

# AFM MARCH ORDER FORM

Check to donate to a needy family

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Check if new customer, or new information

\_\_\_ Signature Box x \$30 = \_\_\_\_\_

\_\_\_ Sr/Conv Box x \$28 = \_\_\_\_\_

\_\_\_ Allergen Free Box x \$23 = \_\_\_\_\_

\_\_\_ Seafood Box x \$35 = \_\_\_\_\_

\_\_\_ After School Box x \$21 = \_\_\_\_\_

*Specials can now be ordered without ordering a box above:*

\_\_\_ Special #1 x \$23 = \_\_\_\_\_

\_\_\_ Special #2 x \$22 = \_\_\_\_\_

\_\_\_ Special #3 x \$20 = \_\_\_\_\_

\_\_\_ Special #4 x \$35 = \_\_\_\_\_

\_\_\_ Special #5 x \$22 = \_\_\_\_\_

Total order \$ \_\_\_\_\_

Payment must be made when your order is placed. There are no refunds or credits if your order is not picked up on Distribution Saturday. Unclaimed orders will be given to someone in need. \$2.00 convenience fee is charged by AFM when debit or credit card is used.

## Payment Options (please check one):

Cash  Money Order ("Shepherd of the Valley")

*Ohio Direct/Credit/Debit (Check & complete below)*

Card Type:  Ohio Direction Card

MasterCard  Visa  Discover

Is it?  Credit Card  Debit Card

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Exp Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Signature: \_\_\_\_\_

*No personal checks can be accepted.*

## WHAT IS ANGEL FOOD?

Angel Food is a nonprofit, non-denominational organization dedicated to providing grocery relief to communities all across the country. Food is provided once a month and contains top quality fresh and frozen food items. The food units contain no "seconds" or outdated items, and the menu changes each month.

## HOW DO I PARTICIPATE?

EVERYONE IS ELIGIBLE! There are no income guidelines or application fees or requirements.

Simply place an order for Angel Food and provide payment at the time of ordering.

Angel food orders must be prepaid in the form of cash, Ohio Direction Food Card, debit/credit card, or money orders payable to Shepherd of the Valley. Sorry, but we *cannot accept personal checks due to Angel Food Ministries policy.*

There are no limits to the number of items you may order, but you must be able to pick them up on Distribution Day.

## HOW DO I ORDER?

Orders are accepted throughout the month. Use one of the following three easy ways to order:

**Online** at [www.shepherd-ofthevalley.org](http://www.shepherd-ofthevalley.org)

**By mail** Send order and payment to  
Shepherd of the Valley, P.O. Box 40, Sandyville, OH 44671  
(orders must be **received by the Friday before deadline**)

**In Person** at the Church:

(1) At the prior month's Distribution Day  
8:00 a.m. - 9:00 a.m.

(2) One week only **March 7-14** on the following days:  
Sun, Mon, Tues, or Sun 9:00 – 11:00 a.m.  
Wednesday 6:00 p.m. - 7:00 p.m.

## WHEN DO I GET MY FOOD?

Angel Food does not deliver. You must pick up your food on Distribution Day and have a way to get your food home with you.

Distribution Day for this month is listed on the front.

You must bring your receipt and a large box, laundry basket, or cooler to carry your Regular Box order.

Any orders not picked up during this time will be donated to our Shepherd's Kitchen Ministry.



angelfood  
MINISTRIES

An Outreach of  
Shepherd of the Valley Lutheran  
Church

"A Food Ministry with a  
Servant's Heart"

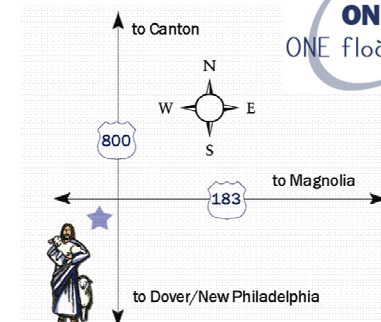
# Menu & Order Form MARCH 2010

Orders Accepted: March 7-14  
Distribution Day: March 20  
8:00-9:00 am

IF YOU EAT,  
YOU QUALIFY!

Shepherd of the Valley Lutheran Church  
4796 Crossroads Road N.E.  
P.O. Box 40  
Sandyville, Ohio 44671  
Office: 330.866.9293  
[www.shepherd-ofthevalley.org](http://www.shepherd-ofthevalley.org)

ONE Shepherd,  
ONE faith,  
ONE flock UNITED in Ministry



## Signature Box

Balanced nutrition and variety with enough food to assist in feeding a family of four for a week.

- 2 lbs. Chopped Beef Steaks flavored with Dijon Mustard (4 x 8 oz.)
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 X 4 oz.)
- 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.)
- 2 lb. Macaroni & Beef Dinner Entrée
- 2.5 lb. IQF Split Chicken Breasts (Re-sealable Bag)
- 1 lb. Lean Ground Beef
- 1 12" Supreme Pizza
- 1 lb. Frozen Peas & Carrots
- 1 lb. Frozen Whole Kernel Corn
- 2 lb. Fresh Apples
- 2 lb. Heat and Serve Broccoli & Cheese Soup
- 24 oz. Natural Cut French Fries (Skin-on)
- 6.5 oz. Stroganoff Skillet Meal
- 1 lb. Rice
- Dozen Eggs
- Dessert

**\$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.

- Breaded Baked Fish** over wild rice with green beans, corn and peas
- Chicken Chow Mein** over lo mein noodles, mixed vegetables and sauce, sugar snap peas and cauliflower
- Swedish Meatballs** over pasta in sauce, broccoli, carrot blend
- Fettuccini Alfredo** with carrots and broccoli, zucchini and Brussels sprouts
- Meatloaf Patty** with mashed potatoes and gravy, peas and carrots and cauliflower
- Turkey and Dressing** with gravy, green bean blend and corn
- Chicken and Noodles** with carrots and peas, corn and Brussels sprouts
- Pot Roast** with mashed potatoes, corn and green beans
- Country Herb Chicken** with mashed potatoes and sauce, broccoli and green bean blend
- Chicken Broccoli Alfredo** with carrots and zucchini blend
- Desserts:** Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple 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 Breast Chunks
- 1 lb. Breaded Formed Tenders
- 2 lbs. Breaded Chicken Drumsticks
- 1 lb. Breaded Cube Steak

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**

## 6 lb. Premium Seafood Variety Box

- 27 oz. Breaded Butterfly Shrimp (oven ready)
- 10 oz. Cod Fillets
- 17 oz. Crab Cakes (oven ready)
- 16 oz. White Fish Fillets
- 16 oz. Tilapia Fillets
- 10 oz. Breaded Clam Strips (oven ready)

**\$35.00**

## After School Box

- 14 oz. Bread Sticks Stuffed with Mozzarella in Resealable Bag (9 x 1.61 oz.)
- 1.5 lb. Fully Cooked Chicken Rings in Resealable Bag (Approx. 8 servings)
- 1.5 lb. Fully Cooked Chicken & Cheese Nuggets in Resealable Bag (Approximately 8 servings)
- 1.5 lb. Fully Cooked Mini Corn Dogs (36 count)

**\$21.00**

\*\*\*Specials may be purchased with or without the purchase of a Standard Box above\*\*\*

## MARCH SPECIAL #1

### 7 lb. Assorted Meat Grill Box

**\$23.00**

- 1.5 lb. Ribeye Steaks (2 x 12 oz.)
- 1 lb. Chopped Beef Steak Flavored with Real Mozzarella Cheese (2 x 8 oz.)
- 1 lb. Chopped Beef Steak Flavored with Real Mild Cheddar Cheese (2 x 8 oz.)
- 1.5 lb. Italian Sausage with Cheese
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 x 4 oz.)

## MARCH SPECIAL #2

### 4.5 lb. Assorted Meat & Chicken Combo

**\$22.00**

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

## MARCH SPECIAL #3

### 10 lb. Boneless/Skinless Chicken

#### Breast Box

**\$20.00**

- 10 lb. IQF Boneless/Skinless Chicken Breasts

## MARCH SPECIAL #4

### 4 x 4 Family Meal Kits

**\$35.00**

4 meal kits with all you need to feed a family of 4. 16 meals at 2.20 per meal.

**Turkey Kit** - 1.5 lb. Boneless Turkey Breast, 1.5 lb. Potato Medley (Potatoes, Carrots, Onions and Celery), 1 lb. Green Beans

**Split Whole Chicken Kit** - 3 lb. (avg) Whole Split Chicken (2 individually wrapped halves), 1.5 lb. Potato Medley, 1 lb. Green Beans

**Beef Tips & Gravy Kit** - 1.5 lb. Choice Beef Tips in Gravy, 1.5 lb. Rice Medley (Rice with Red & Green Peppers)

**Pork Roast Kit** - 1.5 lb. Boneless Pork Roast, 1.5 lb. Potato Medley, 1 lb. Corn

## MARCH SPECIAL #5

### Premium Fresh Fruit and Veggie Box

**\$22.00**

- 1 Large Golden Ripe Pineapple
- 1 Large Vine Ripened Cantaloupe
- 1 lb. New Crop Chilean White Seedless Grapes
- 1 Large Tree-Ripened Mango
- 1 Large Haas Avocado
- 1 head Leafy Green Cabbage
- 3 lb. bag Sweet Potatoes (baking size)
- 2 lb. bag New Crop Yellow Onions
- 3 lb. bag Idaho Baking Potatoes
- 1 lb. Fresh California Carrots
- 3 Variety Colored Bell Peppers
- 2 ct. Jumbo Garlic
- AFM March 2010 Fruit and Veggie Recipe Sheet

Orders Due:	<b>March 14, 2010</b>
Orders Taken:	<b>March 7-14, 2010</b>
	<b>Sun-Mon-Tues-Sun 9-11 am</b>
	<b>Wed 6-7 pm</b>
Distribution Day:	<b>March 20, 2010 8:00-9:00 am</b>