

ORDER TURN IN DATE:

Today through July 13

(Payment is required when the order is placed.)

2 Ways to Order

1. Order at your community host site using cash, check or the Vision Card / Food Stamps.
2. Order online at www.prairielandfood.com pay by check or Debit card

FOOD PICK UP DAY:

Saturday, July 25

CWA, Local 6402

530 E. Harry

Time: 9:00 to 11:00 AM

To sign up locally contact:

CWA Union, Carol Russell

316-250-2514

For more information contact:

June Glasgow

800-998-9436

june@prairielandfood.com

July 2009 Communication Workers of America ~Local 6402

Volunteers Stretch Food \$\$ ~ SAVE with Prairie Land Food

Examples of volunteering opportunities

Church Choir . 4-H . teach Sunday School . Coach a little league . Scouting . take a walk and pick up trash . Big Brothers / Big Sisters . Volunteer for the Zoo / Animal shelters .

Babysit Grandchildren . Give a ride to Doctor, etc . volunteer in some way for Prairie Land Food .

Caregiver . Help at school functions . House / Pet Sit . Paint out graffiti . offer a ride to a friend

say a prayer for others. Bring a meal to a friend / neighbor . Carpool with a co-worker . Mow a

neighbors lawn . Volunteer at the Senior Center . Hospital Volunteer . Community Organizations

***Prairie Land Food is for Everyone . *NO income guidelines**

and 2 hours of volunteer service!

Prairie Pak "Sneak Peek" \$24.00

*B/S – Boneless Skinless *F/C – Fully Cooked *IQF – Individually Quick Frozen

F/C Grill Marked Turkey Breasts – 1 LB

Farmland Pork Breakfast Link Sausage – 12 OZ

Kroger Chicken Breast Chunks – 1 ¾ LBS

Ground Beef – 1 LB

Deli Sliced Ham – 12 OZ

Tyson Roast Beef Wraps – Two / 10 OZ. Pkgs

Plus a variety of 6-8 Fresh Fruits & Vegetables

Note: Due to market conditions, items are subject to change.

A Prairie Pak must be purchased before adding additional packages.

MEAT ONLY PACKAGE \$13.00 (plus one additional hour of service)

*the meat items listed above in the Prairie Pak

FRUIT AND VEGGIE PAK \$11.00 (plus one additional hour of service)

*Includes all non meat items included in the Prairie Pak

July Specials

SPECIAL #1: "SUPPER TIME PREMIUM ENTREES - \$18.00

SEVEN – 14 OZ ENTREES

CONVENIENT, QUICK FIX IN THE OVEN OR MICROWAVE. GREAT FOR INDIVIDUAL SERVINGS OR SMALL HOUSEHOLDS.

CHICKEN BREAST ALFREDO WITH PENNE PASTA & BROCCOLI

MEATLOAF WITH MASHED POTATOES & MIXED VEGETABLES

BEEF RAVIOLI IN MARINARA SAUCE

CHICKEN PARMESAN WITH PENNE PASTA SAUCE & MOZZARELLA CHEESE

JULIANN HAM STRIPS WITH SWEET POTATO CASSEROLE, CARROTS, HONEY BBQ SAUCE

TURKEY ALA KING WITH RICE & MIXED VEGETABLES

LASAGNA WITH MEAT SAUCE

PLUS ONE (1) HOUR OF VOLUNTEER SERVICE

SPECIAL #2: "FIRE CRACKER COMBO" - \$17

FOUR / 5 OZ BACON WRAPPED SIRLOINS

FOUR / 5 OZ BACON WRAPPED TURKEY FILETS

1 LB (IQF) – CHICKEN BREASTS

PLUS ONE (1) HOUR OF VOLUNTEER SERVICE

SPECIAL #3: "CHICKEN CORDON BLEU" - \$15

EIGHT / 6 OZ. CHICKEN BREAST STUFFED WITH CANADIAN BACON & SWISS CHEESE

INDIVIDUALLY WRAPPED

PLUS ONE (1) HOUR OF VOLUNTEER SERVICE.

Because you serve others, we serve you!!

Prairie Land Food is a not-for-profit / 501(c)(3) Kansas based organization