

**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@villageofeast Syracuse.com](mailto:trichardson@villageofeast Syracuse.com).

# Food \$en\$e Shopper

A Program of the Food Bank of Central New York

## Order/Pick-Up information

- Order Deadline: By Friday, January 12
- Pick up 1:00- 2:00 pm: Wednesday, Jan 24 (call if times are bad, arrangements can be made)
- Payment: Cash or EBT due at time of order
- EBT Cards Charged: Tuesday, Jan. 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

## January 2018

**\$20.50**

## Food Unit

### All Items included

- Chicken Thighs, 3.5 lbs (ave)
- Italian Meatballs, 1lb
- Haddock Fillets, 1lb
- Italian Sausage, 1 lb
- Ground Turkey, 1lb
- Spaghetti Sauce, 26 oz
- Cheese Ravioli, 13 oz
- Pizza (Supreme), 20.6 oz
- Strawberry/blueberry blend, 1lb
- Mixed Vegetables, 12 oz
- Fresh Produce (TBA)
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## Specials Individually Priced

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| 1. <b>Chicken Breast Fritters, 5lbs, \$11.00</b> | * Breaded, like boneless chicken wings  |
| 2. <b>Stuffed Pork Chops, 2lbs, \$7.00</b>       | * stuffed with apples & cranberries   |
| 3. <b>Sea Scallops, 2 lbs for \$11.00</b>        | * indiv. Quick frozen, 30 – 40 per pound  |
| 4. <b>Protein Box, \$12.00</b>                   | * Pork Tenderloin (1.6 lbs ave), chicken drumsticks (3.5 lbs ave), ground beef (80/20, 1lbs) breaded fish sticks (1 lb), Fresh eggs (1 dozen) |
| 5. <b>Mozzarella Sticks, 2lbs, \$6.00</b>        | * Par-cooked, ready for oven  |
| 6. <b>Meatloaf, 2 lbs, 6.75</b>                  | * Traditional, 100% ground beef   |
| 7. <b>Breakfast Sausage, 3 lbs, \$7.00</b>       | * made locally in Utica, NY   |