

SPECIALS (SP) BELOW ARE NOW AVAILABLE
without the purchase of a signature, senior, or allergen-free box!

SP-1: ASSORTED MEAT GRILL BOX - \$23

- 1.5 lb. Ribeye Steaks (2 x 12 oz.)
- 1 lb. Chopped Beef Steak Flavored w/ Mozzarella
- 1 lb. Chopped Beef Steak Flavored w/ Cheddar
- 1.5 lb. Italian Sausage with Cheese
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon

SP-2: MEAT & CHICKEN COMBO - \$22

- 1.5 lb. New York Strip Steaks
- 1.5 lb. Bacon Wrapped Filet
- 1.5 lb. Bacon Wrapped Chicken Breast

SP-3: BONELESS/SKINLESS CHICKEN BREASTS - \$20

- 10 lb. IQF Boneless/Skinless Chicken Breasts

SP-4: FAMILY MEAL KITS - \$35

- Turkey Kit: 1.5 lb. Boneless Turkey Breast, 1.5 lb. Potato Medley (Potatoes, Carrots, Onions and Celery), 1 lb. Green Beans
- Split Whole Chicken Kit: 3 lb. (avg) Whole Split Chicken (2 individually wrapped halves), 1.5 lb. Potato Medley, 1 lb. Green Beans
- Beef Tips & Gravy Kit: 1.5 lb. Beef Tips in Gravy, 1.5 lb. Rice Medley (Rice with Red & Green Peppers)
- Pork Roast Kit: 1.5 lb. Boneless Pork Roast, 1.5 lb. Potato Medley, 1 lb. Corn

SP-5: FRESH FRUIT & VEGGIE BOX - \$22

- 1 Lg Golden Ripe Pineapple
- 1 Lg Vine Ripened Cantaloupe
- 1 lb. New Crop Chilean White Seedless Grapes
- 1 Lg Tree-Ripened Mango
- 1 Lg Haas Avocado
- 1 hd Leafy Green Cabbage
- 3 lb. Sweet Potatoes (baking size)
- 2 lb. New Crop Yellow Onions
- 3 lb. Idaho Baking Potatoes
- 1 lb. California Carrots
- 3 Variety Colored Bell Peppers
- 2 ct. Jumbo Garlic

SIGNATURE BOX: \$30

- 2 lbs. Chopped Beef Steaks w/ Dijon Mustard
- 1 lb. Bacon Wrapped Turkey Filet Mignon
- 1 lb. Boneless Center Cut Pork Chops
- 2 lb. Macaroni & Beef Dinner Entrée
- 2.5 lb. IQF Split Chicken Breasts
- 1 lb. Lean Ground Beef
- 1 12" Supreme Pizza
- 1 lb. Frozen Peas & Carrots
- 1 lb. Frozen Whole Kernel Corn
- 2 lb. Fresh Apples
- 2 lb. Heat and Serve Broccoli & Cheese Soup
- 24 oz. Natural Cut French Fries (Skin-on)
- 6.5 oz. Stroganoff Skillet Meal
- 1 lb. Rice
- Dozen Eggs
- Dessert

ALLERGEN-FREE BOX: \$23

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 Formed Tenders
- 2 lbs. Breaded Chicken Drumsticks
- 1 lb. Breaded Cube Steak

SEAFOOD PACK: \$35

- 27 oz. Breaded Butterfly Shrimp (oven ready)
- 10 oz. Cod Fillets
- 17 oz. Crab Cakes (oven ready)
- 16 oz. White Fish Fillets
- 16 oz. Tilapia Fillets
- 10 oz. Breaded Clam Strips (oven ready)

AFTER-SCHOOL BOX: \$21

- 14 oz. Bread Sticks Stuffed w/ Mozzarella
- 1.5 lb. Fully Cooked Chicken Rings
- 1.5 lb. Fully Cooked Chicken & Cheese Nuggets
- 1.5 lb. Fully Cooked Mini Corn Dogs

SENIOR BOX: \$28 NO ADDED SALT, LOW-FAT
Individual fully-cooked meals nutritionally balanced for seniors. Contains 3oz. protein, 1 starch, 2 veggies or fruit. NO AGE LIMIT - Anyone can purchase!

- | | |
|---------------------|--------------------------------|
| Breaded Baked Fish | Pot Roast |
| Chicken Chow Mein | Country Herb Chicken |
| Swedish Meatballs | Chicken Broccoli Alfredo |
| Fettuccini Alfredo | Dessert Items: Assorted |
| Meatloaf Patty | Cookies, Mixed Fruit |
| Turkey and Dressing | Cup, Applesauce, Grape |
| Chicken and Noodles | Juice, Apple Juice |



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 purchased from the nation's top suppliers at substantial volume discounts. There is no purchase limit for boxes of Angel Food. AFM does not use out-of-date food or inferior products. *Menu on back!*

SPECIALITY 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? No catch! There are no pre-qualifications or financial restrictions to order. Angel Food is open to EVERYONE! 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?

SAVE WITH ONLINE ORDERS!
Online orders only: Go to www.retailmenot.com Search for Angel Food Ministries to retrieve coupon code. When placing your order online, insert coupon code to save money!



Have you ordered yet?

MARCH 2010
angelfood
 MINISTRIES
MENU ON BACK

DISTRIBUTION DAY PICK-UP
8:30-10AM, SATURDAY 3/20/10



- Bring receipt, photo id, and 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, and/or quality.
- Any food not picked up by 10am will be donated. Keep your receipt for a tax deductible donation.
- Pick-up times are in effect if the truck is on schedule. Please understand that everyone must adjust if there is a delay. Tune into WTLR or FROGGY 98 on distribution day for any change.

PERSONAL CHECKS are accepted! However to protect us from having to pay for food boxes ordered with **checks returned due to insufficient funds**, we stand by the following:

1. The church will contact you for the money needed to cover the cost of what was ordered.
2. The money due will need to be paid before the food is received.
3. Future orders will be limited to cash, money orders, cashier's checks, or EBT (food stamps). No personal checks will be accepted from that point on.

FOOD STAMPS (EBT) are accepted; designed to help low-income families buy the food they need for good nutrition. If using food stamps (EBT), orders must be placed in person.

Order deadline dates have changed!

UPCOMING ORDER & DISTRIBUTION DATES			
MONTH	IN-HOUSE ORDERS	FINAL ORDER DUE	DISTRIBUTION DATE
MARCH 2010	WED. 3/10, 5:30-7PM & SAT. 3/13, 9:30-11AM	MON. 3/15 BY 3PM (WEB & MAIL)	SAT. 3/20, 8:30-10AM
APRIL 2010	WED. 4/7, 5:30-7PM & SAT. 4/10, 9:30-11AM	MON. 4/12 BY 3PM (WEB & MAIL)	SAT. 4/17, 8:30-10AM
MAY 2010	WED. 5/5, 5:30-7PM & SAT. 5/8, 9:30-11AM	MON. 5/10 BY 3PM (WEB & MAIL)	SAT. 5/15, 8:30-10AM

4 Options TO PLACE AN ORDER
ORDERS & PAYMENT DUE
BY 3PM, MON. 3/15/10

1 ONLINE www.calvarysc.org/angelfood
 \$2 convenience fee for online ordering.
 For credit/debit cards only.

2 IN PERSON
 Required when using food stamps (EBT).

- Calvary Baptist Church
 1250 University Drive, State College - 16801
 • Wed. 3/10/10, 5:30-7pm
 • Sat. 3/13/10, 9:30-11am
- Calvary's Office Center
 1100 E. Boal Ave., Boalsburg - 16827
 • M-F, 9am-3pm

3 BY MAIL
 Complete form on right. We assume no responsibility for mail delays. MAIL TO:
 Angel Food Ministries
 Calvary Baptist Church
 P.O. Box 775
 Boalsburg, PA 16827

4 DROP-OFF
 Complete form on right.

- Drop at 1250 University Drive location:
 -in upstairs' lobby drop box, if door is unlocked.
 -in black mailbox outside, if door is locked.
- Drop at Calvary's Office Center (see above for address and office hours).

— **Q's?** 814.238.0822 (ext. 38) —
www.calvarysc.org/angelfood
angelfood@calvarysc.org

AFM ORDER - MARCH 2010

Please complete and return form (below), payment, and a **self-addressed stamped envelope (S.A.S.E.)** so we can return a receipt to you. Checks/ money orders payable to Calvary Baptist Church with AFM in memo. Food stamp orders must be placed in person – see note on left.

Name _____
 Address _____
 City _____
 State _____ ZIP _____
 Phone _____
 Cell Ph. _____
 Email _____

Ordered before? Yes No
 How did you hear about AFM? _____

QTY		SUB-TOTAL
_____	Signtr. Box(es) @ \$30ea.	_____
_____	Allergen-Free @ \$23ea.	_____
_____	Seafood @ \$35ea.	_____
_____	After-School @ \$21ea.	_____
_____	Sr. Box(es) @ \$28ea.	_____
_____	Special #1 @ \$23ea.	_____
_____	Special #2 @ \$22ea.	_____
_____	Special #3 @ \$20ea.	_____
_____	Special #4 @ \$35ea.	_____
_____	Special #5 @ \$22ea.	_____

TOTAL _____

In my absence, this person can pick up my order:
 Name: _____
 Phone: _____