

## Signature Box

Balanced nutrition and variety with enough food to assist in feeding a family of four for 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
- 2 lb. Frozen Vegetables (Green Beans, Mashed Potatoes, Corn or Peas with Carrots)
- 1 lb. Baby 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

**\$30.00**

New & Improved!

## Fast and Flavorful Cuisine More Food! Convenience meals great for seniors and people living with diabetes!

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** with a Rice/Bean Blend, Broccoli and Carrots
- Boneless Pork Patty** with BBQ Sauce, Sweet Potatoes and Peas with Carrots
- Red Beans and Rice** with Smoked Sausage (made with Pork), Carrots and Brussels Sprouts
- Meat Lasagna** with Carrots and Green Beans
- Chicken Parmesan** with Spaghetti, Corn/Red Pepper Blend and Zucchini
- Roasted Chicken** with Red Wedge Potatoes, Lima Beans and a Carrot/Celery Blend
- Country Fried Steak** with Gravy and Red Wedge Potatoes, Corn and Green Beans
- Salisbury Steak & Gravy** with Red Wedge Potatoes, a Green Pea/Carrot Blend and Brussels Sprouts
- Swedish Meatballs** with Noodles, Yellow Squash with Onions and Brussels Sprouts
- Country Herb Chicken** with Mashed Potatoes, Green Peas and a Lima Bean/Red Pepper Blend

**\$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 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, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.

**\$23.00**

## Just 4 Me – After School Box

**\$24.00**

An assortment of child-friendly snacks. Great for after school or any time.

- 1.5 lb. Fish Sticks
- 1.5 lb. Mini Corn Dogs
- 1 lb. Popcorn Chicken
- 2 6.5 oz. Pepperoni Pizza
- 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

## Just 4 Me – After School Fruit & Veggie Box

**\$16.00**

An assortment healthy fruit 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

### Steak Grill Box (4.5 lb.)

**\$23.00**

- 2.5 lb. Ribeye Steaks (4 x 10 oz.)
- 2 lb. Sirloin Strip Steaks (4 x 8 oz.)

## JULY SPECIAL #2

### Assorted Grill Box (6.5 lb.)

**\$22.00**

- 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

### IQF Chicken Breast Box (10 lbs.)

**\$21.00**

- 10 lbs. IQF Chicken Breasts

## JULY SPECIAL #4

### Premium Fresh Fruit and Veggie Box

**\$21.00**

- 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 2010 Fruit and Veggie Recipe Sheet



## JULY SPECIAL #5

### Bit O' Blessing Box

**\$21.00**

- 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

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality. We Accept Food Stamps (EBT). 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

Please note that some host sites have earlier order deadlines. Please contact your local host site for information. Visit our website to locate a host site near you

Orders Due: **JULY 22**

Distribution Day: **JULY 31**

www.angelfoodministries.com

## JULY 2010 MENU

The packages are nutritionist reviewed and one standard Signature food box can feed a family of four for a week, or a single person for a month. It is an excellent way to stretch a food budget.

The menu is on the reverse of this page and can be seen by going to our web page: [www.MyNCM.com](http://www.MyNCM.com). All orders are prepaid. PLEASE DO NOT PURCHASE THIS FOOD FOR RESALE.

On-Line ordering is done at our web site [www.MyNCM.com](http://www.MyNCM.com) \*  
**ONLY DEBIT/CREDIT/GIFT CARDS are accepted there.**

**On-Line orders will be taken only on the following days: NOW thru July 25, 2010**

**In-Person ordering is done at 1592 Meadowcrest Blvd., Crystal River, FL 34429.** We accept cash, checks, money orders, or EBT food stamp cards. Make checks & money orders payable to NATURE COAST MINISTRIES. In-Person orders will be taken on the following days:

**MONDAY thru THURSDAY  
10:00 am – 4:00 pm**

**DISTRIBUTION DAY IS Saturday, JULY 31<sup>ST</sup>**

**If you purchase for pickup at NATURE COAST MINISTRIES & GULF TO LAKE CHURCH, Pick up will be at 1506 Meadowcrest Blvd., Crystal River on Hwy 44, next to Sun Trust Bank, 10:00 AM – 11:30 AM.**

If you purchase for pickup at RED LEVEL BAPTIST CHURCH, please pick up at the church on Hwy 488, between 10:00 AM – 12:00 NOON.

If you purchase to pickup at HOPE EVANGELICAL LUTHERAN CHURCH, please pick up at the church on Citrus Springs Blvd., between 10:00 AM – 11:00 AM.

**REMEMBER: Bring a cooler or box to carry your food.**

**Questions: Call 352-795-4046**

**PLEASE CONSIDER PARTICIPATING AS A VOLUNTEER.  
DONATIONS ARE GREATLY APPRECIATED (tax deductible)**

**NATURE COAST MINISTRIES**

**P. O. Box 2499, Crystal River, FL 34423-2499**

**(Physical address: 1592 Meadowcrest Blvd., Crystal River, FL 34429)**

**Phone:352-795-4046 Web Site: [www.MyNCM.com](http://www.MyNCM.com) Email: [AngelFood@MyNCM.com](mailto:AngelFood@MyNCM.com)**