

ORDER TURN IN DATE:

Today through June 15

(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, June 27

**Machinists Union,
3830 S. Meridian**

Time: 8:00 to 10:00 AM

To sign up contact:

Martin Eddy

640-4677

Robert Gainer

838-8289 (home)

518-8280 (Cell)

Charlotte Washington

207-7653

Machinists Union

3830 S. Meridian

For more information contact:

June Glasgow

800-998-9436

june@prairielandfood.com

June 2009

MACHINISTS UNION

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

BBQ Pulled Pork – 1 LB

Bacon – 1 LB

Chicken Thighs – 1.75 LBS

Deli Sliced Turkey Breasts – 12 OZ

Armour All Beef Grill'n Franks – 1 LB.

Ground Beef Patties – 1 LB.

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

June Specials

SPECIAL #1: "ST. LOUIS RIBS - \$21

6 ½ LBS. (TWO UNCOOKED SLABS / 3.25 LBS. EA.)

PLUS ONE (1) HOUR OF VOLUNTEER SERVICE

SPECIAL #2: "4TH OF JULY GRILLER" - \$19

TWO / 6 OZ SIRLOIN STEAKS,

TWO / 1 LB. PORK RIBS

FOUR / 4 OZ GROUND BEEF PATTIES

1 LB. (IQF) CHICKEN BREAST FILETS

FOUR / 4 OZ. BONELESS PORK CHOPS

PLUS ONE (1) HOUR OF VOLUNTEER SERVICE

SPECIAL #3: "THE BIG JIMMY" - \$14

JIMMY DEAN SMOKED SAUSAGE / EGG / CHEESE BREAKFAST SANDWICHES

TWELVE / 6.25 OZ INDIVIDUALLY WRAPPED SANDWICHES

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!