

SIGNATURE BOX <i>Balanced nutrition and variety with enough food to assist in feeding a family of four for a week.</i>	SENIOR & CONVENIENCE MEALS <i>For Seniors or People on the Go!</i> <i>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.</i>	5 LB. ALLERGEN-FREE FOOD BOX <i>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!</i>
1.5 lb. Top Sirloin Steaks (4 x 6 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 (Brand New Item! Exclusive to AFM - first time offered anywhere) 1 lb. Lean Ground Beef 1 lb. Frozen Baby Limas 1 lb. Frozen Green Beans 1 lb. Broccoli Florets 1 lb. Fresh Carrots 1 lb. Rice 1 lb. Pasta 25 oz. Pasta Sauce 4 ct. Large Russet Baking Potatoes 32 oz. 2% Shelf Stable Milk Dozen Eggs Dessert	Chicken Parmesan with Brussels sprouts and zucchini Charbroiled Beef Patty with mashed potatoes, carrots and corn blend Macaroni and Beef with noodles, carrots and zucchini blend Lemon Pepper Fish with rice, peas and zucchini blend Mesquite Chicken with rice, carrots and green beans Spaghetti and Meatballs with corn, peas and carrots Boneless Pork Patty with roasted sweet potatoes, sugar snap peas, broccoli/cauliflower Cheese Manicotti with green beans, peas and carrots Chicken and Rice with Mushroom Sauce, green beans, corn blend Macaroni and Cheese with broccoli and lima beans Desserts: Assorted Cookies, Strawberry Frozen Yogurt Cup, Pineapple Fruit Cup, Peach Fruit Cup, Orange Juice, Fruit Punch	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 <i>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 oil.</i> <p style="text-align: right;"><u>\$23.00</u></p> <hr/> 6 LB. PREMIUM SEAFOOD VARIETY BOX <i>Six pounds of the finest quality seafood assortment available.</i> 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.)
<u>\$30.00</u>	<u>\$28.00</u>	<u>\$35.00</u>

FEBRUARY 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

FEBRUARY SPECIAL #2

5 lb. Assorted 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.)

FEBRUARY 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.)

Orders can be placed at Zion Hill Baptist Church:

Friday, February 12, 2010, 4:00 pm – 6:00 pm
Mail-in orders must be received by Monday, February 15, 2010
Orders Due: Monday, February 15
Distribution Day: Saturday, February 20, 9:30 – 10:30 am
See back for more information and order form
WE ACCEPT SNAP (ebt-food stamps)!

FEBRUARY SPECIAL #4

Super Value Fajita Kit (5+ lbs.) \$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

FEBRUARY SPECIAL #5

Premium Fresh Fruit and 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

There are no memberships, qualifying income limits, applications, or limits to the number of boxes one can purchase.

We accept payment by cash, money order (payable to Zion Hill Baptist Church), and Food Stamps (EBT). EBT orders must be placed in person with photo ID.

How do I place an order?

Orders can be placed at Zion Hill Baptist Church:

Friday, February 12, 2010, 4:00 p.m. – 6:00 p.m.

Orders may be mailed to:

ZHBC, ATTN Angel Food, 11923 Zion Hill Rd., Cabot AR 72023

Sunday School – 9:45 a.m.; Sunday Worship Services – 10:55 a.m. and 6:00 p.m.

****MAIL-IN ORDERS MUST BE RECEIVED BY MONDAY, FEBRUARY 15.**
TO RECEIVE A RECEIPT WHEN MAILING ORDER PLEASE SEND A SASE.**

Orders may be put in outside drop-off box by church office.

****DROP-OFF ORDERS MUST BE IN BOX BY MONDAY, FEBRUARY 15.****

Orders may be placed online at www.angelfoodministries.com

??Questions?? Call Kay Davis @ 501-258-7082 or 501-988-0146

Distribution: FEBRUARY 20, 9:30 a.m. – 10:30 a.m.

Bring a large box to pick up your food.

If food is not picked up at this time, it will be donated to families in need.

FEBRUARY 2010

SIG BOXES _____ @ \$30 each = _____

NAME* _____

SR BOXES _____ @ \$28 each = _____

ADDRESS _____

ALLERGEN FREE _____ @ \$23 each = _____

CITY/ZIP _____

SEAFOOD _____ @ \$35 each = _____

PHONE _____

SPECIAL #1 _____ @ \$23 each = _____

CASH RECEIVED _____

SPECIAL #2 _____ @ \$22 each = _____

FOOD STAMPS (EBT) _____

SPECIAL #3 _____ @ \$18 each = _____

CASHIER'S CHECK _____

SPECIAL #4 _____ @ \$21 each = _____

***If another person may pick up this order, please add his/her name below.**

SPECIAL #5 _____ @ \$22 each = _____

TOTAL ORDER \$ _____