cheese is not individually wrapped.
- **Onion Rings, 2.5 lbs. for \$9.00:** The onion rings are ready to cook and used in the oven or fryer.
- **Italian Meatballs, 5 lbs. for \$12.50:** The Italian meatballs are fully cooked and are in a five-pound bag.



## 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*

## Sausage & Potato Skillet

Serves 3-4

### Ingredients:

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

- 1 lb. Italian sausage\*
- 6-8 potatoes, diced into small cubes\*
- 2 medium onions, sliced\*
- 1 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. paprika
- Salt and pepper to taste



### Directions:

1. Heat the olive oil in a large frying pan over medium heat.
2. Add the diced potatoes and season with salt, pepper, garlic powder, and paprika.
3. Cook for about 10-12 minutes until the potatoes are golden and tender.
4. While the potatoes are cooking, in another pan, cook the Italian sausage over medium heat, breaking it up with a spoon as it cooks. Stir occasionally until the sausage is fully browned (about 7-10 minutes).
5. Once the sausage is cooked through, add the sliced onions to the pan with the sausage and cook for another 3-4 minutes.
6. Once the potatoes are cooked, add the sausage and onion mixture to the skillet with the potatoes. Stir everything together and cook for another 3-4 minutes, allowing the flavors to combine and the dish to heat through.



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



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