

About Angel Food Ministries

Angel Food Ministries provides approximately \$60 worth of quality, nutritious food for \$30. Food can be purchased in person with cash, money orders, cashier's checks, or EBT cards (food stamps), or online with credit/debit cards.

Each month's menu is different and consists of fresh, frozen and packaged food that is purchased from the nation's top food suppliers. There are no "seconds" or "day-old" foods. Generally, one box of Angel Food assists in feeding a family of four for about one week or a single senior citizen for almost a month.

Each month, Angel Food Ministries also offers "specialty boxes" of steak, chicken, pork or other foods to those who order at least one basic box.

How does it work?

You can order food through a local host site. Orders are paid for at the time they are placed. Orders are due about the 15th of the month. You can go to your host site at their designated dates/times to order and make your payment. If the host site sponsors online ordering, you can place an order through your host site's website or through the Angel Food Ministries website (www.angelfoodministries.org).

Food is picked up at the host site, usually on the last Saturday of the month, but dates vary, so please be sure to get the correct distribution date and time from your host site.

Croton United Methodist Church
75 N High St, PO Box 127
Croton OH 43013



Prices are rising everywhere you turn—gasoline, fuel oil, food—the list goes on and on. Wouldn't it be great to get a break somewhere?

With Angel Food Ministries, you can get great prices on restaurant-quality foods each month, with NO applications, NO qualifications, and NO purchase limits.

If you eat, you qualify!

angelfood
MINISTRIES

Your local Angel Food Host Site is:

Croton United Methodist Church

75 N High Street, PO Box 127
Croton, OH 43013
740-893-2181 crotonumc@gmail.com
www.crotonumc.worthyofpraise.org
Rev. Eva Marie Wolfe, Pastor

**See inside for December 2008
ordering information**

**For more information, call:
Debbie Retherford, Host Site Director
740-893-2489**

**Angel Food Ministries
December 2008 Menu**

Order Dates:

Sat, November 22: 9 am-11 am
Wed, December 3: 10 am-12 pm
Thurs, December 4: 6:30-8:30 pm

All orders must be received by Dec 7

Distribution Date:

Saturday, December 13, 9-11 am
in the church fellowship hall

Please bring your receipt and a
laundry basket or large box.

**You must pick up your order during
the time listed above. We have no
way to store orders not picked up—
they will be donated to a family in need.**

Orders must be paid for at time of order in
cash, money order, cashier's check, or EBT
card (food stamps) only—*no personal checks
accepted* **OR**

Place orders and make payment online with a
credit/debit card at
www.angelfoodministries.com/hosts.asp

(and choose us as your host site) or
www.crotonumc.worthyofpraise.org

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Regular Box: \$30.00

1.5 lb. Choice Cut Beef Roast
2 lb. Breaded Chicken Tenders
2 lb. IQF Chicken Breast
1.5 lb. Pork Chops (4 x 6 oz)
1 lb. 80/20 Lean Beef Patties (4 x 4 oz)
28 oz. Salisbury Steak Entree
1 lb. All-Meat Hot Dogs
1 lb. Carrots
1 lb. Green Beans
1 lb. Rice
24 oz. Steak-Cut Fries
32 oz. 2% Reduced-Fat Shelf-Stable Milk
7.5 oz. Mac and Cheese
14 oz. Chicken Broth
7 oz. Corn Muffin Mix
One Dozen Eggs
One Dessert Item

Senior/Convenience Box: \$28.00

*Ten individual, nutritionally-balanced heat and serve
meals, each with 3 oz. of protein, two vegetables/
fruits, and a starch.*

*BBQ Pulled Pork * Ground Beef Stroganoff
*Meat Loaf * Chicken Parmesan
*Burger Stew * Meat Patties/Gravy/Onion
*Chicken/Broccoli * Sliced Roast Turkey
*Chicken/Mushroom *Red Beans/Ground Beef

Christmas/Holiday Box: \$35.00

Limited Quantities—order early!

7 lb. (avg) Perdue Roasting Hen
2 lb. Natural Hickory Smoked Ham
2 lb. each - Heat and Serve items:
Mashed Potatoes, Corn, and Green Beans
17 oz. Cornbread Dressing
4.5 oz. Brown Gravy Mix
15 oz. Cranberry Sauce
8 Dinner Rolls
Dessert Item

****Specials available with Purchase of a
Regular, Senior, or Holiday Box****

DEC SPECIAL #1: \$22.00

6.5 lb. Grill Box
1.5 lb Prime Rib Steak (2 x 12 oz)
2 lb Boneless Pork Roast
2 lb Hamburger Beef Steaks (4 x 8 oz)
1 lb. Bratwurst with Cheese

DEC SPECIAL #2: \$21.00

4.5 lb. Meat Combo
1.5 lb. New York Strip Steaks (2 x 12 oz)
1.5 lb. Bacon-Wrapped Beef Filet (4 x 6 oz)
1.5 lb. Bacon-Wrapped Chicken Filet (4 x 6 oz)

DEC SPECIAL #3: \$21.00

10 lb. Boneless/Skinless Chicken Breasts

DEC SPECIAL #4: \$21.00

Fresh Fruit and Veggie Box
3 lb. Red Rome Apples
3 lb. Sweet Potatoes
2 lb. Medium Yellow Onions
1 stalk Sleeved Celery
1 lb. Carrots
4 lb. Navel Oranges
2 lb. Lemons
2 ea Florida Ruby Red Grapefruit
8 oz. California Raisins
4 lb. Idaho Potatoes

DEC SPECIAL #5: \$26.00

Holiday Mixed Fruit Gift Box with Recipe Sheet
4 Large Red Delicious Apples
4 Large Golden Delicious Apples
4 Extra Large Granny Smith Apples
5 Large Red Anjou Pears
4 Extra Large Red Rome Apples
4 Large Navel Oranges
4 Large Tangerines
4 Large Tangelos
6 Large Juice Oranges
5 Large Ruby Red Grapefruits

DEC SPECIAL #6: \$20.00

Holiday Meat and Cheese Gift Box
2 9 oz. Beef Summer Sausage
1 9 oz. Summer Sausage
1 8 oz. Yellow Sharp Cheddar Cheese
1 8 oz. Yellow Mild Cheddar Cheese
1 8 oz. Monterey Jack Cheese