

## To sign up contact:

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Machinist Union, 3830 S. Meridian

## 2009 Calendar

Sign up by	Distribution
January 12	January 24
February 9	February 21
March 16	March 28
April 13	April 25
May 18	May 30
June 15	June 27
July 13	July 25
August 10	August 22
September 14	September 26
October 13 <sup>2</sup>	October 24
November 9	November 21
December 7	December 19

# MACHINIST UNION



*Volunteers Stretching Food Dollars*

A Not-For-Profit / 501(c)(3) Kansas Organization

## **PRAIRIE LAND FOOD “OUR MISSION”**

Prairie Land Food’s mission is to provide a nutritious food package at a low cost to help stretch food dollars. Although that is an important aspect for many, that isn’t the only mission that Prairie Land Food wants you to be aware of.

In addition to the saving for great food each month, *Prairie Land Food* has plans to give back to the communities. Grants will be awarded to *Prairie Land Food* sites for community projects. As Prairie Land Food grows one of the community give back programs is a scholarship program, which is anticipated to be developed in the future.

## **HELPING YOUR NEIGHBOR & SAVING MONEY GO HAND IN HAND**

**Your time & your talent, can benefit you and your community.**

Do you volunteer as a 4-H leader or a soccer coach, sing in the church choir, teach Sunday School, or volunteer in the church nursery. Do you pick up trash on your daily walk, say a prayer for those in need, visit a homebound friend, or give of your time in some other way?

Each month Prairie Land Food offers a nutritious grocery package which includes a wide assortment of frozen meats, fresh fruits and vegetables. Packages are offered at a low cost, helping you to *s-t-r-e-t-c-h* your food dollars.

**PRAIRIE LAND FOOD** is not a government program; there are no financial requirements needed or asked for *Prairie Land Food* is for all levels of income.

**PRAIRIE PAK - \$24** and 2 hours of volunteer service includes frozen meats, fresh fruits and vegetables

**MEAT ONLY PAK - \$13** and one hour volunteer service Add an extra serving of the meats in the Prairie Pak

**FRUIT & VEGGIE PAK - \$11** and one hour volunteer service Add an extra serving of the non-meat items in the Prairie Pak

**SPECIALS – Cost varies** and one hour volunteer service

## **SMART SHOPPING!**

\*Once a minimum of one Prairie Pak is purchased, there are no limits to the number of additional packages that can be added.

## **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](http://www.prairielandfood.com) pay by check or Debit card

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



**Because you serve others, we serve you!**