

## **DATES FOR WALK-IN ORDERS**

### **TAKEN AT MUMC:**

You can sign up in person and pay in cash, by money order or food stamps (EBT) at the Church: (rear door, AFM room to right)

**Thursday, August 12th**

5 PM to 7 PM

And

**Friday, August 13th**

From 11 AM to 1 PM

**\*\*CUT-OFF DATE FOR ORDERS IS  
FRIDAY, August 13th\*\***

**DISTRIBUTION DAY IS SATURDAY,**

**August 21st, 2010**

**FROM 8-10 AM, IN**

**THE EDUCATION BUILDING ADJACENT  
TO THE CHURCH**

Please bring your receipt, a sturdy medium-size box, laundry basket, or cooler when picking up your food.

**NOTE: THERE WILL BE NO REFUNDS  
OR CREDITS. IF YOUR ORDER IS NOT  
PICKED UP ON THE SCHEDULED  
SATURDAY DISTRIBUTION DAY, IT  
WILL BE DONATED TO A LOCAL NEEDY  
FAMILY.**

## **GREETINGS FROM MUMC!**

We welcome you to Angel Food Ministries. We hope this ministry is a blessing to you. If you have any questions or comments about AFM, please feel free to call a volunteer's contact number listed in this brochure. If you regularly attend another church, please tell your friends about Angel Food Ministries. If you are interested in finding a home church, we invite you to worship with us here at Mars United Methodist Church.

**Worship Service 10 AM**

**Children Sunday school during church  
hour**

You will receive the next month's menu on distribution day and you may order next month's food at that time.

If you are ordering by mail, please address your money order to **MUMC**, c/o AFM and send it to PO Box 649, Mars, PA 16046-0649 and include a self-addressed stamped envelope. Your mail order must reach us before **August 21st.**

**BRING YOUR RECEIPT TO  
PICK UP YOUR ORDER.**

# **August 2010**

## **MARS UMC**

*ANGEL FOOD MINISTRIES*

"A Food Ministry with a Servant's  
Heart"

Mars United Methodist Church  
Orders picked up at the Church  
Education Building  
525 Pittsburgh St., Mars PA  
(724) 625-1488

For Information:

Diane Aiken (724) 625-2116  
Susan Woodward (724) 625-6166

**HIGH QUALITY  
FOOD  
AT LOW COST  
\$30.00 PER BOX**

REGARDLESS OF INCOME  
"If you eat, you qualify!"

August  
ORDER FORM

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
PHONE \_\_\_\_\_

SIGNATURE BOX \_\_\_\_\_ @ \$28.95 \_\_\_\_\_

SPECIAL #1 \_\_\_\_\_ @ \$24 \_\_\_\_\_  
6 lb. Assorted Grill Box

SPECIAL #2 \_\_\_\_\_ @ \$23 \_\_\_\_\_  
4 lb. Steak and Chicken Box

SPECIAL #3 \_\_\_\_\_ @ \$22 \_\_\_\_\_  
4.5 lb. Gourmet Flavored Chicken Breast Box

SPECIAL #4 \_\_\_\_\_ @ \$24 \_\_\_\_\_  
Oven Ready Entrees

SPECIAL #5 \_\_\_\_\_ @ \$21 \_\_\_\_\_  
Premium Fresh Fruit and Veggie Box

SPECIAL #6 \_\_\_\_\_ @ \$21 \_\_\_\_\_  
Bit O' Blessing Box

CONVENIENCE MEALS  
\_\_\_\_\_ @ \$28 \_\_\_\_\_

AFTER SCHOOL BOX \_\_\_\_\_ @ \$24 \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

Please circle payment method:

CASH  
MONEY ORDER  
FOODSTAMPS (EBT)

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Premium Fresh Fruit and Veggie Box

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Bit O' Blessing Box

CONVENIENCE MEALS  
\_\_\_\_\_ @ \$28 \_\_\_\_\_

AFTER SCHOOL BOX \_\_\_\_\_ @ \$24 \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

Please circle payment method:

CASH  
MONEY ORDER  
FOODSTAMPS (EBT)

**NEW  
PRICE!**

### Signature Box

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

- 1.5 lb. New York Strip Steaks (4 x 6 oz.)
- 1.5 lb. Breaded Chicken Breast Chunks
- 1 lb. Lean Ground Beef
- 1 lb. Crunchy Fish Wedges (Bake or Fry-8 ct.)
- 1.5 lb. Pork Chops (4 x 6 oz.)
- 1 lb. **Bonus Item** - Lean Ground Beef
- 1 lb. Frozen Broccoli Florets
- 1 lb. Frozen Carrots
- 1 lb. Frozen Corn
- 1 lb. Frozen Cauliflower Florets
- 1 lb. Pasta
- 26 oz. Pasta Sauce
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs

**NEW LOW  
PRICE!**

**\$28.95**

**New &  
Improved!**

### Fast and Flavorful Cuisine Core Food!

**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 dietary needs of senior citizens and people living with diabetes in mind.*

- Fish Fillet**, Lightly Breaded & Baked, with a Rice Blend, Carrots and a Broccoli/Red Pepper Blend
- Sweet and Sour Pork** with Rice, a Green Pea/Carrot Blend and Cauliflower
- Red Beans and Rice** with Smoked Pork Sausage, Carrots and Brussels Sprouts
- Chicken Cacciatore** with Rice, Carrots and Yellow Squash with Onions
- Chicken Parmesan** with Spaghetti, Corn/Red Pepper Blend and Zucchini
- Chicken and Noodles**, Corn and Broccoli
- Salisbury Steak & Gravy** with Red Wedge Potatoes, a Green Pea/Carrot Blend and Brussels Sprouts
- Meatball Stroganoff** over Noodles, Carrots and Broccoli
- Country Herb Chicken** with Mashed Potatoes, Green Peas and a Lima Bean Red Pepper Blend
- Macaroni and Cheese**, Black Bean, Corn and Red Pepper Blend and Cauliflower

**\$28.00**

### Just 4 Me – After School Box

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

- 2 lb. Chicken Fingers
- 1.5 lb. Mini Corn Dogs
- 1 (3.88 oz.) The BBQ "Sammich"
- 2 each (2.6 oz.) Chicken Sandwiches (2 packages with twin sandwiches)
- 4 (4 oz.) Hot Pockets
- 1 (12 ct.) Pizza Bites
- 1 (6 ct.) Cereal Bars
- 2 each (1.58 oz.) White Castle Hamburgers (2 packages with twin sandwiches)
- 3 (2.2 oz.) PBJ on Graham Wafer
- 2 (2.8 oz.) Peanut Butter and Jelly Jamwich

**\$24.00**

### **AUGUST SPECIAL #1**

#### **Assorted Grill Box (6 lb.) \$24.00**

- 1 lb. Sirloin Strip Steaks (2 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Mild Italian Sausage
- 1.5 lb. Bacon-Wrapped Chicken Breast Fillet (4 x 6 oz.)

### **AUGUST SPECIAL #2**

#### **Steak and Chicken Box (4 lb.) \$23.00**

- 2 lb. Ribeye Steaks (4 x 8 oz.)
- 2 lb. Jumbo Chicken Breast (4 x 8 oz.)

### **AUGUST SPECIAL #3**

#### **12 ct. Gourmet Flavored Chicken Breast**

#### **Box (4.5 lb.) \$22.00**

- 4 Italian Chicken Breast (6 oz. ea.)
- 4 Teriyaki Chicken Breast (6 oz. ea.)
- 4 Lemon Herb Chicken Breast (6 oz. ea.)

**NEW!!! ALL NEW ITEM!!! NEW!!!**

### **AUGUST SPECIAL #4**

#### **Oven Ready Entrees by Angelfood \$24.00**

- 4 (2 lb.) *Fully cooked Meals - Just Heat and Serve*
- 2 lb. Seafood Lasagna
- 2 lb. Lasagna with Meat Sauce
- 2 lb. Country Fried Steak with Gravy
- 2 lb. Chicken Noodle Casserole

### **NEW LOWER PRICE!!!**

### **AUGUST SPECIAL #5**

#### **Premium Fresh Fruit and Veggie Box \$21.00**

- 1 Cantaloupe
- 4 Peaches
- 4 Navel Oranges
- 1 Mango
- 1 Cello Head Lettuce
- 1 lb. Cello Carrots
- 2 lb. Yellow Onions
- 3 lb. Idaho Potato
- 20 oz. bag Fresh Green Beans
- 1 Head Cabbage
- AFM Fruit and Veggie Recipe Sheet



### **AUGUST SPECIAL #6**

#### **Bit O' Blessing Box \$21.00**

- 16 oz. Stuffed Sandwiches (Assorted Flavors - 4 x 4 oz.)
- 12 oz. Steaks (2 x 6 oz.) or 1.5 lb. Roast or 2 lb. Mac & Beef Entrée
- 1.5 lb. Country Fried Steak Patties
- 1 lb. Ground Beef
- 1 lb. Crunchy Fish Bites
- 1 lb. Frozen Fruit or Green Beans
- 1 lb. Rice

Orders Due: Friday, August 13<sup>th</sup>

Distribution Day: Saturday, August 21<sup>st</sup>

*\*Please contact your local host site for information or visit our website to locate a host site near you [www.angelfoodministries.com](http://www.angelfoodministries.com)*

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality. We Accept Food Stamps (EBT). Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, Washington, DC 20250-9410