

FOOD *sense*

A MONTHLY FOOD
CO-OP FOR EVERYONE



June 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:



JUNE PACKAGE (\$20.50)

Chicken Drumsticks, 3.5 lb. (Avg)
Kielbasa, 13 oz.
Ground Beef, 1 lb.
Pollock Fillets, 1 lb.
Bologna, 1 lb.
Hamburger Helper, 5.3 oz.
Elbow Macaroni, 1 lb.
Corn, 1 lb.
Fruit Mix, 15 oz.
Diced Tomatoes, 14.5 oz.
Onions, 2 lb.
Celery, 1 sleeve

JULY PACKAGE (\$20.50)

Italian Sausage, 1 lb.
Flounder Fillet, 1 lb.
Marinated Beef, 1 lb.
Ground Chicken, 1 lb.
Hot Dogs, 1 lb.
White Rice, 1 lb.
Mixed Vegetables, 1 lb.
Strawberries, 1 lb.
Green Beans, 14.5 oz.
Mandarins, 11 oz.
Fresh Produce #1
Fresh Produce #2

JULY SPECIALS:

- **Chicken Breast, 2 lb. (Avg.) for \$7.00:** The chicken breasts are boneless and average around 2 pounds per special.
- **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.
- **Pantry Box, 8 items for \$12.50:** The pantry box includes pancake mix (32oz), toasted oat cereal (15oz), pears (15oz), elbow macaroni (1 lb.), strawberry spread (19oz), carrots (15oz), pancake syrup (24oz), and peanut butter (16oz)
- **American Cheese Sliced, 5 lbs. for \$13.50:** 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.
- **Shrimp (Raw), 2 lb. for \$10.50:** These shrimp are farm-raised, individually quick frozen, and are easy-peel.



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*

Tomato-Braised Chicken with Celery & Onions

Serves 4

Ingredients:

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

- 2-2.5 lb. chicken drumsticks*
- 2-3 celery stalks, chopped*
- 1 large onion, sliced*
- 1 can diced tomatoes*
- 1 tbsp oil
- Salt and pepper to taste
- 1 tbsp Italian seasoning



Directions:

1. Heat oil in a large pot or deep skillet over medium-high heat. Season chicken with salt and pepper. Brown the drumsticks on all sides (about 6-8 minutes). Remove and set aside.
2. In the same pot, add sliced onion and chopped celery. Sauté for 5-6 minutes until softened.
3. Add the can of diced tomatoes with juice and stir. Return the chicken to the pot. Add Italian seasoning. Bring to a simmer, cover, and reduce heat. Cook for 35-45 minutes, or until chicken is tender and cooked through.
4. Serve hot over rice, pasta, or bread.



ORDER ONLINE:
foodsense.foodbankcny.org



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fbcny.org/feedback



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