

# FOOD *sense*

A MONTHLY FOOD  
CO-OP FOR EVERYONE



March 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:



## 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.  
Grape Tomatoes, 1 Pint  
Celery, 1 Sleeve

## 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.  
Fresh Produce #1  
Fresh Produce #2

## APRIL SPECIALS:

- **Baby Back Ribs, 2 lbs. for \$6.00:** The ribs are fully cooked and are in a BBQ sauce.
- **Beef & Broccoli, 22 oz. for \$6.00:** The beef and broccoli consists of beef strips, broccoli florets, and red bell peppers with white rice in a savory soy sauce.
- **Produce Box, 12 lbs. (avg) for \$12.00:** Includes wrapped lettuce (1 each), celery (1 sleeve), oranges (5 each), grape tomatoes (1 pint), onions (2 lbs.), carrots (2 lbs.), and potatoes (3 lbs.).
- **Mozzarella Sticks, 3 lbs. for \$12.00:** The mozzarella sticks are par-cooked and ready for the oven.
- **Chicken Wings, 5 lbs. for \$10.00:** The chicken wings are ready for the air-fryer or grill and are individually quickly frozen.
- **Lasagna Roll-ups, 42 oz. for \$6.50:** The cheese lasagna roll-ups are stuffed with ricotta and Romano cheese.



## 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*

## Pork Tenderloin with Roasted Mixed Vegetables and Mac & Cheese

Serves 4

### Ingredients:

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

- 1.8 lb. Pork Tenderloin\*
- 1 lb. Mixed Vegetables (frozen)\*
- 1 Macaroni & Cheese (7.25 oz.)\*
- 2 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tbsp. butter
- Salt and pepper (to taste)
- 1/4 c. milk



### Directions:

1. Preheat your oven to 400°F.
2. Pat the pork tenderloin dry with paper towels, rub with olive oil, salt, pepper, garlic powder.
3. Place the pork tenderloin on a baking sheet lined with parchment paper or in a roasting pan.
4. Toss the mixed vegetables in olive oil, salt, and pepper. Spread them around the pork tenderloin on the baking sheet or in the roasting pan.
5. Roast in the preheated oven for 25-30 minutes or until the pork reaches an internal temperature of 145°F. The vegetables should be tender and slightly caramelized.
6. While the pork and veggies are roasting, cook the macaroni from the box according to the package instructions.
7. Once the pasta is cooked, drain it and set it aside. In the same pot, follow the instructions on the box to prepare the cheese sauce.



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