

## Signature Box

**\$30**

*Balanced nutrition and variety with enough food to feed a family of four for about a week.*

- 4.5 lb. (avg.) Perdue Whole Chicken
- 28 oz. Fully Cooked Sliced Meatloaf with Home-style Tomato Sauce
- 2 lb. Lasagna with Meat Sauce
- 1 lb. Lean Ground Beef
- 1.5 lb. Hamburger Patties with Cheese in center (4 x 6 oz.)
- 12 in. Supreme Pizza
- 1 lb. All Meat Hot Dogs
- 1 lb. Baby Carrots
- 2 lb. Frozen Vegetables (Green Beans, Mashed Potatoes, Corn or Peas with Carrots)
- 15 oz. Baked Beans
- 6.5 oz. Skillet Meal Helper
- 1 head Cabbage
- 11 oz. (min. wt.) Breakfast Cereal
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

## New and Improved! More Food, Better Value!

**Fast and Flavorful Cuisine  
Convenience meals great for seniors  
and people living with diabetes!**

**\$28**

*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 Sticks
- Boneless Pork Patty
- Red Beans and Rice
- Meat Lasagna
- Chicken Parmesan
- Roasted Chicken
- Country Fried Steak with Gravy
- Salisbury Steak & Gravy
- Swedish Meatballs
- Country Herb Chicken

## Allergen-Free Food 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 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, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.*

## Just 4 Me - After School Box

**\$24**

*Assorted child-friendly snacks. Great for after school or any time.*

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

## Just 4 Me - After School Fruit and Veggie Box

**\$16**

*Healthy fruit & veggie snacks especially for kids.*

- 3 Red Delicious Apples
- 3 Granny Smith Apples
- 1 (6 ct.) Caramel Apple Dip
- 3 Pears
- 3 Navel Oranges
- 1 (6 ct.) Raisins
- 1 (8 oz.) Trail Mix
- 1 (1 lb.) Mini Carrots
- 4 Chewy Granola Bars

### JULY SPECIAL #1

**\$23**

- Steak Grill Box (4.5 lb.)**  
2.5 lb. Ribeye Steaks (4 x 10 oz.)  
2 lb. Sirloin Strip Steaks (4 x 8 oz.)

### JULY SPECIAL #2

**\$22**

- Assorted Grill Box (6.5 lb.)**  
1.5 lb. New York Strip Steaks (2 x 12 oz.)  
2 lb. Chopped Beef Steaks (4 x 8 oz.)  
2 lb. Boneless Pork Steaks (4 x 8 oz.)  
1 lb. Chicken Sausage

### JULY SPECIAL #3

**\$21**

- IQF Chicken Breast Box (10 lbs.)**  
10 lbs. IQF Chicken Breasts

### JULY SPECIAL #4

**Special Price!**

**\$21**

- Premium Fresh Fruit and Veggie Box**  
3 lb. bag Idaho Potatoes  
1 head California Cello Lettuce  
1 lb. Plums  
1 (16 oz.) Salad Dressing  
1 (5 oz.) Salad Croutons  
4 ears Fresh Yellow Corn  
2 lb. bag Yellow Onions  
1 Large Cantaloupe  
1 Large Honey Dew Melon  
1 lb. California Cello Carrots  
4 Lemons  
1 Golden Ripe Pineapple  
AFM July Fruit and Veggie Recipe Sheet

### JULY SPECIAL #5

**\$21**

**Bit O' Blessing Box**

- 3 lb. Split Cornish Hens
- 2.5 lb. IQF Split Chicken Breasts
- 1 lb. Smoked Sausage
- 1.5 lb. Country Fried Steak
- 1 lb. Broccoli Florets
- 1.3 lb. Frozen Fruit Medley Dessert

**Order Date for July**

Saturday, July 17th 10:00 a.m. - 12 noon

If you have any questions please call The River 302.436.8841 or visit our website riveronline.org

# Angel Food Ministry General Information

## July 2010 Order Deadline & Distribution

Orders Due: Sunday, July 18th, 12:30 p.m.

Distribution Day: Saturday, July 31st, 9:00 - 10:00 a.m.  
The River Fellowship Hall

## ORDER TIMES FOR JULY!

Saturday, July 17<sup>th</sup> 10:00 a.m. – 12 noon

Sunday, June 18<sup>th</sup> 10:15-10:45 a.m.; 12:00 – 12:30 p.m.

**PLEASE NOTE: DISTRIBUTION WILL NOW TAKE PLACE AT  
THE RIVER, 35175 ROXANA ROAD, FRANKFORD, DE 19945**

## What is Angel Food Ministries?

Giving others a hand up and not a hand out. Angel Food Ministries is a non-profit, non denominational organization dedicated to providing food relief to communities throughout the USA.

## What is the cost of the food?

A box of Angel Food can be purchased for \$30

## What is the retail value of the box of food?

Depending on your location, a box retails anywhere from \$45 to \$75 with an average retail value of right around \$60. An average box of food weighs around 21 lbs. The weight may differ each month. Each box will feed a family of four for about one week, or a single senior citizen for almost a month.

## Is the food fresh?

Because of Angel Food's involvement with only the best producers and venders our products are high quality, "name brand" foods - never "seconds" or "day old type" products. Each month's food menu consists of both fresh and frozen items.

## Will I know what the food offered is in advance?

Angel Food Ministries produces a monthly menu to inform customers of what food items will be available a full month in advance. This month's menu is included above.

## How much food may I purchase?

There is no limit on the number of boxes an individual or family may purchase. Angel Food Ministries also offers the purchase of one or more "Special Units."

## What do I have to do to qualify for the program?

There are no applications or qualifications, anyone can participate. Angel Food Ministries also participates in the U.S. Food Stamp Program, using the Off-Line Food stamp Voucher system.

## Where do I purchase the food?

Payment Location: The River, 35175 Roxana Road (RT 17) 300 ft. west of Roxana traffic light.

Hours for Payment: Saturday, July 11<sup>th</sup> 10:00 a.m. – 12 noon

Sunday, July 18<sup>th</sup> 10:15-10:45 a.m.; 12:00 – 12:30 p.m.

**The July order must be paid no later than Sunday, July 18<sup>th</sup>, 12:30 p.m.** Sorry no exceptions. We will accept Cash, Money Order and Food Stamps. You may also order online at [riveronline.org](http://riveronline.org).

## Where do I pick up the food?

Food may be picked up at The River, 35175 Roxana Road, Frankford, DE 19945. **Pickup day is Saturday, July 31st only, 9:00 to 10:00 a.m.**

You must have your own box and receipt in hand for food pickup. Unless prior arrangements are made by you for pickup, any order not picked up on time will be donated. Sorry no exceptions. You may re-order for the next month at the pickup location on Distribution Day.

## Can I volunteer for Angel Food?

Volunteers are always needed. Contact The River for more information.

- Boxers: sorting and packing boxes of food (very light lifting)
- Clerks: check in, check out and handling specials (no lifting)
- Sorting and Loading: Driving truck, loading and unloading (some lifting)