

Angel Food Ministries

Date\Time

Ordering/Delivery - each month

Location

296 Flower City Park, Rochester

Serving Neighbors One Box at a Time

Angel Food Ministries' mission is to help relieve hunger throughout the United States.

Angel Food partners with churches and community organizations throughout the country to help distribute food to those in need. **For \$30.00*** you can receive a box of food containing both fresh and frozen items. **Our food items are first quality.** No seconds or out-of-date items. **Qualifications: "if you eat you qualify". ANYONE** can purchase this food - the more people that buy in, it enables the pricing to stay at these low prices.

3 types of "Standard" boxes are offered:

Signature Box - \$30 (combination box of frozen food, staples, and a few fresh items)

Exciting news: Allergen Free Box - \$23 - 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!**

Senior Box/Convenience Meals - \$28 (no age limit) - fully cooked, prepared individual meals - 10 in a box - just heat and serve. These meals are geared to Senior Adults needs - lower in salt and fat.

NEW - you don't need to purchase a "standard" box -to be able to order any specials. You can simply order and pre-pay any box you want, and in any quantity.

We'll be taking orders in person at the monthly distributions, after all Masses the following weekend and at Mary's Place. Call 585-723-0321 for monthly dates and times.

New - online ordering available - Debit and Credit cards only (note - these forms of payment are NOT accepted at host site itself) <http://www.angelfoodministries.com/order>

"Angel Food" is available in a quantity that can fit into a medium-sized box at \$30 per unit. Each month's menu is different than the previous month and consists of both fresh and frozen items with an average retail value of approximately \$60. Comparison shopping has been done across the country in various communities using a wide range of retail grocery stores and has resulted in the same food items costing from between \$50 and \$78.

Generally, **one unit of food** assists in feeding a family of four for about one week or a single senior citizen for almost a month. The food is all the same high quality one could purchase at a grocery store. There are no second-hand items, no damaged or out-dated goods, no dented cans without labels, no day-old breads and no produce that is almost too ripe. Also offered are specialty boxes such as steaks, chicken and pork. Many participants in this bonus program appreciate the expanded choices. Additionally, there is no limit to the number of units or bonus foods an individual can receive, and there are no applications to complete or qualifications to which participants must adhere.

You may place orders (specific dates each month) the Cathedral Community - all orders are pre-paid. Then you must pick up your food on the specified date (usually) the 3rd Saturday of each month. It is necessary for YOU to bring a box or container for your food. Helpers are available to help you to your car.

Sample menu:

- 4) 5 oz. Rib eye Steaks
- (1) 3 lbs. Breaded Frying Chicken
- (1) 2 lbs. Salisbury Steak Entree w/ Gravy
- (1) 24.5 oz. Supreme Pizza
- (1) 2 lb. Chicken Chunks
- (1) 24 oz. Pork Roast
- (1) 16 oz. Chicken Breast Fajitas
- (1) 12 ct. Corn Tortilla
- (1) 15 oz. Pork & Beans
- (1) 16 oz. Fresh Carrots
- (1) 24 oz. Homestyle Hash browns
- (1) 16 oz. Corn
- (1) 16 oz. Bean Soup Mix
- (1) 5.5 oz. Pancake Mix
- (1) 7.5 oz. Mac & Cheese
- (1) 7 oz. Lasagna Dinner
- (1) Dessert Item

ALL THIS FOR THE LOW COST OF JUST \$30

Where does the food come from?

Our food is "restaurant grade" meats, frozen vegetables, fruits, dairy products, etc. which we acquire through our involvement with only the best producers/vendors of high quality, "name brand" foods. Never "seconds" or "day old" type products are involved.

Can we receive more than one unit or special?

Yes, you can order as many regular units as you would like. To receive a special box you must first order a regular unit. A 'special box" contains other, different items that may be purchased in addition to the regular unit.

Angel Food Ministries, a non-profit, non-denominational organization, began in 1994 as a small outreach ministry serving a rural community in Georgia. The goal was to help neighbors who needed a hand up in a tough economic time. Today, Angel Food Ministries can be found in over 3,200 communities in 39 states and helps feed over 500,000 families a month.

For more information:

Email

afmattcc@yahoo.com

Phone

585-723-0321

Cost

\$30.00 - for basic unit, others available

1 large, or 2 medium boxes - to carry your food.