

# Food \$en\$e Shopper

A Program of the Food Bank of Central New York

## Order/Pick-Up Information

- **Order Deadline:** Friday, December 9
- **Pick-Up 12:30-2:30pm:** Wed., December 21  
\*Many items are perishable\*
- **Payment:** Cash or EBT due at time of order
- **EBT Cards Charged:** Mon., December 12
- **Qualifications:** None
- **Order/Pick-up Location:** DeWitt Town Hall OR Klim Center
- **Order Times:** \*Excluding Holidays\*
  - Town Hall: Mon-Fri, 8:00am-4:30pm
  - Klim Center: Mon-Fri, 9:00-12:00pm OR 2:15-5:15pm
- **Contact Information:**
  - DeWitt Town Hall: (315) 446-9250 x 9
  - Klim Center: (315) 218-7291

## Food Sense News

**NOTICE:** The Town Hall pick up time has been changed to **12:30-2:30pm**. Please pick up your food during this time frame.

Our sites will be **closed** on the following dates:

- **DeWitt Town Hall:** November 11, 24, and 25.
- **Klim Center:** November 10, 11, 14, 23, 24, and 25.



# December 2016

## Food Unit All Items Included

- Chicken Tenders, 1.75 lbs.
- Boneless Ham Steaks, 1 lb.
- Breakfast Sausage, 1 lb.
- Ground Turkey, 1 lb.
- Fresh Eggs, 1 dozen
- Pancake Mix, 32 oz.
- Potato Hash Browns, 20 oz.
- Cereal Toasted Oats, 14.5 oz.
- Frozen Strawberries, 1 lb.
- Mixed Vegetables, 12 oz.
- Fresh Produce (TBA)
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**\$20.50**

## Specials Individually Priced

- 1. Spiral Ham, 7-9 lbs (avg.), \$18.00**
  - all natural, honey glazed, bone in
- 2. Stuffed Chicken Breast, 2 lbs, \$7.75**
  - stuffed w/apples & cranberries
- 3. American Cheese, 5 lbs, \$10.50**
  - sliced, not individually wrapped
- 4. Pantry Box, \$9.50**
  - Includes: Oatmeal 16 oz, Baking Mix 40 oz, Spaghetti Rings 15 oz, Orange Juice 64 oz, White Rice 1 lb, Applesauce 15 oz, Beef & Vegetable Soup 18.5 oz, Mixed Vegetables 15 oz, Mac & Cheese 7.25 oz.
- 5. Breaded Shrimp, 3 lbs, \$12.00**
  - 16-20 shrimp per special
- 6. Meatloaf, 2 lbs, \$6.00**
  - traditional, 100% ground beef
- 7. Scalloped Potatoes, 4.5 lbs, \$11.00**
  - family-sized Stouffer's product

## Food Sen\$e Recipe

### Roasted Pork Tenderloin

Serves 6

#### Ingredients:

- 1 pork tenderloin\*
- 2 tablespoons olive oil
- 3 garlic cloves, peeled
- 1 tablespoon mustard
- 1 tablespoon soy sauce
- 1 tablespoon salt
- 1 teaspoon black pepper

\*ingredient in food sense package

#### Directions:

1. Preheat oven to 350°F
2. Whisk together the olive oil, soy sauce, garlic, mustard, salt, and pepper in a bowl. Place the pork loin in a large resealable plastic bag and pour in the marinade. Marinate in the refrigerator for at least one hour.
3. Transfer pork tenderloin to a baking dish; pour marinade over the pork.
4. Cook in a preheated oven until the pork is no longer pink in the center, 45 - 60 minutes. An instant-read thermometer inserted into the center should read 145°F.

