

**The Specials below are available with or without the purchase of a box.**

**Special #1: 4.5-lb Steak Grill Box - \$23**

- 2.5-lb Rib-Eye Steaks (4 x 10 oz.)
- 2-lb Sirloin Strip Steaks (4 x 8 oz.)

**Special #2: 6.5-lb Assorted Grill Box - \$22**

- 1.5-lb NY Strip Steaks (2 x 12-oz)
- 2-lb Chopped Beef Steaks (4 x 8-oz)
- 2-lb Boneless Pork Steaks (4 x 8-oz)
- 1-lb Chicken Sausage

**Special #3: 10-lb Chicken Breast Box - \$21**

- 10-lbs Individually Quick Frozen Chicken Breasts

**Special #4: Fresh Fruit & Veggie Box - \$21**

- 3-lbs Idaho Potatoes, One head Lettuce, 1-lb Plums, 16-oz Salad Dressing, 5-oz Salad Croutons, Four Yellow Corn Ears, 2-lbs Yellow Onions, One Cantaloupe, One Honey Dew Melon, 1-lb Carrots, Four Lemons, One Pineapple, AFM July 2010 Fruit & Veggie Recipe Sheet

**Special #5: Bit O' Blessing Box - \$21**

- 3-lbs Split Cornish Hens
- 2.5-lbs IQF Split Chicken Breasts
- 1-lb Smoked Sausage
- 1.5-lb Country Fried Steak
- 1-lb Broccoli Florets
- 1.3-lb Frozen Fruit Medley
- Dessert Item

**Signature Box - \$30**

- 4.5-lb Perdue Whole Chicken
- 28-oz Fully Cooked Meatloaf w/ Tomato Sauce
- 2-lb Lasagna with Meat Sauce
- 1-lb Lean Ground Beef
- 1.5-lb Hamburger Patties w/ Cheese in center
- 12-in Supreme Pizza
- 1-lb All Meat Hot Dogs
- 2-lb Frozen Vegetables
- 1-lb Baby Carrots
- 15-oz Baked Beans
- 6.5-oz Skillet Meal Helper
- One head cabbage
- 11-oz Breakfast Cereal
- 32-oz 2% Shelf Stable Milk
- Dozen Eggs
- Dessert Item

**Senior/Convenience Meal - \$28**

Ten nutritionally balanced meals developed with the dietary needs of seniors and diabetics in mind. Contains 3-oz. of protein, a starch & two vegetables or fruit.

- |                     |                      |
|---------------------|----------------------|
| Fish Sticks         | Roasted Chicken      |
| Boneless Pork Patty | Chicken Fried Steak  |
| Red Beans & Rice    | Salisbury Steak      |
| Meat Lasagna        | Swedish Meatballs    |
| Chicken Parmesan    | Country Herb Chicken |

**5-lb Allergen-Free Box - \$23**

Processed to eliminate the top eight food allergens: peanuts, soybeans, milk, eggs, fish, crustacea, tree nuts and gluten

- 1-lb Breaded Chicken Breast Chunks
- 1-lb Breaded Chicken Tenders
- 1-lb Breaded Cubed Steak
- 1-lb Breaded Chicken Drumsticks

**Just 4 Me - After School Boxes**

Quick and easy snacks for after school or any time!

**SNACK BOX - \$24**

- 1.5-lb Fish Sticks, 1.5-lb Mini Corn Dogs, 1-lb Popcorn Chicken, Two 6.5-oz Pepperoni Pizzas, Two PB&J Jamwiches, 14-oz Stuffed Breadsticks, 7.2 Moon Pies (6-ct), Two 3.7-oz Twin Charbroil Cheeseburgers, Two 2.2-oz PBJ on Graham Wafers

**FRUIT BOX - \$16**

- Three Red Delicious Apples, Three Granny Smith Apples, One Pack Caramel Apple Dip (6-ct), Three Pears, Three Navel Oranges, 8-oz Trail Mix, Four Chewy Granola Bars, One Pack Raisins (6-ct), 1-lb Mini Carrots

**July 2010**



**angelfood**  
MINISTRIES

**A HAND-UP NOT A HAND-OUT**

*\$65 worth of quality, nutritious food for \$30!*

*Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing food for individuals and families at a reasonable price.*

**THE FOOD:** Each month's menu is different and consists of fresh, frozen and packaged food. Food is purchase from the nation's top suppliers at substantial volume discounts. There are no purchase limits or minimums. We do not use out-of-date food or inferior products.

**SPECIALTY BOXES** are offered each month. This bonus program affords participants additional food choices at a great value. There is no purchase limit for specialty boxes or bonus foods.

**WHAT'S THE CATCH?** There is no catch! There are no pre-qualifications or financial restrictions to order. Angel Food is open to ANYONE! Large families, single adults, small families - anyone who wants to make their hard earned dollar go further. With rising prices everywhere you look, isn't it nice to know that there is still quality food at a reasonable price that everyone can afford?

*Are you ready to order?*

**ORDER ONLINE AND SAVE!**

Visit [www.retailmenot.com](http://www.retailmenot.com)  
Search for Angel Food Ministries to find coupon codes. When placing your order online, insert coupon code to save money!

July 2010



angelfood MINISTRIES

**GENERAL INFORMATION**

**DISTRIBUTION DAY PICK-UP**

**SATURDAY 7/31, 10:00am -11:30am**

- Bring your receipt and a box (i.e. laundry basket, cooler, etc.) to carry your food.
- AFM reserves the right to substitute any of the menu items due to availability, cost or quality.
- Food not picked up by 11:30 a.m. may be donated.
- Pick-up times are in effect as long as the delivery truck is on schedule. Please be flexible in the event of any delay. Please ensure that your contact information is current so that we can notify you in the event of any changes.

**PERSONAL CHECK POLICY**

Since Angel Food Ministries, Inc. does not accept personal checks from customers, the St. James host site has adopted this as a policy. We apologize in advance for any inconvenience this may cause. Cash, money orders and Food stamps are acceptable forms of payment.

**FOOD STAMPS (EBT or SNAP)**

Angel Food helps families/individuals stretch their Food Stamp benefits further. Buy the food your family needs for good nutrition at a low cost. Food stamp payments are not accepted online and must be placed in person.

**3 Ways to Order**

**ORDERS & PAYMENT DUE**  
**Saturday, July 24th at 11:30 a.m.**

**ONLINE**

<http://www.angelfoodministries.com/host.asp?id=3742>  
**Credit/Debit Cards only.** There is a \$2.00 convenience fee for online orders.

**IN PERSON**

Required when using Food Stamps (EBT).  
 St. James United Methodist Church  
 5540 Wayne Ave  
 Kansas City, MO 64110  
 (See order dates/times below)

**BY MAIL**

Complete the form on the right and mail to the address above. We assume no responsibility for mail delays. A receipt will be mailed to you.

**NEED MORE INFORMATION?**

816-444-5588

[www.stjamesumc.com/ministries/angelfood](http://www.stjamesumc.com/ministries/angelfood)  
[afm@stjamesumc.com](mailto:afm@stjamesumc.com)

**July 2010 AFM Order**

Please complete and return the form below along with your payment. Money orders should be made payable to St. James UMC. Food stamp orders must be placed in person.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Alt. Phone \_\_\_\_\_

Email \_\_\_\_\_

Ordered before? Yes  No

If no, how did you learn of AFM? \_\_\_\_\_

	QTY	
Signature Box	_____ x \$30 =	_____
Senior/Convenience Meals	_____ x \$28 =	_____
Allergen Free Box	_____ x \$23 =	_____
After School Snack Box	_____ x \$24 =	_____
After School Fruit Box	_____ x \$16 =	_____
#1 Steak Grill Box	_____ x \$23 =	_____
#2 Assorted Grill Box	_____ x \$22 =	_____
#3 Chicken Breast Box	_____ x \$21 =	_____
#4 Fruit & Veggie Box	_____ x \$21 =	_____
#5 Bit O' Blessing Box	_____ x \$21 =	_____
	Total	_____

In my absence, this person can pick up my order:

Name \_\_\_\_\_

Phone \_\_\_\_\_

**Order and Distribution Dates**

Month	On-Site Orders	Online Order Deadline	Distribution Date
July 2010	Wed. 7/7, 7/14 & 7/21, 5:30-7pm Sat. 6/26, 7/17 & 7/24 9:30-11:30am	Sun. 7/25 by 10:59 pm CST	Sat. 7/31, 10:00am-11:30am