

August 2009  
St. Andrew EPC  
316 West 4<sup>th</sup> Street  
Auburn, IN 46706  
260-925-8464  
www.saintandrewepc.org

# The Vine

## ***“Living a Healthy Life” Workshop***



DeKalb County Council on Aging is presenting a weekly workshop for seniors 55 and older called **“Living the Healthy Life”** beginning August 6 for six weeks. The focus will be on self-managing chronic conditions such as diabetes, arthritis, fibromyalgia, and others. Workshops will be held each Thursday beginning August 6 through September 10 at 6:00pm to 8:30pm at DeKalb County Council on Aging, 1800 E. Seventh Street in Auburn. Cost is \$25 and class size is limited. Please reserve your spot by calling DeKalb County Council on Aging at 925-3311 or 1-888-220-2242.

## **SHAKEN-BABY SYNDROME**

Gretchen Duncan of the **Children First Center** has offered to come to our church to teach a class on shaken-baby syndrome. She would need a minimum of six people to conduct the seminar. If you are interested, please contact the church office.



## **Can you help?**

A week ago we had a young couple visit our food pantry for the first time. They have a 2 year old daughter and are expecting another baby in September. The father was recently laid off. They are in need of baby furniture and items. If anyone can help, please contact Pam Conrad at 925-9080.



There will not be any Sunday school classes during the month of August. Our regular Sunday school schedule will resume in September.



## August Birthdays

6- Ruth Reinhold  
7 – Jim Kaiser  
10 – Tim Reiling  
13 – Cindy Spear  
13 – Justin Manon  
14 – Diane Leroy  
24 – Kayla Williams



1 – Dan & Peg LaTurner  
5 – Pete & Deb Thompson  
16 – Terry & Sarah Umbaugh  
20 – Len & Mary Feddema



If you, or someone you know, would be interested in ordering from Angel Food Ministries, please contact Chad Gramling before Friday, August 14<sup>th</sup>. Or you can visit during one of the on-site order dates on: Wednesday, August 12<sup>th</sup> from 5:30 - 6:30PM, or Saturday, August 15<sup>th</sup> from 11:00AM - Noon. The August menu is listed on the next page.



# St. Andrew EPC

## AUGUST 2009

### MENU

#### SIGNATURE BOX

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

- 1.5 lb. Ribeye Steaks (4 x 6 oz.)
- 3 lb. IQF Split Chicken Breast
- 1 lb. Boneless Center Cut Pork Chops
- 2 lb. Mac & Beef Dinner Entrée
- 1.5 lb. Breaded All White Meat Chicken Nuggets
- 1 lb. 80/20 Lean Ground Beef
- 1 lb. Bake or Fry Fish Sticks (32 sticks)
- 1 lb. Frozen Corn
- 1 lb. Frozen Baby Lima Beans
- 1 ct. Cello-Wrapped Iceberg Lettuce
- 2 lb. Sweet Potatoes
- 15 oz. Pork & Beans
- 1 lb. Rice
- 32 oz. 2% Shelf Stable Milk
- 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.*

- Chicken Cacciatore** with Rice, Cauliflower and Vegetable Medley
- Macaroni & Beef** with Noodles, Carrots, Zucchini and Red Peppers
- Chicken & Noodles** with Corn and Brussels Sprouts
- Meat Lasagna** with Green Beans and Cauliflower
- Chili with Beef & Beans**, Corn, Red Peppers and Peas
- Macaroni & Cheese** with Broccoli and Lima Beans
- Boneless Pork Patty** with Roasted Sweet Potato, Sugar Snap Peas, Broccoli & Cauliflower
- Sweet & Sour Chicken** with Rice, Sugar Snap Peas and Carrots
- Spaghetti & Meatballs** with Corn, Peas & Carrots
- Fettuccini Alfredo** with Broccoli/Carrots, Zucchini/Red Peppers and Brussels Sprouts
- Desserts:** 5 Cookies or Cracker Variety, 4 oz. Pear Fruit Cup, 4 oz. Pineapple Fruit Cup, 4 oz. Regular Applesauce, 2.8 oz. Frozen Orange Juice, 2.8 oz. Frozen Apple Juice

**\$28.00**

#### FROZEN AND DRY MIX 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!*

#### Allergen Free Frozen Food Products

- 2 lb. Breaded Chicken Drumsticks
- 1 lb. Breaded Chicken Tenders
- 1 lb. Breaded Chicken Nuggets
- 1 lb. Breaded Cube Steak

*Battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.*

*Breaded with white rice, brown rice, modified tapioca starch, flax seed, sugar, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.*

#### Allergen Free Dry Mix Products

- 1 lb. Pancake/Waffle Mix
- 1 lb. Blueberry Muffin Mix
- 1 lb. Pizza Crust/Flat Bread Mix
- 1 lb. Breeding Mix
- 8 oz. White Gravy Mix

**\$40.00**

\*\*\*One or More Specials Available Only With the Purchase of Any of the Standard Boxes Above \*\*\*

#### AUGUST SPECIAL #1

**\$23.00**

#### 6.5 lb. Assorted Meat Grill Box

- 1.5 lb. Bone-In New York Strip Steaks (2 x 12 oz.)
- 2 lb. Boston Butt Pork Chops (4 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1 lb. Italian Sausage with Cheese

#### AUGUST SPECIAL #2

**\$22.00**

#### 4.5 lb. Steak Combo

- 2.5 lb. Ribeye Steaks (4 x 10 oz.)
- 2 lb. Sirloin Steak (4 x 8 oz.)

#### AUGUST SPECIAL #3

**\$22.00**

#### 10 lb. Assorted Chicken Grill Box

- 5 lb. IQF Boneless Skinless Chicken Breast
- 4 lb. Leg Quarters
- 17 oz. Ready to Cook Cornbread Dressing

#### AUGUST SPECIAL #4

**\$22.00**

#### Fresh Fruit and Veggie Box

- 3 lb. Premium Fresh Idaho Baking Potatoes
- 2 lb. Premium New Crop Large-Medium Yellow Onions
- 1 head Premium Fresh California Sleeve Romaine Lettuce
- 1 bag Fresh Gourmet Caesar Salad Croutons (5 oz.)
- 1 pint Premium Fresh Vine-Ripened Grape Tomatoes
- 1 head Premium Fresh Green Cabbage
- 1 lb. Premium Sweet Cello-Pack Carrots
- 6 Premium Tree-Ripened Peaches
- 1 lb. Premium Fresh California White Seedless Grapes
- 1 Premium Fresh California Vine-Ripened Honeydew Melon
- 1 Premium Fresh California Vine-Ripened Cantaloupe
- 4 Premium California Valencia Oranges
- 4 Premium California Large Juicy Lemons

To order, see Chad Gramling any time before Saturday, August 15<sup>th</sup> at 12 noon, or come to one of our order dates (below):  
**Wednesday, Aug. 12<sup>th</sup>, 5:30-6:30pm**  
**Saturday, Aug. 15<sup>th</sup>, 11am-12 noon**

**Distribution Day: Saturday, Aug. 29<sup>th</sup> 10:30am @ St. Andrew EPC 4<sup>th</sup> Street Entrance. Orders must be paid in full when order is placed.**

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality.



2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 7:00am – PK Bible Study
<b>2</b> Sacrament of Holy Communion	<b>3</b>	<b>4</b> 6:30am – Men of Integrity	<b>5</b> 6:30am – SW Planning	<b>6</b>	<b>7</b>	<b>8</b> 7:00am – PK Bible Study
<b>9</b>	<b>10</b>	<b>11</b> 6:30am – Men of Integrity 6:30pm – Session Meeting	<b>12</b> 6:30am – SW Planning	<b>13</b>	<b>14</b>	<b>15</b> 7:00am – PK Bible Study
<b>16</b> Deacons Pantry Collection	<b>17</b>	<b>18</b> 6:30am – Men of Integrity	<b>19</b> 6:30am – SW Planning	<b>20</b>	<b>21</b>	<b>22</b> 7:00am – PK Bible Study
<b>23</b> 11:30am – Missions Meeting	<b>24</b>	<b>25</b> 6:30am – Men of Integrity	<b>26</b> 6:30am – SW Planning	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>					