

## **Distribution in Liverpool OR at Turkey Valley Church**

You can choose to pick up at the

### **American Legion Post 364**

306 S Pine ST

Liverpool, PA 17045

From Route 17, turn onto Market ST; take a left on Market ST to Race ST; take a left on Race ST to Pine ST. The Legion's parking lot will be down on the right.

## **OR**

### **Turkey Valley Church**

13606 State Route 235

Seven Stars

Located 1 mile west of Seven Stars and 6 miles east of East Salem on State Route 235

Please call the church at (717) 589-3926 concerning either of the distribution locations.

**You must choose your pick up location at the time you place your order. This cannot be changed once your order is placed.**

Place an order by mail or at the times/locations mentioned in this brochure, but **pick up where it is most convenient to you!**

Angel Food Ministry is a service of the Turkey Valley Church. We want to thank American Legion Post 364 for the use of their building for distribution in Liverpool.

# MARCH 2010



*"A Food Ministry With A  
Servant's Heart"*

**It is both a blessing and a  
bargain - to assist with  
balancing all budgets and to  
combat the rising fuel bills.**

**For everyone...  
WHO EATS!**

[www.turkeyvalleychurch.org](http://www.turkeyvalleychurch.org)

**You can access each month's  
brochure at our website AND  
*you can order on-line with  
a debit or credit card!***

## **Program Guidelines:**

- ◆ This is not a fundraiser. This is a service to the community.
- ◆ Each month the menu is different from the previous month and consists of both fresh and frozen items, including meats, fruits, vegetables, eggs and desserts.
- ◆ Each unit has a retail value over \$65.
- ◆ One signature unit of food assists in feeding a family of 4 for about one week. One basic unit of food assists in feeding a single adult/senior for about a month.
- ◆ Food is NOT outdated or damaged goods. It is fresh quality products provided by the same distributors that supply the local grocery chains.
- ◆ There is NO LIMIT on the number of units purchased.
- ◆ NO applications or qualifications - everyone is included.
- ◆ You **MUST** have your receipt to pick up your food. **You must bring a large container to pick up your food.**

Angel Food Ministries and/or Turkey Valley Church does not provide refunds/credit.

## **Sign Up Dates & Places:**

**WED, MAR 10<sup>th</sup>, 6:30 to 7:30PM @  
American Legion Post #354 - Liverpool  
SAT, MAR 13<sup>th</sup>, 11 AM to Noon @  
Care & Share Thrift Store - Seven Stars  
EVERY THURSDAY MORNING, 9 to 11 AM  
@ Turkey Valley Church Office - Seven Stars**

### **Turkey Valley Church**

**13606 State Route 235 - Seven Stars**

Located 1 mile west of Seven Stars and 6 miles east of East Salem on State Route 235  
**(717) 589-3926**

**Pay in person by cash, money order or Food Stamps/EBT card at the location, date and time listed above.**

(EBT card payment requires a photo ID. The person listed on the EBT card is the only one that will be allowed to purchase the food box with that card. It's the law!)

### **Distribution Site:**

**You can choose between  
American Legion Post #364 in Liverpool  
OR  
Turkey Valley Church in Seven Stars**

### **Distribution Day:**

**Sat., MARCH 20<sup>th</sup> from 8 to 10 AM  
(If possible, please try to come by 9 AM)**

Listen to WJUN 92.5 for any time delay changes on distribution day. No changes announced - we are on schedule.

**If out of town, ask friends/family to help.  
Give them the receipt and large box to pick up.**

**There are no refunds or credits if your order is not picked up on the specified Saturday morning by 10 AM. It will be donated to charity.**

**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

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

**You must bring a large container to pick up your food.**  
**Deadline for all orders is SAT, MARCH 13<sup>th</sup> at noon.**

**Order Form**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Telephone \_\_\_\_\_

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

Senior Box \_\_\_\_\_ x \$28 = \_\_\_\_\_

Allergen-free \_\_\_\_\_ x \$23 = \_\_\_\_\_

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

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

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

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

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

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

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

TOTAL DUE \$ \_\_\_\_\_

**CHOOSE PICK UP LOCATION (select one - this cannot be changed after the order is placed)**  
 \_\_\_\_\_ Turkey Valley OR \_\_\_\_\_ American  
 \_\_\_\_\_ Church \_\_\_\_\_ Legion Post  
 \_\_\_\_\_ Seven Stars \_\_\_\_\_ Liverpool

Please check the calculations. Orders with errors will be returned and NOT PLACED.

Mail in orders must be paid by:

Money Order or Cashier Check

Personal checks will not be accepted.

Make money order or cashier check payable to

AFM - Turkey Valley Church

RR 2 Box 605

Millertown PA 17062

Please enclose a self-addressed stamped envelope for your receipt. Receipts are required to pick up all orders.

**Orders must be postmarked by MAR 10<sup>th</sup> and received in the mail by SAT, MAR 13<sup>th</sup>.**