

FRUIT



Apples
each, Manzanas
singular
\$0.50

QTY



Apples
3lb bag, Manzanas en Bolsas
\$3.50

QTY



Bananas
each, Gineos
singular
\$0.25

QTY



Pears
each, Peras,
singular
\$0.75

QTY



Kiwi
each, singular
\$1.00

QTY



Pineapple
each, Piña,
singular
\$4.00

QTY



Tomatoes
each, Tomates,
singular
\$1.00

QTY



Grape Tomatoes
pint, Tomates, Uva
\$2.50

QTY



Lemons
each, Limónes,
singular
\$0.50

QTY



Limes
each, Limas,
singular
\$0.50

QTY



Grapes, Red/Green
bags, Uvas
rojas/verdes en
bolsas
\$5.50

QTY



Cantaloupe
each, Cantalupo,
singular
\$1.75

QTY



Mango
each, singular
\$2.00

QTY



Oranges
each, Naranjas,
singular
\$0.75

QTY



Grapefruit
each, Pomelo,
singular
\$1.00

QTY



Peaches
each, Durazno,
singular
\$0.75

QTY



Plums
each, Ciruela,
singular
\$0.75

QTY

Seasonal Items



Watermelon
each, Sandía
singular
\$5.00

QTY



Zucchini
Calabaza singular
\$0.50

QTY



Sweet Corn
Maiz
singular
3/\$1.00

QTY



Winter Squash
Calabaza singular
\$1.50

QTY

NEW

Check out the
monthly recipe
on page 4!

Visit Foodlinkny.org/CurbsideMarket
for locations near you!

Prices change monthly

Ask about our
seasonal specials!

VEGGIES



Avocados

each,
Aguacate,
singular

\$1.00

QTY



Beets

each,
Remolachas,
singular

\$1.00

QTY



Broccoli

each, Brócoli,
singular

\$1.50

QTY



Seeded Cucumbers

each, Pepino
con Semillas,
singular

\$.75

QTY



Carrots

1lb. bag,
Zanahorias

\$1.00

QTY



Baby Carrots

1 lb. bag
Zanahorias
Bebe

\$1.50

QTY



Celery

each, Apio,
singular

\$2.50

QTY



Green Cabbage

each
Repollo Verde,
singular

\$2.00

QTY



Garlic

each, Ajo,
singular

\$.50

QTY



Ginger

each, Jengibre,
singular

\$1.00

QTY



Spinach

10 oz bag
Espinaca

\$2.50

QTY



Red Onion

each
Cebollas Rojas,
singular

\$.75

QTY



Yellow Onions

2 lb bag
Cebollas
Amarillas

\$1.25

QTY



White Potatoes

5 lb bag
Papas Blancas
en Bolsas

\$3.00

QTY



Russet Potato

each
Papas Russet,
singular

\$.50

QTY



Sweet Potato

each
Batatas,
singular

\$.75

QTY



Lettuce

Lechuga

\$3.50

QTY



Mushrooms

6 oz & 8 oz pkg
Hongos

\$2.00/\$2.50

QTY



Jalapeños

each, singular

\$.50

QTY



Green Bell Peppers

each, Pimientos
Verdes, singular

\$1.00

QTY



Rainbow Peppers

each, Pimientos
Varios, singular

\$1.50

QTY



Collards

bunch/bag,
Coles Rizadas

\$2.50

QTY



Brussel Sprouts

quart, Coles de
Bruselas

\$3.00

QTY

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GROCERY

Tienda de comestibles



Whole Wheat Pasta

1 lb pkg
Pasta de Trigo Integral

\$1.00

QTY



Brown Rice

1 lb bag
Arroz Integral Bolsa

\$1.00

QTY



Beans

15 oz
Frijoles Enlatados

\$1.00

QTY



Black Beans

15 oz
Frijoles Negros Enlatados

\$1.00

QTY



Beans (Dried)

1 lb bag
Frijoles (secos)

\$1.50

QTY



Lentils (Dried)

1 lb bag
Lentejas (secas)

\$1.50

QTY

GROCERY

Tienda de comestibles



Tuna

5 oz, Pescado Enlatado, Atún

\$1.00

QTY



Peanut Butter

16 oz
Mantequilla de Maní

\$2.25

QTY



Whole Wheat Bread

16 oz, Pan de Trigo

\$3.50

QTY



Eggs

1 dozen
Huevos

\$2.50

QTY

INFANT

Niña



Gerber Cereal

8 oz, Rice or Oatmeal
Arroz o Avena

\$3.50

QTY



Gerber Baby Foods

Assorted 4oz
Alimentos Para Bebés Clasificado

\$2.00

QTY



Enfamil Powdered Formula

12.5 oz
Fórmula en Polvo

\$22.00

QTY

JUICES

Jugos



Orange Juice

64oz., De Jugo de Naranja en Botella

\$5.00

QTY

DAIRY

Lácteos



Apple Cider

64 oz
Sidra de Manzana

\$4.00

QTY



Apple Juice

64 oz
De Jugo de Manzana

\$4.00

QTY



Whole Milk

1/2 gal, Leche Entera

\$2.75

QTY



1% Milk

1/2 gal
Leche 1%

\$2.75

QTY



Cheddar Cheese

8 oz
Queso

\$3.00

QTY



Mozzarella Cheese

8 oz
Queso

\$3.00

QTY

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CEREAL CEREALES



Cheerios

18 oz box, Avena
Tostada

\$3.00

QTY



Corn Flakes

18 oz box, Caja
de 18 oz

\$3.00

QTY



Rice Krispies

12 oz box
Arroz Crujiente

\$3.00

QTY



Recipe of the Month

Butternut Squash with Black Beans

Makes: 6 servings Prep Time: 10 minutes Cook Time: 30 minutes

Ingredients

- 2 3/4 cups Butternut squash, cubed (1 small squash, about 1 pound)
- 1 teaspoon vegetable oil
- 1 onion (small, chopped)
- 1/4 teaspoon garlic powder
- 1/4 cup red wine vinegar
- 1/4 cup water
- 2 cans black beans (16 ounces each, rinsed and drained)
- 1/2 teaspoon oregano



Directions

1. Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
2. Carefully cut in half and peel the squash. Scoop out and discard the seeds.
3. Cut the squash into 1/2 inch cubes.
4. Peel and chop the onion.
5. In a large pan, heat the oil. Add the onion, garlic powder, and squash. Cook for 5 minutes on medium heat.
6. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
7. Add the beans and oregano. Cook until the beans are heated through.

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