

FOOD *sense*

A MONTHLY FOOD
CO-OP FOR EVERYONE



August 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:



AUGUST PACKAGE (\$20.50)

Chicken Kabob Pieces, 1 lb.
Kielbasa, 13 oz.
Ground Beef, 1 lb.
Pollock Fillet, 1 lb.
Buffalo Chicken Pizza, 2.19 lb.
Green Beans, 1 lb.
Mango Chunks, 1 lb.
Macaroni & Cheese, 7.25 oz.
Applesauce Unsweetened, 15 oz.
Carrots, 15 oz.
Cucumbers, 2 pack (NYS Grown)
Grape Tomatoes, 1 Pt (NYS Grown)

SEPTEMBER PACKAGE (\$20.50)

Meatballs, 1 lb.
Chicken Tenderloin, 1.17 lb. (avg)
Flounder Fillet, 1 lb.
Italian Sausage, 1 lb.
Cheese Ravioli, 13 oz.
Pasta Sauce, 24 oz.
Spaghetti, 1 lb.
Strawberries, 1 lb.
Crinkle Sliced Carrots, 14 oz.
Mandarin Oranges, 11 oz.
Fresh Produce #1
Fresh Produce #2

SEPTEMBER SPECIALS:

- **Pork Tenderloin, 1.65 lb. (avg) for \$5.00:** The pork tenderloin are all-natural, contain no artificial ingredients, and are vacuum sealed to extend shelf life.
- **Seafood Boil Meal, 35.13 oz. for \$9.50:** The Seafood Boil Meal is a ready-to-cook bag of corn on the cob, shrimp, andouille sausage, mussels, and red skinned potatoes.
- **Chicken Wings, 5 lbs. for \$9.50:** The chicken wings are ready for the air-fryer or grill and are individually quickly frozen.
- **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 air-fryer.
- **Lasagna Roll-ups, 42 oz. for \$6.50:** The cheese lasagna roll-ups are stuffed with ricotta and Romano cheese and are over two and a half pounds.



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*

Pollock with Cucumber & Tomato Salad

Serves 4

Ingredients:

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

Pollock

- 1 lb. Pollock Fillet*
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp paprika or lemon pepper
- Salt & pepper to taste
- Lemon wedges for serving

Salad

- 2 Cucumbers (sliced thin)*
- 1 pint Grape Tomatoes (halved)*
- 1 tbsp olive oil
- 1 tbsp vinegar or lemon juice
- Salt & pepper to taste
- Fresh herbs like dill or parsley



Directions:

1. Preheat oven to 375°F
2. Pat dry the fillets, place them on a baking sheet, and rub with olive oil, garlic powder, paprika (or lemon pepper), salt, and pepper.
3. Bake the Pollock for 12–15 minutes, or until the fish flakes easily with a fork.
4. While the fish bakes, toss cucumber slices and halved grape tomatoes in a bowl with olive oil, vinegar or lemon juice, salt, and pepper. Add chopped fresh herbs.
5. Serve the Pollock alongside or on top of the cucumber-tomato salad with a wedge of lemon.



ORDER ONLINE:
foodsense.foodbankcny.org



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fbcny.org/feedback



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