

**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, Oct 13
- Pick up 1:00- 2:00 pm: Wednesday, October 25 (call if times are bad, arrangements can be made)
- Payment: Cash or EBT due at time of order
- EBT Cards Charged: Monday, Oct 16
- 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

## OCTOBER 2017

\$20.50

### Food Unit

### All Items included

- Pork Chops (boneless), 1lb
- Beef & broccoli, 22 oz (meal),
- Chicken Drumsticks, 3 lbs (ave)
- Breaded Fish Sticks, 1lb
- Ground Turkey (lean), 1 lb
- Pierogies, 13 oz
- Chicken Noodle Soup, 18.5 oz
- Frozen Carrots, 16 oz
- Applesauce, 15 oz
- Brownie Mix, 19.9 oz
- Fresh Produce (TBA)
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### Specials Individually Priced

- |  |                                    |
|--|------------------------------------|
| 1. <b>Stuffed Chicken Breast, 2lbs \$7.00</b>  | *Stuffed w/apples & cranberries    |
| 2. <b>Italian Meatballs, 5lbs, \$13.00</b>     | *fully cooked in 5 pound bag       |
| 3. <b>American Cheese, 5lbs, \$11.50</b>       | * Sliced, not individually wrapped |
| 4. <b>Chicken Nuggets, 5lbs, \$8.00</b>        | * fully cooked, all breast meat    |
| 5. <b>Breakfast Sausage, 3lbs, \$7.00</b>      | *Sweet Sausage, Made in Utica, NY  |
| 6. <b>French Fries, 5 lbs, \$5.50</b>          | *ready for oven or fryer           |
| 7. <b>Hot Pockets, 12/8oz pockets, \$17.00</b> | *Ham & cheese Hot Pockets          |