



# FOOD \$ENSE



A monthly food buying program for anyone who wants to stretch their grocery dollars

**The Salvation Army • 73 W. 2nd St. • Oswego, NY**

## WHAT'S IN A FOOD \$ENSE PACKAGE?

Meat items (4-5) like ground beef, chicken breast, pork kabobs, tilapia filets, and hot dogs; Staple items (4-5) like pastas and grains; Fresh fruit or vegetables (2) like corn, strawberries, and other fresh produce; Monthly Specials (4-6) like meat, appetizers, and a protein box.

## WHO CAN GET A FOOD \$ENSE PACKAGE?

Anyone who wants to stretch their food dollars.

## HOW MUCH IS A FOOD \$ENSE PACKAGE?

The package is \$20.50. There are additional "Specials" that are available each month that are priced individually. You can get as many packages and specials as you would like. And you can get a special without a regular package. **Payment is due at the time of ordering: cash, check and EBT card accepted. Orders coming by mail MUST be received two days before the deadline and clearly marked "Food Sense" on the envelope.**

## CAN I USE MY EBT CARD?

Yes. We can call in your number to verify that there is enough money on the card to cover your purchase.

Orders Taken:	Mon-Fri 10:00-3:00
Order Deadline:	Friday, August 16, 2024 at 12:00 noon
Mail-In orders must be received by Friday, August 16, 2024	
Pick-up Date:	Thursday, August 29, 2024 12:00—2:00pm

### **The Salvation Army**

73 W. 2nd Street  
Oswego, NY 13126  
315.343.6491

*Please remember that we cannot hold any packages after the scheduled pick-up time. If you have a conflict, give your receipt to a friend and they may claim your package. If you have any questions, please call Lt. Cassidy Dow or Lt. Michael Dow at 315-343-6491.*

# August Food \$en\$e

Customer Copy

## August Package \$20.50

Ground Beef, 1 lb.	Hot Dogs, 1 lb.	Corn, 15 oz
Chicken Breasts, 1.66 lbs.	Hamburger Helper, 5.8 oz	Strawberries, 1 lb
Marinated Pork Kabobs, 1 lb.	Elbow Macaroni, 1 lb	Fresh Produce #1
Tilapia Filets, 1 lb.	Pizza Pepperoni, 10 oz	Fresh Produce #2

## August Specials

#1 Chicken Wings, 5 lbs. for \$11.00	#5 Protein Box, 5 lbs. for \$13.50
#2 Pork Tenderloin, 1.75 lbs. for \$4.50	#6 Meatballs 5 lbs. for \$13.00
#3 Lobster Bites, 15 oz. for \$5.00	
#4 Mozzarella Sticks, 3 lbs. for \$11.50	

**ORDER DEADLINE: FRIDAY, August 16, at Noon**

**PICKUP: THURSDAY, August 29th from 12-2pm**

If ordering by mail: Checks only payable to The Salvation Army (P.O. Box 146, Oswego, NY 13126). Orders by mail must be received by August 16. Clearly write "Food Sense" on the envelope. Thank you.

Name:		#	\$
	# of Monthly Packages:		
#1	\$11.00 each		
#2	\$4.50 each		
#3	\$5.00 each		
#4	\$11.50 each		
#5	\$13.50 each		
#6	\$13.00 each		
	<b>Total:</b>		
	<b>Total Order:</b>		

Payment	
Cash:	
Check:	
EBT:	
Date Submitted:	

Mail-in Orders to:
THE SALVATION ARMY
P. O. Box 146
Oswego, NY 13126

Customer Copy

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Office Copy

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#6	\$13.00 each		
	<b>Total:</b>		
	<b>Total Order:</b>		

Payment	
Cash:	
Check:	
EBT:	
Date Submitted:	

Office Copy

## AUGUST SPECIALS:

- 1.) **Chicken Wings, 5 lbs. for \$11.00:** The chicken wings are ready for the air-fryer or grill and are in individual quick frozen.
- 2.) **Pork Tenderloin, 1.75 lbs (avg). For \$4.50:** The pork tenderloins are a nice option since they are high in protein and low in fat and are perfect for grilling, roasting, or slow-cooking.
- 3.) **Lobster Bites, 15 oz. for \$5.00:** The lobster bites can be baked in the oven or cooked in the air-fryer.
- 4.) **Mozzarella Sticks, 3 lbs. for \$11.50:** The mozzarella sticks are pre-cooked and ready for the oven.
- 5.) **Protein Box, 5 lbs. for \$13.50:** The Protein box contains Ground Turkey (1 lb.), Italian sausage (1 lb.), Boneless Chicken Drumstick Meat (1 lb.), Fish Sticks (1 lb.) and Bologna (1 lb.)
- 6.) **Meatballs, 5 lbs. for \$13.00:** The Italian meatballs are fully cooked and are in a 5 lb. bag.

## Featured Recipes

### Grilled Turkey Burgers

Serves 4

INGREDIENTS \*Ingredient in Food \$en\$e package

- 1 lb. Ground Turkey\*
- 1/4 cup onion (finely chopped)
- 1/4 cup breadcrumbs
- 1 egg
- 2 tablespoons Worcestershire sauce
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and pepper to taste
- Burger buns
- Desired toppings (lettuce, tomato, cheese, etc.)



Directions:

1. In a large bowl, combine the ground turkey, chopped onion, breadcrumbs, egg, Worcestershire sauce, garlic powder, onion powder, salt, and pepper.
2. Mix until well combined.
3. Form the mixture into 4 equal patties.
4. Preheat the grill to medium-high heat.
5. Grill the turkey patties for about 5-7 minutes per side, or until the internal temperature reaches 165°F.
6. Build your burger and enjoy!