

LOWER PRICE!
Now only
\$29.00

Signature Box

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

- 1.5 lb. New York Strip Steaks (4 x 6 oz.)
- 1.5 lb. Breaded Chicken Breast Chunks
- 1 lb. Lean Ground Beef
- 1 lb. Crunchy Fish Wedges (Bake or Fry-8 ct.)
- 1.5 lb. Pork Chops (4 x 6 oz.)
- 1 lb. Bonus Item - Lean Ground Beef
- 1 lb. Frozen Broccoli Florets
- 1 lb. Frozen Carrots
- 1 lb. Frozen Corn
- 1 lb. Frozen Cauliflower Florets
- 1 lb. Pasta
- 26 oz. Pasta Sauce
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs

New and Improved! Larger Portions, Better Value!

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

\$28

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 Fillet
- Sweet and Sour Pork
- Red Beans and Rice
- White Chicken Cacciatore
- Breaded Chicken Parmigiana
- White Chicken and Gravy over Noodles
- Salisbury Steak & Gravy
- Meatball Stroganoff
- Country Herb White Chicken
- Macaroni and Cheese

Just 4 Me - After School Box

\$24

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

- 2 lb. Chicken Fingers
- 1.5 lb. Mini Corn Dogs
- 1 (3.88 oz.) The BBQ "Sammich"
- 2 each (2.6 oz.) Chicken Sandwiches (2 packages with twin sandwiches)
- 4 (4 oz.) Hot Pockets
- 1 (12 ct.) Pizza Bites
- 1 (6 ct.) Cereal Bars
- 2 each (1.58 oz.) White Castle Hamburgers (2 packages with twin sandwiches)
- 3 (2.2 oz.) PBJ on Graham Wafer
- 2 (2.8 oz.) Peanut Butter and Jelly Jamwich

AUGUST SPECIAL #1 \$24

- Assorted Grill Box (6 lb.)**
- 1 lb. Sirloin Strip Steaks (2 x 8 oz.)
 - 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
 - 1.5 lb. Mild Italian Sausage
 - 1.5 lb. Bacon-Wrapped Chicken Breast Fillet (4 x 6 oz.)

AUGUST SPECIAL #2 \$23

- Steak and Chicken Box (4 lb.)**
- 2 lb. Ribeye Steaks (4 x 8 oz.)
 - 2 lb. Jumbo Chicken Breast (4 x 8 oz.)

AUGUST SPECIAL #3 \$22

- 12 ct. Gourmet Flavored Chicken Breast Box (4.5 lb.)**
- 4 Italian Chicken Breast (6 oz. ea.)
 - 4 Teriyaki Chicken Breast (6 oz. ea.)
 - 4 Lemon Herb Chicken Breast (6 oz. ea.)

AUGUST SPECIAL #4 \$24

- Oven Ready Entrees**
- 2 lb. Seafood Lasagna
 - 2 lb. Lasagna with Meat Sauce
 - 2 lb. Country Fried Steak with Gravy
 - 2 lb. White Chicken Noodle Casserole

NEW FROM ANGEL FOOD

AUGUST SPECIAL #5 \$21

Special Price! Premium Fresh Fruit and Veggie Box

- 1 Cantaloupe
- 4 Peaches
- 4 Navel Oranges
- 1 Mango
- 1 Cello Head Lettuce
- 1 lb. Cello Carrots
- 2 lb. Yellow Onions
- 3 lb. Idaho Potato
- 20 oz. bag Fresh Green Beans
- 1 Head Cabbage
- 2 AFM Fruit and Veggie Recipe Sheet

NEW LOW PRICE

AUGUST SPECIAL #6 \$21

- Bit O' Blessing Box**
- 16 oz. Stuffed Sandwiches (Assorted Flavors - 4 x 4 oz.)
 - 12 oz. Steaks (2 x 6 oz.) or 1.5 lb. Beef Roast or 2 lb. Mac & Beef Entrée
 - 1.5 lb. Country Fried Steak Patties
 - 1 lb. Ground Beef
 - 1 lb. Crunchy Fish Bites
 - 1 lb. Frozen Fruit or Green Beans
 - 1 lb. Rice

Distribution Day: Saturday, August 21, 2010 10:00am to 11:30am

Bookwalter UMC 4218 Central Ave. Pk. Knoxville, TN 37912

Order at Bookwalter UMC 689-3349

Wed. Aug. 11th 6:00 pm – 7:30 pm
Fri. Aug. 13th 9:00 am – 1:30 pm
Sat. Aug. 14th 10:00 am – 1:00 pm
Mon. Aug 16th 9:00 am – 2:00 pm

Order Deadline at the Churches

Monday, Aug. 16th, 2010

2:00 pm @ Bookwalter UMC & Oakwood Baptist

12:00 pm @ Washington Pike UMC

Order at Oakwood Baptist Church 524-7548

Monday & Tuesday 9:00 am - 3:00 pm

Online Order Deadline

Tuesday, August 17th 11:50 pm

Order at Washington Pike UMC 523-0603

Monday thru Thursday 8:30 am – Noon

www.bookwalter-umc.org

Or

PLEASE COMPLETE THIS FORM AND INCLUDE WITH YOUR PAYMENT

Make checks or money orders payable to: **BOOKWALTER UMC**

Credit/Debit/EBT Card orders can be made in person at Bookwalter or Online.

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

HOME PHONE _____ CELL _____

E-MAIL _____

	Price	Tax	Total	Quantity	Total
SIGNATURE BOX	29.00	2.25	31.25		
SENIOR BOX	28.00	2.17	30.17		
AFTER SCHOOL BOX	24.00	1.86	25.86		
SPECIAL #1	24.00	1.86	25.86		
SPECIAL #2	23.00	1.78	24.78		
SPECIAL #3	22.00	1.17	23.71		
SPECIAL #4	24.00	1.86	25.86		
SPECIAL #5	21.00	1.63	22.63		
SPECIAL #6	21.00	1.63	22.63		
Total					

On distribution day please bring a box or container for your food

NOTE: There will be a \$20.00 charge for all returned checks. Orders not picked up will be donated to a local charity, no refunds or credit for following month(s). Purchase is only for distribution date as shown.

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

Questions? Call Linda 865-805-7884 or Edie 865-689-3349