

EVERYONE QUALIFIES FOR GROCERY RELIEF

Signature Box

\$30

Balanced Nutrition and Variety with enough food to feed a family of four for about one week.

- .5 lb. Ribeye Steaks (4 x 6 oz.)
- 1 lb. Homestyle Lasagna Dinner Entrée
- 1 lb. Beef and Bean Burritos (8 x 4 oz.)
- 1 lb. Boneless/Skinless Chicken Breast Chunks
- 18 oz. Jumbo Beef Pattie Entrée with Gravy
- 1 lb. Lean Ground Beef (Pure Beef)
- 1 lb. All Meat Hotdog
- 10 oz. Individually Wrapped Sliced Cheese (16 slice)
- 10 oz. Shoestring Fries
- 1 lb. Broccoli Cuts
- 2 oz. Peanut Butter

Senior & Convenience

Meals

For Seniors or People on the Go!

\$28

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.

- Home-Style Meatloaf with Zesty Tomato Sauce
- Beef Stroganoff with Sour Cream
- Sliced Roast Beef & Gravy
- Breaded Veal Patty
- Char-Broiled Beef Meatballs
- Savory Seasoned Baked Chicken Leg Quarter
- Chinese Style Chicken Chop Suey
- Breaded Chicken Strips with Sweet & Sour Sauce

Allergen-Free Food Box

\$25

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 Tender
 - 1 lb. Breaded Chicken Breast Chunks (Boneless Wing)
 - 1 lb. Breaded Chicken Nugget
 - 1 lb. Breaded Chicken Patties
 - 1 lb. Breaded Steak Fingers
- Battered/breaded with water, white rice, brown rice, modified tapioca

SPECIALS AVAILABLE ONLY WITH ANY OF THE STANDARD BOXES

Seafood Box

\$35

- 1 lb. Alaskan Salmon Fillets (8 x 4 cut fillets)
- 1 lb. Breaded Flounder Fillets (5 oz.-8 oz. fillets)

JUNE SPECIAL #1 \$23

- 1 lb. Assorted Meat Grill Box**
- .5 lb. New York Strip Steaks (2 x 12 oz.)
 - 1 lb. Thick-Cut Boston Butt Chops (4 x 8 oz.)
 - 1 lb. Baby Back Ribs
 - .5 lb. Bratwurst with Cheese

JUNE SPECIAL #2 \$22

- .5 lb. Meat & Chicken Combo**
- .5 lb. Bone-In Ribeye Steaks (2 x 12 oz.)
 - .5 lb. Sirloin Strip Steaks (2 x 12 oz.)
 - .5 lb. Bacon-Wrapped Chicken Breast (4 x 6 oz.)

JUNE SPECIAL #3 \$22

- 1 lb. Chicken Combo Box**
- .5 lb. (avg.) Perdue Whole Bird
 - 1 lb. Split Chicken Breast
 - 1 lb. Breaded Tenders
 - .5 lb. Boneless/Skinless Chicken Breast

JUNE SPECIAL #4 \$22

- Premium Fresh Fruit and Veggie Box**
- each Sweet Vine-Ripened Red Seedless Watermelon
 - each Large Sweet Vine-Ripened Cantaloupe
 - each Large Tree-Ripened Mangoes
 - lb. Premium Tree-Ripened Valencia Oranges
 - lb. Premium Vine-Ripened Kiwi Fruit (5-6 Kiwis)
 - ears Premium Super-Sweet Yellow Corn
 - each Premium Fresh Zucchini Squash
 - each Premium Fresh Yellow Squash
 - lb. Premium Sweet Vidalia Onions
 - head Premium Fresh Green Cabbage
 - head Premium California Iceberg Lettuce
 - lb. Premium Idaho Baking Potatoes
 - Bottle Zesty Italian Salad Dressing and Marinade (16 oz.)
 - AFM June 2009 Fruit and Veggie Recipe Sheet

JUNE SPECIAL #5 \$22

Latin Flavors" Premium Fresh Fruit and Veggie Box

- each Premium Vine-Ripened Cantaloupe
- each Premium California Hass Avocados
- lb. Premium Fresh Key Limes
- each Premium Gold Pineapple
- each Premium Fresh Green Plantains
- each Premium Tree-Ripened Mangoes
- head Premium California Iceberg Lettuce
- each Fresh Yucca Root
- each Fresh Jicama
- Package Premium Yellow Corn Tortillas (30 ct.)
- lb. Premium Large-Medium White Onions
- lb. Premium Fresh Cello-Pack Carrots
- lb. Premium Fresh Jalapeño Peppers
- ct. Premium Garlic
- AFM June 2009 "Latin Flavors" Recipe Sheet

FIRST CHURCH OF THE NAZARENE CHURCH:

1759 W. Youngs Ditch Rd, Bay City, MI 48708
 Contact Joyce for info - 989-893-9968 or 989-980-5326

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ORDER DAYS AT THE

JUNE 10, 2009 (4 – 7 P.M.)
 JUNE 13, 2009 (9 – 11:30 A.M.)

DISTRIBUTION DAY: JUNE 27, 2009