

FOOD Sense

A MONTHLY FOOD
CO-OP FOR EVERYONE



July 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:



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.
Sweet Corn (NYS-grown), 3 count
Cabbage (NYS-grown), 1 count

AUGUST PACKAGE (\$20.50)

Chicken Kabob Pieces, 1 lb.
Kielbasa, 13 oz.
Ground Beef, 1 lb.
Pollock Fillet, 1 lb.
Buffalo Chicken Pizza, 2.19 lb.
Green Beans, 1 lb.
Mango Chunks, 1 lb.
Macaroni & Cheese, 7.25 oz.
Applesauce Unsweetened, 15 oz.
Carrots, 15 oz.
Fresh Produce #1
Fresh Produce #2

AUGUST SPECIALS:

- **Pork Ribs, 3 lb. (Avg.) for \$10.00:** The St. Louis Style Ribs are uncooked and vacuum-sealed for freshness.
- **Italian Meatballs, 5 lbs. for \$13.50:** The Italian meatballs are fully cooked and are in a five-pound bag.
- **Mozzarella Sticks, 3 lbs. for \$12.00:** The mozzarella sticks are par-cooked and ready for the oven.
- **Breaded Cod, 1 lb. for \$7.00:** The breaded cod fillets are wild caught and oven or air fryer ready.
- **Fajita Vegetable Blend, 2.25 lbs. for \$5.50:** The fajita vegetable blend is a mix of onion, red pepper, and green pepper strips.
- **Chicken Meals, 24 oz. for \$6.00:** The pasta is in a garlic sauce with broccoli, carrots, corn, and seasoned white meat chicken



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*

Italian Sausage Stir-Fry with Vegetables & Rice

Serves 4

Ingredients:

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

- 1 lb. Italian sausage*
- 1 lb. mixed vegetables*
- 1 cup white rice*
- 2 cups water or broth
- 2 Tbsp. olive oil
- 2 cloves garlic
- Salt & pepper, to taste
- Soy sauce or teriyaki sauce



Directions:

1. In a pot, bring 2 cups of water (or broth) to a boil.
2. Add 1 cup of white rice, cover, reduce heat to low, and simmer for 15–18 minutes until tender. Fluff with a fork and set aside.
3. Heat 1 tbsp olive oil in a large skillet over medium heat.
4. Add the Italian sausage, breaking it up with a spoon, and cook until browned and fully cooked. Remove and set aside.
5. In the same skillet, add another tbsp of olive oil.
6. Add mixed vegetables and sauté for 5–7 minutes until heated through and slightly tender.
7. Add minced garlic and cook for another minute.
8. Return the cooked sausage to the skillet with the veggies.
9. Stir everything together and season with salt, pepper, and soy or teriyaki sauce if desired.
10. Serve hot over a bed of cooked rice.



ORDER ONLINE:

foodsense.foodbankcny.org



SHARE FEEDBACK:

fbcny.org/feedback



E-NEWSLETTER SIGN-UP:

fbcny.org/fs-newsletter