

FEBRUARY 2010

ORDER DEADLINE: FEB 17TH; (SOME LOCATIONS HAVE AN EARLIER DEADLINE) - PICK UP DAY: FEB 27TH

angelfood
MINISTRIES

A Food Ministry
with a Servant's
Heart"

NO Application to
Complete
NO Income Restrictions
**IF YOU EAT...YOU
QUALIFY!**
FOOD STAMPS
ACCEPTED (EBT CARDS)

WAYS TO ORDER

Order Online.

Drop off orders
at church during
business hours.

If available, use drop
box at church.

Mail to host church.
Remember, where
you pay for your food
is where you pick up
your food.

SIGNATURE BOX - \$30.00
Balanced nutrition and variety with enough food to feed a family of four for a week.
2 lb. Top Sirloin Steaks (4 x 8 oz.)
1.5 lb. Boneless Pork Roast
2 lb. IQF Boneless/Skinless Chicken Breast
2 lb. Lasagna with Meat Sauce
1.5 lb. Fully Cooked Boneless Chicken Drumsticks (NEW)
1 lb. Lean Ground Beef
1 lb. Frozen Baby Limas
1 lb. Frozen Green Beans
1 lb. Pasta
25 oz. Pasta Sauce
4 ct. Large Russet Baking Potatoes
32 oz. 2% Shelf Stable Milk
Dozen Eggs
Dessert

*Steaks in a box of Angel Food are now thicker than ever before. Though there may be fewer steaks in a box, it's the same amount of meat but the quality is higher and the steaks are tenderer.

ALLERGEN-FREE BOX - \$23.00
Processed To Eliminate The Eight Top Serious Allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts And Gluten (Wheat, Rye And Barley). Great For Children And Adults! (Battered With Water, White Rice, Brown Rice, Modified Tapioca Starch, Flax Seed, Sugar, Salt, Spices, Dehydrated Garlic, Spice Extractives/Breaded And Oleoresin Paprika. Breeding Is Pre-Browned In Canola Oil.)

1 lb. Breaded Chicken Fillet Patties
1 lb. Breaded Chicken Tenders
1 lb. Breaded Chicken Nuggets
1 lb. Breaded Steak Fingers
1 lb. Breaded Chicken Wings
Battered/Breaded With Water, White Rice, Brown Rice, Modified Tapioca Starch, Flax Seed, Sugar, Salt, Spices, Dehydrated Garlic, Spice Extractives And Oleoresin Paprika. Breeding Is Pre-Browned In Canola

SENIOR & CONVENIENCE MEALS - \$28.00
For Seniors or People on the Go! Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.

- Chicken Parmesan with Brussels sprouts & zucchini
 - Charbroiled Beef Patty with mashed potatoes, carrots & corn blend
 - Macaroni & Beef with noodles, carrots & zucchini blend
 - Lemon Pepper Fish with rice, peas & zucchini blend
 - Mesquite Chicken with rice, carrots & green beans
 - Spaghetti & Meatballs with corn, peas & carrots
 - Boneless Pork Patty with roasted sweet potatoes, sugar snap peas & broccoli/cauliflower
 - Cheese Manicotti with green beans, peas & carrots
 - Chicken & Rice with Mushroom Sauce, green beans, corn blend
 - Macaroni & Cheese with broccoli & lima beans
- Desserts: Assorted Cookies, Strawberry Frozen Yogurt Cup, Pineapple Fruit Cup, Peach Fruit Cup, Orange Juice, Fruit Punch

SEAFOOD VARIETY BOX - \$35.00
Six pounds of the finest quality seafood assortment available.
2 lbs. Alaskan Snow Crab Legs
1 lb. Large EZ Peel Shrimp
2 lbs. Oven Ready Popcorn Shrimp
1 lb. Stuffed Crab in Natural Shell (8 ct.)

FEBRUARY SPECIALS

SPECIAL #1 - 6.5 lb. Assorted Meat Grill Box \$23.00
1.5 lb. T-Bone Steaks (2 x 12 oz.)
2 lb. Boneless Pork Chops (4 x 8 oz.)
1.5 lb. Lean Hamburger Patties (4 x 6 oz.)
1.5 lb. Mild Italian Sausage Links with Cheese

SPECIAL #2 - 5 lb. Asst Meat & Chicken Combo \$22.00
1.5 lb. Kansas City Strips (2 x 12 oz.)
1.5 lb. Prime Rib Steak (2 x 12 oz.)
2 lb. Gourmet Flavored Boneless Chicken Breast
Mesquite (4 x 4 oz.) & Lemon Herb (4 x 4 oz.)

SPECIAL #3 - Stuffed Chicken Variety Pack \$18.00
1.5 lb. Chicken Cordon Bleu (4 x 6 oz.)
1.5 lb. Broccoli & Cheese (4 x 6 oz.)
1.5 lb. Chicken Kiev (4 x 6 oz.)

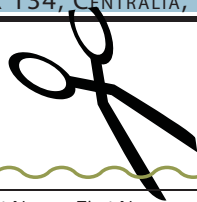
SPECIAL #4 - Super Value Fajita Kit \$21.00
2 lb. Steak Fajita Strip Packs (2 x 1 lb.)
2 lb. Chicken Breast Fajita Strip Packs (2 x 1 lb.)
1 lb. Onions & Bell Peppers
20 ct. 8" Flour Tortillas

SPECIAL #5 - Prem Fresh Fruit & Veggie Box \$22.00
3 lbs. Tree-Ripened Oranges
2 lbs. Premium Red Delicious Apples
1 lb. New Crop Chilean Plums
4 Washington State Anjou Pears
4 Washington State Fuji Apples
4 Tree Ripened Tangerines
2 Tree Ripened Red Grapefruit
6 pack 1 oz. Boxes Premium Sun Dried Raisins
3 lbs. Premium Red A-Size Potatoes
2 lbs. Premium Yellow Onions
1 head Premium Leafy Green Cabbage
1 lb. Premium Whole-Peeled Baby Carrots
1 lb. Dried Pinto Beans
AFM February 2010 Fruit and Veggie Recipe Sheet

Need more info about Angel Food Ministries,
visit www.boonecountyangelfood.com

Boone County Angel Food Hosts: Where You PAY For Your Food Is Where You PICK UP Your Food

<p>FAIRVIEW UNITED METHODIST 3200 CHAPEL HILL RD; 445-5391 PICKUP TIME: 8:00 AM – 10:00 AM JAMIE KOCHERT, COORDINATOR ONLINE ORDERING AVAILABLE (\$2.00 FEE ADDED) DROP BOX AVAILABLE AT CHURCH 24-7 CHECK OR MONEY ORDER PAYABLE TO FAIRVIEW ANGEL FOOD; MAIL TO JAMIE KOCHERT @ 2220 N SLICKROCK DR, COLUMBIA, MO 65202</p>	<p>BROADWAY CHRISTIAN 2601 W BROADWAY; 445-5312 PICKUP TIME: 8:00 AM – 10:00 AM DEBBY GRAHAM, COORDINATOR ONLINE ORDERING AVAILABLE (\$2.00 FEE ADDED) DROP BOX AVAILABLE AT CHURCH 24-7 CHECK OR MONEY ORDER PAYABLE TO BROADWAY CHRISTIAN AND NOTE ANGEL FOOD IN THE MEMO; MAIL TO THE CHURCH</p>
<p>LIBERTY BAPTIST 7461 N BROWN STATION; 696-2380 PICKUP TIME: 8:00 AM - 10:00 AM JANET HENDREN, COORDINATOR CHECK OR MONEY ORDER PAYABLE TO LIBERTY BAPTIST AND NOTE ANGEL FOOD IN THE MEMO; MAIL TO THE CHURCH</p>	<p>LIGHTHOUSE COMMUNITY 4275 E HIGHWAY WW; 886-8685 PICKUP TIME: 8:00 AM – 10:00 AM LISA PUTTING, COORDINATOR ONLINE ORDERING AVAILABLE (\$2.00 FEE ADDED) DROP BOX AVAILABLE AT CHURCH 24-7 CHECK OR MONEY ORDER PAYABLE TO LHCC; MAIL TO LISA PUTTING @ 7832 N HICKORY DR, COLUMBIA, MO 65202</p>
<p>NEW BEGINNINGS CHRISTIAN CTR Hwy 124 & CC (CENTRALIA); 819-2682 PICKUP TIME: 8:30 AM – 10:30 AM MINDY DURHAM, COORDINATOR ONLINE ORDERING AVAILABLE (\$2.00 FEE ADDED) CHECK OR MONEY ORDER PAYABLE TO NBCC; MAIL TO NBCC @ P.O. BOX 134, CENTRALIA, MO 65240</p>	<p>REMEMBER: DISTRIBUTION FEB 27TH</p>



TO PROCESS EBT CARD, YOU MUST MAKE ARRANGEMENTS WITH THE ANGEL FOOD CONTACT ON PICK UP DAY - BRING A LARGE BOX, LAUNDRY BASKET OR COOLER. FOOD NOT PICKED UP WILL BE DONATED.

Last Name, First Name:		Ph:	Zip:
Address:		City:	
Email		(Used for Order, Distribution or Event reminders only)	
Would you like the monthly menu emailed to you? Yes No		I would like to donate _____ box(es) of food this month. I have enclosed \$ _____.	
Would you like upcoming church events emailed to you? Yes No			
Payment is due when you place your order. EBT Cards (food stamps) Accepted (must prearrange) – DEBIT & CREDIT CARDS ACCEPTED ONLINE			
ITEM	Quantity	Unit Price	Total
Signature Box		\$30.00	
Convenience/Senior Box		\$28.00	
Allergen-Free Box		\$23.00	
Seafood Variety Box		\$35.00	
MONTHLY SPECIALS			
SPECIAL #1 6.5 lb Assorted Meat Grill Box		\$23.00	
SPECIAL #2 5 lb. Assorted Meat & Chicken Combo		\$22.00	
SPECIAL #3 Stuffed Chicken Variety Pack		\$18.00	
SPECIAL #4 Super Value Fajita Kit		\$21.00	
SPECIAL #5 Premium Fresh Fruit and Veggie Box		\$22.00	
Paid by: (Circle one) Check Cash Money order EBT (food stamps)		TOTAL AMOUNT DUE	
PRAYER REQUESTS			