

# FOOD *sense*

A MONTHLY FOOD  
CO-OP FOR EVERYONE



January 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:



## JANUARY PACKAGE (\$20.50)

Italian Sausage, 1 lb.  
Chicken Kabob Pieces, 1 lb.  
Meatballs, 1 lb.  
Fish Sticks, 1 lb.  
Cheese Ravioli, 13 oz.  
Pasta Sauce, 24 oz.  
Spaghetti, 1 lb.  
Mixed Vegetables, 1 lb.  
Carrots, 1 lb.  
Peaches, 15 oz.  
Grape Tomato, 1 pint  
Onions, 2 lbs.

## FEBRUARY PACKAGE (\$20.50)

Marinated Beef Portions, 1 lb.  
Chicken Tenderloins, 1.17 lb. (avg)  
Kielbasa Sausage, 13 oz.  
Pollock Fillets, 1 lb.  
French Fries, 2 lbs.  
Strawberries, 1 lb.  
Green Beans, 1 lb.  
Applesauce, 15 oz.  
Corn, 15 oz.  
White Rice, 1 lb.  
Fresh Produce #1  
Fresh Produce #2

## FEBRUARY SPECIALS:

- **Italian Meatballs, 5 lbs. for \$13.00:** The Italian meatballs are fully cooked and are in a five-pound bag
- **Mozzarella Sticks, 3 lbs. for \$13.50:** The mozzarella sticks are par-cooked and ready for the oven.
- **Cheesy Chicken Nuggets, 48 oz. for \$7.00:** The chicken nuggets are fully cooked with cheese and are ready for the oven or fryer.
- **Protein Box 8 lbs. (avg) for \$15.00:** Protein box includes Ground Beef (1 lb.), Pork Tenderloin (1.7 lb. avg), Chicken Drumsticks (3.5 lbs. avg), Tilapia Fillets (1 lb.), and Bologna (1 lb.).
- **Shrimp Stir Fry, 24 oz. for \$5.00:** The shrimp stir fry is a complete meal with shrimp and vegetables in an Asian soy sauce.
- **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](https://fbcny.org/fs) or call (800) 444-1562.

# FEATURED RECIPE



## Spaghetti with Italian Sausage

Serves 4

### Ingredients:

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

- 1 lb. Italian sausage\*
- 1 lb. spaghetti\*
- 24 oz. pasta sauce\*
- 1 cup mixed vegetables\*
- Salt & pepper to taste
- Parmesan cheese



### Directions:

1. Bring a large pot of salted water to a boil. Add spaghetti and cook according to package directions. Drain and set aside.
2. In a large skillet over medium heat, crumble and cook the Italian sausage until browned (about 7-8 minutes). Drain excess fat if needed.
3. Pour pasta sauce into the skillet with the sausage. Add mixed vegetables and simmer for 10 minutes until veggies are tender and flavors combine.
4. Toss the cooked spaghetti with the sausage and sauce mixture. Season with salt and pepper. Top with Parmesan cheese.



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