

# FOOD Sense

A MONTHLY FOOD  
CO-OP FOR EVERYONE



March 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:



## MARCH PACKAGE (\$20.50)

Pork Tenderloin, 1.8 lbs. (Avg)  
Chicken Tenderloins, 1.17 lbs. (Avg)  
Ground Beef, 1 lb.  
Fish Sticks, 1 lb.  
Chicken Pot Pie, 7 oz.  
Mac & Cheese, 7.25 oz.  
Stuffed Rigatoni, 12 oz.  
Chopped Broccoli, 1 lb.  
Carrots, 14.5oz.  
Mandarins, 11 oz.  
Grape Tomatoes, 1 pint  
Potatoes, 3 lbs.

## APRIL PACKAGE (\$20.50)

Meatballs, 1 lb.  
Tilapia Fillets, 1 lb.  
Italian Sausage, 1 lb.  
Ground Chicken, 1 lb.  
Cheese Ravioli, 13 oz.  
Pasta Sauce, 24 oz.  
Cauliflower Florets, 1 lb.  
Spaghetti, 1 lb.  
Fruit Mix, 15 oz.  
Peas, 15 oz.  
Fresh Produce #1  
Fresh Produce #2

## APRIL SPECIALS:

- **Pork Ribs, 3 lb. (Avg) for \$10.00:** The St. Louis Style Ribs are uncooked and vacuum-sealed for freshness.
- **Chicken Tenders, 5 lbs. for \$11.00:** The Chicken Tenders are fully cooked and oven or air-fryer ready.
- **Produce Box, 12 lbs. (Avg) for \$13.50:** 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.)
- **Onion Rings, 2.5 lbs. for \$9.00:** The onion rings are ready to cook and used in the oven or air-fryer.
- **Shrimp Florentine, 24 oz. for \$6.00:** The Shrimp Florentine has tender shrimp, spinach, and farfalle pasta in a creamy Florentine sauce.
- **Mozzarella Sticks, 3 lbs. for \$12.00:** The mozzarella sticks are par-cooked and ready for the oven.



## 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*

## Chicken & Veggie Cheesy Bake

Serves 4

### Ingredients:

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

- 1.17 lbs. chicken tenderloin\*
- 14.5 oz. carrots\*
- 1 lb. chopped broccoli\*
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- ½ tsp salt
- ½ tsp pepper
- 1 can cream of chicken
- 1 cup shredded cheese



### Directions:

1. Cut chicken tenderloins into bite-sized chunks.
2. Season with garlic powder, Italian seasoning, salt, and pepper.
3. In a large bowl combine chicken pieces, carrots, broccoli, cream of chicken, and half the cheese
4. Stir until evenly coated.
5. Spread mixture into a greased baking dish (8×8 or 9×13).
6. Sprinkle the remaining cheese on top.
7. Bake at 375°F for 30–35 minutes, or until chicken hits 165°F and the top is golden. Serve promptly.



**ORDER ONLINE:**  
[foodsense.foodbankcny.org](https://foodsense.foodbankcny.org)



**SHARE FEEDBACK:**  
[fbcny.org/feedback](https://fbcny.org/feedback)



**E-NEWSLETTER SIGN-UP:**  
[fbcny.org/fs-newsletter](https://fbcny.org/fs-newsletter)