

REGULAR BOX

For over fourteen years, Angel Food has provided balanced nutrition and variety through its regular box, with enough food to feed a family of four for a week or a single senior for a month.

- 1.5 lb. Ribeye Steak (4 x 6 oz.)
- 4 lb. Leg Quarters
- 1.5 lb. Beef Patties (4 x 6 oz.)
- 18 oz. Cheese Filled Manicotti
- 2 lb. Pork Rib Strips
- 1 lb. Chicken Breast Fajita Strips
- 1 lb. Ground Turkey
- 1 lb. Broccoli
- 1 lb. Peas
- 6 ct. Oatmeal Variety Box
2 each-Regular, Maple Brown Sugar and Apple Cinnamon
- 32 oz. 2% Shelf Stable Milk
- 8 oz. Blueberry Muffin Mix
- 12 ct. White Corn Tortillas
- 1 lb. Pinto Beans
- 7 oz. Chicken Flavored Rice & Vermicelli
- Dozen Eggs
- Dessert

\$30.00

SENIOR/CONVENIENCE BOX

For Seniors or People on the Go!

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.

Senior Boxes may be purchased by anyone, regardless of age.

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 Desserts included with Senior/Convenience Meals

\$28.00

One or More Specials Available Only with the Purchase of Either of the Boxes Above

JANUARY SPECIAL #1

- 6 lb. Assorted Combo Box** **\$22.00**
- 1.5 lb. Bone-In New York Strips (2 x 12 oz.)
 - 1 lb. Sirloin Strips (2 x 8 oz.)
 - 1.5 lb. Boneless Pork Chops -Thick Cut (4 x 6 oz.)
 - 2 lb. Hamburger Steak (4 x 8 oz.)

JANUARY SPECIAL #2

- 4.5 lb. Bacon-Wrapped Meat Combo** **\$21.00**
- 1.5 lb. Bacon-Wrapped Beef Filet (4 x 6 oz.)
 - 1.5 lb. Bacon-Wrapped Pork Filet (4 x 6 oz.)
 - 1.5 lb. Bacon-Wrapped Chicken Filet (4 x 6 oz.)

JANUARY SPECIAL #3

- 3.75 lb. T-Bone Special** **\$21.00**
- 3.75 lb. T-Bone Steaks (5 x 12 oz.)

JANUARY SPECIAL #4

- 10 lb. Chicken Combo Box** **\$20.00**
- 4.5 lb. (avg.) Whole Perdue Chicken
 - 2 lb. Wings
 - 2 lb. Chicken Nuggets
 - 2 lb. Breaded Chicken Tenders

JANUARY SPECIAL #5

- Fresh Fruit and Veggie Box** **\$21.00**
- 4 lb. New Crop Idaho Baking Potatoes
 - 3 lb. New Crop North Carolina Sweet Potatoes
 - 2 lb. Western Grown Medium Yellow Onions
 - 4 lb. Tree Ripened Navel Oranges
 - ½ lb. New Crop Georgia Grown Pecan Halves
 - 2 ea. Tree Ripened Florida Red Grapefruit
 - 1 head New Crop Florida Green Cabbage
 - 1 lb. Western Grown Carrots (cello packed)
 - 4 ea. Tree Ripened Florida Tangerines
 - 4 ea. Washington State Bosc Pears

Angel Food reserves the right to substitute any of the food items due to availability, cost and quality.

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

"IF YOU EAT, YOU QUALIFY!"

We Accept WV & OH Food Stamps (EBT)

Angel Food Ministries is a non-profit, non-denominational, non-government organization dedicated to helping feed America, one box of food at a time. For **\$30** you are able to purchase a box of food containing "restaurant grade" meats, frozen vegetables, fruits, dairy products, etc., worth approximately \$65+. You may order as many Regular and/or Senior Boxes as you wish. You may order as many Special Boxes as you wish when you first order at least one Regular or Senior Box.

FOOD MUST BE PICKED UP ON DELIVERY DATE & TIME. Unclaimed food will be donated. NO EXCEPTIONS
WE ACCEPT EXACT CASH, FOOD STAMPS, MONEY ORDERS AND CERTIFIED CHECKS (made payable to First Christian Church) ONLY. **No checks or credit.**

Orders may be placed in person at:

FIRST CHRISTIAN CHURCH
1400 WASHINGTON AVE, PARKERSBURG WV
(Corner of Washington & Latrobe, 1 block from PHS)
Mondays, January 5 & 12, 10-Noon
Wednesday, January 7, 7-8 PM
Saturdays, January 3 & 10, 9-11 AM
DISTRIBUTION DATE:
Friday, January 16, 7-9 PM
Info: 304-485-5253 or
www.movpdoc.org

Also available in the Mid-Ohio Valley at:
South Parkersburg Baptist Church, Parkersburg
Fairview Methodist Church, Washington WV
Wilson Memorial Church, Ellenboro WV
Jesus Revivals Inc., Elizabeth WV
St. Mary Catholic Church, Marietta, OH
Second Congregational Church, Marietta OH
Beverly Baptist Church, Beverly OH
Smith's Chapel UMC, Beverly, OH
Times & Dates may vary, check with each church,

