

Angel Food is Coming to GIGGLES, St. Paul's, and Cambridge!

The GIGGLES (Girls In God Growing Learning Eating Sharing) Women's Group of St. Paul's has taken on Angel Food as their ministry. We researched, discussed with the Missions Committee, discussed at the last GIGGLES Friday Night Retreat, sought Rev. Fred's support, filed our application and received our approval!

What is Angel Food? Angel Food Ministries is a non-profit, non-denominational food cooperative committed to providing food assistance to families throughout the United States. It was founded on the principal of helping out neighbors and friends in times of need. They provide boxes of food which consist of high quality proteins and nutritional items at substantial savings. A box of food generally feeds a family of four for about a week. Every month, Angel Food creates a tasty menu that consists of both fresh and frozen food items. The food is "restaurant quality". Because of their buying power and low overhead they are able to sell a box of food directly to you for a deeply discounted price! You can view the monthly menu at www.angelfoodministries.com.

Orders and distribution are handled by church host sites. Orders are collected by the host sites during the first part of each month. These orders are then turned in to the Angel Food main office in Monroe, Georgia, on a predetermined date. Several days later, in the same month, food is delivered to the host site.

Who can buy food through Angel Food? If you eat, you qualify. Angel Food has no qualifiers and is open to anyone and everyone. They also participate in the U.S. Food Stamp Program. There is no limit to the number of boxes you can buy. If you or your organization purchase food to donate to someone in need in our community (or St. Paul's Food Pantry or Helping Hands), that gift may be tax-deductible as a charitable donation.

When will St. Paul's get started? We are planning our first food distribution for September.

What is the benefit for St. Paul's? In addition to the food savings for our parishioners who order, \$1 per box of food ordered will be donated to St. Paul's. This ministry also gives us the opportunity to show our community how much we care and to "invite, invite, invite" (as Rev. Fred would say).

What can you do to help? We need your help to get the word out to the community, please tell everyone and anyone you can. If anyone wants more info – the contact info is below. Most importantly, we need your prayers for this new ministry and for those who are working to get it up and running (Marybeth Daniels, Anne Benjamin, Lois Heflin, Susie Perry and the GIGGLES Group). In the future, we will be encouraging you to purchase boxes and come out and help on the monthly distribution day.

Want more info? Feel free to go to www.angelfoodministries.com or Contact Marybeth Daniels at mbdaniels@comcast.net, or 443-521-5301.