

Signature Box

Balanced nutrition and variety with enough food to assist in feeding a family of four for a week.

- 1.5 lb. Rib-Eye Steaks (4 x 6 oz.)
- 2 lb. Lasagna Dinner Entrée
- 1.5 lb. Breaded Fish Fillets (12 ct.)
- 1 lb. Lean Ground Beef
- 1 lb. Lean All White Meat Chicken Sausage (Mild Italian)
- 1.5 lb. Country Fried Steak (4 x 6 oz.)
- 14 oz. – 16 oz. Hickory Smoked Center Cut Ham Steaks
- 1 lb. Frozen Peas & Carrots
- 1 lb. Frozen Broccoli Florets
- 1 lb. Frozen Sliced Zucchini
- 15 oz. Baked Beans
- 24 oz. Natural Cut French Fries
- 1.3 lb. Frozen Fruit Medley
- 2 lb. Fresh Vidalia Onions
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

\$30.00

Convenience Meals

Great for seniors and people living with diabetes!
Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal has been developed with the dietary needs of senior citizens and people living with diabetes in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.

- Mesquite Chicken** with Southwest Rice Blend, Black Beans, Mesquite BBQ Sauce, Carrots & Green Beans (13.2 oz.)
- Salisbury Steak & Gravy** with Red Skin Potatoes, Peas & Carrots and Cauliflower (12.9 oz.)
- Country Herb Chicken** with Mashed Potatoes, Sauce, Broccoli & Green Beans and Red Pepper Blend (13.2 oz.)
- Chicken Parmesan** with Fettuccini Noodles, Cheese, Marinara Sauce, Zucchini & Red Peppers and Brussels Sprouts (13.4 oz.)
- Meatloaf & Gravy** with Mashed Potatoes, Peas & Carrots and Cauliflower (12.9 oz.)
- Chicken Teriyaki** with Fried Rice Blend, Teriyaki Sauce, Sugar Snap Peas and Carrots (13.4 oz.)
- Chicken & Noodles** with Carrots, Peas, Creamy Sauce, Corn and Brussels Sprouts (15.1 oz.)
- Swedish Meatballs** with Malfada Pasta, Sauce, Broccoli & Carrots and Red Peppers and Onions (13 oz.)
- Fettuccini Alfredo** with Fettuccini Noodles, Broccoli, Carrots, Alfredo Sauce, Zucchini & Red Peppers and Brussels Sprouts (13 oz.)
- Beef Stew** with Potatoes, Carrots, Celery, Onions, Brussels Sprouts, Corn and Red Pepper Blend (15.3 oz.)
- Variety of Desserts and Snacks**

\$28.00

5 lb. Allergen-Free Food Box

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!

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

Battered/Breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.

\$23.00

6.4 lb. Premium Seafood Variety Box

- 1.1 lb. Crab Cakes (5 ct.)
- 1.3 lb. Haddock Fillets
- 1.5 lb. Crunchy Popcorn Shrimp
- 1 lb. Breaded Clam Strips
- 1 lb. Medium Raw Shrimp
- 8 oz. Mahi-mahi (2 x 4 oz.)

\$35.00

Just 4 Me – After School Box

\$24.00

An assortment of child-friendly snacks. Great for after school or any time.

- 1.5 lb. Fish Sticks
- 1 lb. Popcorn Chicken
- 2 each Pepperoni Pizza (6.5 oz. each package)
- 2 each Peanut Butter and Jelly Jamwich (2.8 oz. each)
- 15.6 oz. Pepperoni Stuffed Breadsticks
- 2 each Twin Charbroil Hamburgers with Cheese (3.7 oz. each package)
- 2 each PBJ on Graham Wafer (2.2 oz. each)
- 1.5 lb. Mini Corn Dogs
- 7.2 oz. Mini Moon Pies (6 ct.)

Just 4 Me – After School Fruit & Veggie Box

\$16.00

An assortment healthy fruit snacks especially for kids.

- 3 Red Delicious Apples
- 3 Fancy Oranges
- (4) 2 oz. packs Celery Sticks
- 1 lb. Premium Whole Peeled Baby Carrots
- 4 Chewy Granola Bars
- 12 oz. Peanut Butter
- 3 Granny Smith Apples
- 3 D'Anjou Pears
- (1) 6-pack Raisins

MAY SPECIAL #1

\$23.00

6.4 lb. Assorted Meat Grill Box: (1.5 lb. Bone-In New York Strip Steaks (2 x 12 oz.); 2 lb. Baby Back Ribs; 1.5 lb. Hamburger Patties (4 x 6 oz.); 1.5 lb. Mild Italian Sausage with Cheese)

MAY SPECIAL #2

\$22.00

4 lb. Steak Box: 4 lb. Sirloin Strip Steaks (8 x 8 oz.)

MAY SPECIAL #3

\$19.00

12 ct. Gourmet-Flavored Chicken Breast Box: (4 Mesquite Chicken Breast (6 oz. ea.); 4 B-B-Q Chicken Breast (6 oz. ea.); 4 Italian Chicken Breast (6 oz. ea.))

MAY SPECIAL #4

\$35.00

4 for 4 Family Meals - 4 complete meals with all you need to feed a family of 4:

Beef Tips and Gravy - 1.5 lb. Beef Tips and Gravy, 1 lb. Egg Noodles, 1 lb. Vegetable Blend (zucchini, carrots, Italian beans and cauliflower)

Split Whole Chicken - 3 lb. (avg.) Whole Split Chicken, 1 lb. Stir Fry with Vegetables, 1 lb. Green Beans

Choice Roast Beef - 1.5 lb. Choice Roast Beef, 1.5 lb. Potato Medley, 1 lb. Green Beans

Baby Back Ribs - 2 lb. Baby Back Ribs, 1 lb. Corn, 1 lb. Green Beans

MAY SPECIAL #5

\$22.00

Premium Fresh Fruit and Veggie Box: (1 head Cello Lettuce; 1 head Sleeved Romaine Lettuce; 1 lb. bag Fresh California Carrots; (1) 6 oz. pack Radishes; 1 Red Onion; (1) 5 oz. bag Fresh Gourmet Salad Croutons; 1 (16 oz.) Salad Dressing; 3 lb. bag Idaho Potatoes; 2 lb. bag Jazz Apples; 3 lb. bag Oranges; 1 Package Roma Tomatoes; 6 California Lemons)

ORDERS ACCEPTED IN PERSON ON:

- **Saturday, April 24, 10:00 to 11:15 AM**
- **Wednesday, May 5, 4:30 to 6:00 PM**
- **Saturday, May 8, 9:30 to 11:00 AM**

CASH or FOOD STAMPS (EBT with valid ID) ONLY

Or order on-line at: www.angelfoodministries.com

DISTRIBUTION DAY:

Saturday, May 22, 10:00 to 11:15 AM

***All boxes are available for purchase without restrictions.
You NO LONGER have to order a regular box to purchase a special.***

***Using a credit or debit card you may place orders on-line at:
www.angelfoodministries.com (under Host Sites, select location)***

Online Order Deadline: May 13, 2010

**Christ Memorial Church is located at 595 Graafschap Road in Holland
On the corner of 24th Street & Graafschap Road (use the southeast entrance D)**

Questions: Call 616-796-3370 or visit www.christmemorial.org.

In person order dates / times are shown on the front side of this sheet.

Additional AFM host sites exist throughout West Michigan. For other locations in Michigan and across the United States, visit www.angelfoodministries.com or call toll-free 1-888-819-3745.

Now you or someone you want to help can be blessed with a wonderful box of fresh and frozen products: meats, dairy, fruit and vegetables and staple items. Order as many units as you like. ANYONE CAN ORDER NO INCOME LIMITS! NO APPLICATION NEEDED!

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief and financial support to communities throughout the U.S. working through host sites, such as Christ Memorial Church. Over 500,000 families across 34 states receive this quality, low cost grocery supplement every month!

Angel Food's groceries are sold in a quantity that can fit into a medium sized box at just \$30 per unit. Each month's menu is different from the previous month and consists of both fresh and frozen items, including meats, vegetables and grain products. Each box has an average retail value of over \$65. Generally, one unit of food assists in feeding a family of four for about one week or a single senior citizen for almost a month. The food is the same quality one would purchase at a grocery store - no second-hand items, no damaged or out-dated goods, no day-old breads or overripe produce. Specialty boxes, such as steaks, chicken, and pork, are also available. There are no limits to the number of units or specialty boxes an individual can purchase. There are no applications to be processed. NO FINANCIAL LIMITS OR SERVING QUALIFICATIONS... EVERYONE CAN PARTICIPATE AND ORDER FROM ANGEL FOOD.



Please Note: Orders will only be taken in person on designated dates and times and must be paid in full at the time they are placed (cash or food stamps only). All orders must be picked up on distribution day. Orders can only be picked up from the same location as where you originally placed your order. We are not able to transfer orders between locations.

Angel Food reserves the right to substitute any item listed due to availability, cost and/or quality.