



A Food Ministry With A Servant's Heart

What is Angel Food?

Angel Food is a non-profit, non-denominational food program dedicated to providing monthly food assistance to 500,000 families in 43 states across America. Every month Angel Food provides boxes of high quality, cost effective food items at over half off grocery store prices. Each unit contains enough food to help feed a family of four for about one week, or a single senior for almost a month. Angel Food is open to everyone. There are no applications or pre-qualifiers and no limit to the number of food boxes purchased.

How do you order Angel Food?

- **ONLINE** Log on to www.lwcc.org/angelfood and complete credit card order form.
- **IN PERSON** Complete order form and bring it to the Angel Food table in the main lobby one half hour before or after services on Wednesday, November 4; Saturday, November 7 or Sunday morning, November 8 (Cash, credit card, money order food stamps only.)

Note: A \$2 per order convenience charge added to credit card orders. Deadline to order online is 11:00 a.m. CST November 12, 2009. Orders must be picked up on Saturday, November 21 between 9:30 a.m. and 11:30 p.m. at Living Word Christian Center at 9201 75th Avenue North, Brooklyn Park (two blocks south of Hennepin Technical College.) Orders cannot be held past 11:30. There are no refunds once an order is placed. Unclaimed food is donated.

Please charge \$ _____ to     CASH EBT

_____/_____
CARD NUMBER EXP DATE CVV#

PLEASE PRINT YOUR NAME AS IT APPEARS ON YOUR CREDIT CARD

BILLING ADDRESS City State Zip

X
CARD OWNER'S SIGNATURE TELEPHONE (Daytime)

EMAIL ADDRESS

NOVEMBER MENU ITEMS

- _____ ea. Signature Box - *Enough to feed a family of four for a week.* \$30.00
- _____ ea. Senior Convenience Box - *Ten fully-cooked meals.* \$28.00
- _____ ea. Allergen Free Box - *Processed to eliminate serious allergens.* \$23.00
- _____ ea. Special #1 – 7 lb. Assorted Meat Grill Box. \$23.00
- _____ ea. Special #2 – 5 lb. Assorted Meat and Chicken Combo. \$22.00
- _____ ea. Special #3 – 10 lb. IQF Boneless Skinless Chicken Breast \$21.00
- _____ ea. Special #4 – Premium Fresh Fruit and Veggie Box \$22.00

Convenience Charge +\$ 2.00

TOTAL \$ _____

SIGNATURE BOX

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

- 1.5 lb. Ribeye Steaks (3 x 8 oz.)*
- 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.)
- 2 lb. Chicken Fried Rice Skillet Meal (All White Chicken Meat, Rice, Vegetables with Egg and Gourmet Teriyaki Sauce)
- 22 oz. Lasagna with Meat Sauce
- 22 oz. Breaded Fish Patties (5 ct.)
- 1 lb. Lean Ground Beef
- 1.5 lb. Breaded Chicken Breast Fillet
- 1 lb. Frozen Zucchini
- 1 lb. Frozen Cauliflower Florets
- 1 lb. Frozen Broccoli Florets
- 1 lb. (approx.) Hash Brown Patties 7 ct
- 8 oz. Breakfast Cereal
- 2 lb. bag Fresh Onions
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

*Steaks in a box of Angel Food are now thicker than ever before. Though there may be fewer steaks in a box, it's the same amount of meat but the quality is higher and the steaks are tenderer.

\$30.00

SENIOR & CONVENIENCE MEALS

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.

- Sliced Turkey & Dressing with Gravy**, corn and green bean/cranberry blend
- Macaroni & Beef** with noodles, carrots zucchini/red pepper
- Country Herb Chicken** with mashed potatoes, broccoli and green bean blend
- Macaroni & Cheese** with broccoli and lima beans
- Beef Stew with Carrots & Potatoes**, Brussels sprouts and corn/red pepper blend
- Sweet & Sour Chicken** with rice, sugar snap peas and carrots
- Mesquite Chicken** with rice/black bean blend, carrots and green beans
- Chicken & Rice with Mushroom Sauce**, green beans and black bean/corn blend
- Charbroiled Beef Patty** with mashed potatoes, gravy, carrots and corn blend
- Lemon Pepper Baked Fish** with rice, peas and zucchini/red pepper blend
- Desserts:** Assorted Cookies, Mixed Fruit Cup, Applesauce, Nature Valley Bar, Cranberry Juice Cocktail, Pineapple Juice

\$28.00

5 LB. ALLERGEN-FREE FOOD BOX

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 Fillet Patties
- 1 lb. Breaded Chicken Tenders
- 1 lb. Breaded Chicken Nuggets
- 1 lb. Breaded Steak Fingers
- 1 lb. Breaded Chicken Wings

Battered/Breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives/Breaded and oleoresin paprika. Breading is pre-browned in Canola oil.



\$23.00

Thanksgiving Holiday Box Order by October 28!!! \$36.00

*The Thanksgiving Holiday Box will be available for pre-order through October 28, 2009. * This year we have an exciting menu that we think your friends and family will enjoy and will make a nice gift for anyone that you believe needs a little uplifting around the holidays.*

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|---|--|-------------------------------|
| 7 lb. (avg.) Perdue Roaster | 2 lb. Frozen Green Beans | 4.5 oz. Brown Gravy Mix |
| 2.5 lb. Boneless Netted Ham | 1 lb. Frozen Cranberries | 1 Dessert Item (Pie or Cake) |
| 2 lb. Frozen Diced Sweet Potatoes | 17 oz. Ready to Cook Corn Bread Dressing | 1 Recipe Sheet with scripture |
| 3.5 lb. (avg.) Frozen Corn Cobbett's (12) | 8 ct. Heat and Serve Large Dinner Roll | |

NOVEMBER SPECIAL #1

\$23.00

7 lb. Assorted Meat Grill Box

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 2 lb. Boston Butt Chops (4 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Italian Sausage with Cheese

NOVEMBER SPECIAL #2

\$22.00

5 lb. Assorted Meat and Chicken Combo

- 2 lb. Sirloin Steak Strips (4 x 8 oz.)
- 1.5 lb. Bacon Wrapped Beef Fillet (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Fillet (4 x 6 oz.)

NOVEMBER SPECIAL #3

\$21.00

- 10 lbs. IQF Boneless/Skinless Chicken Breasts

NOVEMBER SPECIAL #4

\$22.00

Premium Fresh Fruit and Veggie Box

- 1 Stalk California Celery
- 3 lb. New Crop North Carolina Sweet Potatoes
- 3 lb. New Crop Idaho Potatoes
- 1 head Fresh Leafy Green Cabbage
- 1 lb. California Carrots
- 3 lb. Tree Ripened Juice Oranges
- 3 lb. New Crop Red Delicious Apples
- 1 (8 oz.) bag New Crop Georgia Grown Shelled Pecan Halves
- 4 Washington State Bosc Pears
- 1 (12 oz.) 100% Pure Sweet Honey Bear
- 2 New Crop Ruby Red Grapefruit

**Orders Due: 11AM Wednesday, November 11
Distribution Day: Saturday, November 21**