

**Food \$en\$e** is a program of the Food Bank of Central New York designed to help individuals and families stretch their food dollars by ordering quality food at low prices. This program is open to **anyone** and **everyone** that wants to save money on their monthly grocery bill! There are no income requirements. For more information, contact Tom Richardson at 952 – 0038 or email [trichardson@villageofeastysyracuse.com](mailto:trichardson@villageofeastysyracuse.com).

# Food \$en\$e Shopper

A Program of the Food Bank of Central New York

## Order/Pick-Up information

- Oder Deadline: By Friday, May 12<sup>th</sup>
- Pick up 1:00- 2:00 pm: Wednesday, May 24<sup>th</sup> (call if times are bad, arrangements can be made)
- Payment: Cash or EBT due at time of order
- EBT Cards Charged: Monday, May 15<sup>th</sup>
- Qualifications: None
- Order Hours: M-f 8:00 – 4:00 Excluding Holidays, Call 952 - 0038
- Order/pick up Location: Heman Street Apts, 121 East Heman St

## May 2017

\$20.50

## Food Unit

### All Items included

- Pork Tenderloin 1.8 lbs (ave)
- Chicken Drumsticks, 3.2 lbs
- Crab Cakes, 12 oz
- Ground Beef, 1 lb
- Fresh Macaroni Salad, 16 oz
- Pork & Beans, 15 oz
- Beef & Vegetable Soup, 16 oz
- Frozen Green Beans, 16 oz
- Frozen Strawberries, 1 lb
- Hot Dogs, 1lb
- Fresh Produce (TBA)
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## Specials Individually Priced

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|---|--|
| 1. <b>Chicken Tender Fritters, 5lbs, \$6.75</b> | *breaded, use in fryer or oven   |
| 2. <b>Italian Meatballs, 5lbs, \$13.00</b>      | *Fully cooked, heat & serve  |
| 3. <b>Protein Box for \$14.00</b>               | Chicken Breast (bone-in) 4lbs, Haddock Fillets 1lb, ground turkey, 1lb, 1lb beef sandwich steaks 10.5 oz and bologna, 1 lb |
| 4. <b>Onion Rings, 2.5, \$5.50</b>              | *ready for oven or fryer   |
| 5. <b>Turkey Burgers, 2 lbs, \$6.25</b>         | *all natural, Jennie-O product   |
| 6. <b>Italian Sausage, 3lbs, \$10.50</b>        | *sweet, made in Utica  |
| 7. <b>Hot Pockets 12/8oz pockets, \$17.50</b>   | * Philly Steaks – 12 pockets   |