

# Food \$en\$e Shopper

A Program of the Food Bank of Central New York

## Order/Pick-Up Information

**Order Deadline:** Friday, Feb 8 **by 4:00pm**

\*Orders must be made in person\*

**EBT Cards Charged:** Friday, February 8

**Pick-Up 12:30-2:30pm:** Wednesday, Feb 20

\*Many items are perishable\*

**Pick-Up Location:** DeWitt Town Hall

**Payment:** Cash or EBT due at time of order.

**Qualifications:** None - Anyone can order!

**Order Location/Times:** \*Excluding Holidays\*

- Town Hall: Mon-Fri, 8:00am-4:30pm

**Contact Information:**

- DeWitt Town Hall: (315) 446-9250 x 9

## Food Sense News

- The DeWitt Town Hall will be **CLOSED** on Monday, January 21.
- **Help us go green!** By returning your Food Sense boxes or bringing reusable shopping bags on pick up day, you can help us reduce waste and keep DeWitt green. Boxes can be returned on pick up day or dropped off at the Recreation Office Monday-Friday, 8:00am-4:30pm. Thank you for your support!

*Happy Valentine's Day*



# February 2019

**Food Unit: \$20.50**

## All Items Included

- Pork Tenderloin, 1.7 lbs. (avg.)
- Chicken Thighs, 3.5 lbs. (avg.)
- Fish Sticks, 1 lb.
- Kielbasa Sausage, 13 oz.
- Beef Sandwich Steaks, 10.5 oz.
- Pierogies, 13 oz.
- Cheddar Cheese, 8 oz.
- Chicken Pot Pie, 7 oz.
- Mixed Vegetables, 1 lb.
- Diced Pears, 15 oz.
- Fresh Produce (TBA)
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## Specials

### Individually Priced

- 1. Cooked Shrimp, 2 lbs, \$9.50**
  - contains 41-50 shrimp per pound
- 2. Stuffed Chicken Breasts, 2 lbs, \$7.00**
  - stuffed w/apples and cranberries
- 3. Pork Roast, 2 lbs, \$9.00**
  - boneless, 2 lbs per special
- 4. Produce Box, \$14.25**
  - Includes: apples (5), oranges (5), potatoes (5 lbs), pineapple (1), grape tomatoes (1 pt), cucumber (1), salad mix (1 bag), and carrots (1 lb)
- 5. Onion Rings, 2.5 lbs, \$6.25**
  - ready for oven or fryer
- 6. American Cheese, 5 lbs, \$10.00**
  - sliced, not individually wrapped
- 7. Macaroni & Beef, 4.5 lbs, \$12.25**
  - family sized Stouffers' product

## Food Sen\$e Recipe

### Italian Sausage & Ravioli

#### Ingredients:

- 1 lb. Italian sausage\*, diced
- 1 tsp. garlic powder
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 ¼ cup of water
- 1 can of diced tomatoes, undrained
- 1 cup tomato sauce
- 13 oz. of cheese ravioli\*
- 1/4 cup grated Parmesan cheese

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

#### Directions:

1. In a large bowl, combine ground pork, garlic powder, dried oregano, and basil.
2. Heat pan over medium-high heat.
3. Add sausage and cook for 10 minutes.
4. Drain sausage and place back into the pan.
5. Add water, diced tomatoes, tomato sauce, and frozen ravioli to the pan.
6. Stir ingredients and bring to a boil.
7. Use a lid to cover the pan and cook the ravioli for 5 minutes.
8. Reduce heat and sprinkle pasta with Parmesan cheese and cook for an additional 5 minutes.
9. Serve & Enjoy! Refrigerate leftovers.

