

FOOD *sense*

A MONTHLY FOOD
CO-OP FOR EVERYONE



February 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:



FEBRUARY PACKAGE (\$20.50)

Marinated Beef Portions, 1 lb.
Boneless Chicken Breast, 1.25 lb. (avg.)
Kielbasa, 15 oz.
Fish Sticks, 1 lb.
Ground Turkey, 1 lb.
Potato & Cheese Pierogies, 13 oz.
Green Beans, 16 oz.
French Fries, 24 oz.
White Rice, 1 lb.
Applesauce, 15 oz.
Fresh Potatoes, 3 lbs.
Fresh Carrots, 2 lbs.

MARCH PACKAGE (\$20.50)

Pork Tenderloin, 1.8 lb. (avg.)
Breaded Chicken Bites, 18 oz.
Ground Beef, 1 lb.
Pollock Fillets, 1 lb.
Stuffed Rigatoni, 12 oz.
Chicken Pot Pie, 7 oz.
Macaroni & Cheese, 7.25 oz.
Strawberries, 1 lb.
Mixed Vegetables, 1 lb.
Mandarin Oranges, 11 oz.
Fresh Produce #1
Fresh Produce #2

MARCH SPECIALS:

- **Boneless Ham, 7.5 lbs. (avg.) for \$15.00:** The boneless ham is fully cooked, honey-glazed, and sliced.
- **Meatloaf Mix, 2 lbs. for \$10.00:** The meatloaf is an equal blend of beef, pork and veal. vacuum-sealed and frozen.
- **Chicken Pasta Meal, 24 oz. for \$6.50:** The pasta is in a garlic sauce with broccoli, carrots, corn and seasoned white meat chicken.
- **American Cheese, 5 lbs. for \$13.50:** The sliced American cheese is not individually wrapped.
- **Breaded Shrimp, 3 lbs. for \$13.00:** The shrimp are butterflied, breaded, and 21-25 per pound.
- **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 or
call (800) 444-1562.

FEATURED RECIPE

FOOD *Sense*

Chicken & Rice with Green Beans & Carrots

Serves 4

Ingredients:

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

- 1 lb. boneless chicken breast, cut into pieces*
- 1 c. white rice*
- 1 (16 oz.) bag green beans*
- 1 c. fresh carrots, sliced*
- 2 c. water or chicken broth
- 1 tbsp. oil
- Salt & pepper to taste



Directions:

1. In a pot, cook white rice according to package instructions using water or broth.
2. While rice is cooking, heat oil in a pan over medium heat. Add chicken pieces and cook until golden brown and fully cooked, about 6-8 minutes. Season with salt and pepper.
3. In a separate pan, steam or sauté green beans and sliced carrots for 5 minutes until tender.
4. Serve the cooked chicken over rice with green beans and carrots on the side.



ORDER ONLINE:
foodsense.foodbankcny.org



SHARE FEEDBACK:
fbcny.org/feedback



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