

Allergen-Free Unit - \$25

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. Coated Chicken Tenders, 1 lb. Coated Breast Filet, 1 lb. Coated Chicken Nuggets, 1 lb. Coated Chicken Wings, 1 lb. Coated Cubed Steak (Chicken Fried Steak)

Specials

1 (7 lb. Assorted Meat Grill Box) - \$23

(4) 8 oz. Ribeye Steaks, (4) 8 oz. Country Style Pork Ribs, (4) 8 oz. Lean Hamburger Steaks, 1 lb. Bratwurst with Cheese

2 (5 lb. Steak Combo) - \$22

(4) 10 oz. Sirloin Strip Steaks, (5) 8 oz. Bacon-Wrapped Beef Fillet

3 (4 ½ lb. Gourmet Flavored Chicken Breast Filets)- \$20

(4) 6 oz. Italian, (4) 6 oz. Lemon Pepper, (4) 6 oz. Honey Mustard

4 (3 ¾ lb. T-Bone Special) - \$21

(5) 12 oz. T-Bone Steaks

5 (Fresh Fruit & Veggie Box) - \$22

1 each Vine-Ripened Personal Red Seedless Watermelon, 1 lb. Premium California Red Seedless Grapes, 1.5 lb. Premium California Tree-Ripened Plums, 1 each Premium Vine-Ripened Cantaloupe, 3 lb. Premium Washington State Granny Smith Apples, 3 each Premium Large Fancy Limes, 4 ears Premium Super Sweet White Corn, 1 head Premium California Iceberg Lettuce, 3 lb Premium Idaho Baking Potatoes, 1 lb. Premium California Carrots, 2 lb. Premium Large-Medium Yellow Onions, 1 pkg. Premium Fresh Jumbo Garlic (5 ct.), AFM July 2009 Fruit and Veggie Recipe Sheet

6 ("Latin Flavors" Fresh Fruit & Veggie Box) - \$22

3 lb. California Premium Valencia Oranges, 1 each California Premium Vine-Ripened Cantaloupe, 1 each Premium Tree-Ripened Mango, 6 each Premium Large Limes, 4 ears Premium Super Sweet Yellow Corn, 2 lb Premium Large-Medium White Onions, 1 head Premium California Iceberg Lettuce, 1 lb. Premium California Carrots, 1 lb. Premium Fresh Tomatillas, 1 lb. Premium Fresh Jalapeño Peppers, 1 lb. Premium Western-Grown Russet Baking Potatoes, 1 Premium Yellow Corn Tortillas (30 ct.), 1 Premium Pinto Beans (12 oz. bag), AFM July 2009 Latin Flavors Recipe Sheet

Regular Unit - \$30

Each item listed below is included in the unit.

(4) 6 oz. New York Strip Steaks, 1 ½ lb. Boneless Pork Roast, 1 ½ lb. Lean Ground Beef, 1 lb. Chicken Breast Fajita, 2 lb. Chicken Stir-Fry Skillet Meal (All-White Chicken, Lo Mein Noodles, Vegetables and Gourmet Teriyaki Sauce), 12 oz. Deli Sliced Ham, 5 oz. Chunk Light Tuna in Water, 25 oz. Pasta Sauce, 1 lb. Pasta, 1 lb. Frozen Sliced Carrots, 12 ct. White Flour Tortillas, 4 ct. Fresh Large Baking Potatoes, 1 Fresh Fajita Veggie Kit (1 each Red Bell Pepper, Green Bell Pepper and Jumbo Yellow Onion), 1 ct. Fresh Cello-Wrapped Celery, 32 oz. 2% Shelf Stable Milk, 1 Dozen Eggs, 1 Dessert Item

Angel Food Ministries reserves the right to substitute any stated regular or senior menu item due to lack of availability, cost or substandard quality. All weights are approximate.

Convenience & Senior Meals - \$28

There is no age limit on the senior unit; anyone can purchase it.

Ten perfectly seasoned, nutritionally balanced, fully-cooked meals -- just heat and serve. Each meal has been developed with dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.

New Orleans Style Chicken over Savory Rice with Okra & Tomatoes and Diced Sweet Potatoes

Grilled Chicken Strips & Penne Pasta with Creamy

Tomato Basil Sauce, Capri Blend Vegetables and Green Beans with Onions and Red Peppers

Beef & Bowtie Pasta with Herbed Tomato Sauce, Capri Blend Vegetables and Corn

Flame-Broiled Salisbury Steak with Brown Gravy, Sour Cream & Chive Potatoes and Mixed Vegetables

Cheesy Chicken and Broccoli Casserole with Rice, Green Beans and Squash Medley

Classic Chicken Tetrazzini with Diced Carrots and Green Peas

Country Fried Steak with Cream Gravy, Red Skin Whipped Potatoes and Mixed Vegetables

Spaghetti with Meatballs, Green Beans and Cinnamon Applesauce

Chicken Parmesan with Whipped Potatoes and Capri Blend Vegetables

Flame-Broiled Beef Patty with Onion Gravy, Sour Cream & Chive Potatoes and Capri Blend Vegetables

10 2-pack, individually-wrapped cookies

If you purchase a senior, allergen-free, or seafood unit you may purchase specials just as you do when you purchase a regular unit. The same limit applies with the other units as with the regular unit.

July Mail Order Form

Name: _____

Address: _____

City: _____

Telephone: (____) _____

Email (for menu): _____

Regular Unit: _____ x \$30 = _____

Convenience

Meals: _____ x \$28 = _____

Allergen-Free

Unit: _____ x \$25 = _____

Special 1: _____ x \$23 = _____

Special 2: _____ x \$22 = _____

Special 3: _____ x \$20 = _____

Special 4: _____ x \$21 = _____

Special 5: _____ x \$22 = _____

Special 6: _____ x \$22 = _____

Total: _____

There is a limit of four specials per unit. For example, you need to purchase two units in order to purchase eight specials.

Please check calculations. Those with errors will be returned and not placed.

Please tell a friend about Angel Food!

About Angel Food Ministries

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing quality food for individuals and families at a reasonable price. Each basic unit is always sold for \$30 and has a retail value of approximately \$60. These are fresh, quality products provided by the same distributors that supply the local grocery chains. There is no limit on the number of units purchased but specials are limited to four per unit. You must purchase one unit before purchasing any specials. One unit of food assists in feeding a family of four for about one week or a single adult / senior for about one month.

Contact Information

Angel Food:

Website: www.angelfoodministries.com

Otterbein United Methodist Church:

Website: www.gb-gm-umc.org/otterbeinumc

Phone: (717) 258-6704 (Dial 0 for Leslie)

Services:

Traditional: 9:00 and 11:15 (Sanctuary)

Contemporary: 9:00 (Multi-purpose room)

Sunday School: 10:10 (For all ages)

Future Dates

(Please note the change in order days)**August Order:**

Friday, August 14: 6:00 – 7:30 PM

Saturday, August 15: 10:00 – Noon

Monday, August 17: 6:00 – 7:30 PM

August Distribution:

Saturday, August 22: 9:30 – 11:30 AM

Order in Person

Friday, July 10: 6:00 – 7:30 PM

Saturday, July 11: 10:00 – Noon

Monday, July 13: 6:00 – 7:30 PM

No orders will be taken after July 13.

Location

Otterbein United Methodist Church

647 Forge Road

Carlisle, PA 17015

Pay in person by cash, money order, Food Stamps or Food Stamps EBT card at the location, date and time listed. EBT card payment requires a photo id and must be done in person. The person listed on the EBT card is the only one who will be allowed to purchase the food box with that card.

Order Online

Go to www.angelfoodministries.com to place an order.

Order by Mail

Send cash or money orders made out to OUM-AFM (no personal checks or Food Stamps) and the completed mail order form to:

Angel Food Ministries

Otterbein United Methodist Church

647 Forge Road

Carlisle, PA 17015

Please enclose a self-addressed, stamped envelope to be mailed to you for your receipt. Orders for next month will be accepted on the day of distribution and menus will be available at that time.

Mail orders and payment must be received by noon on July 10. We assume no responsibility for mail delays or for lost mail.

Distribution Day

Saturday, July 18

Pick Up Times:

Last names from A – M: 9:30 – 10:30 am

N – Z: 10:30 – 11:30 am

Location

Otterbein United Methodist Church

647 Forge Road

Carlisle, PA 17015

There are no refunds or credits if your order is not picked up on the specified Saturday morning by 11:30 AM. Unclaimed orders will be donated to charity.

Call Otterbein at (717) 258-6704 on distribution day to check for delays. Bring your receipt and a laundry basket, box or cooler to carry your food.

July 2009



Angel Food Ministries

High Quality Food at Low Cost.

If You Eat, You Qualify,
Regardless of Income.

**Otterbein United
Methodist Church**

647 Forge Road

Carlisle, PA

(717) 258-6704