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WEDNESDAY

Food ministry aims to stretch family budget

By Elizabeth Kohler
Gazette Staff Writer

The founder of a low-cost food distribution service was in Bedford Tuesday evening to talk about the ministry and to showcase some of the food that will be available to participants.

Rev. Ron Kosor founded HIS Food Ministry in January and ACTS Community Church, located in the Bedford Plaza along Mile Level, came on board as a distribution site this month.

The ministry offers a selection of food in "blessing boxes" to help families stretch their food budget. Based at Alpha Lions Den Ministries in Derry, Westmoreland County, Kosor said he started the program to address the need in the northeast region of the United States when other food ministries were no longer available.

A former New England Patriots and Detroit Lions player,
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Kosor said he's "always looking for a non-threatening evangelistic tool. I want to bring the community back together with the church."

With the state of economy, and the drug use and abuse Kosor said he sees daily, "We want to be able to offer good quality food for reasonable prices. This brings local churches together to bring food to the community."

HIS Food Ministry has some similarities to Angel Food Ministries and Great Food For All, which were both available in Bedford County until last year, but Kosor and ACTS, Community Church Pastor John Bennett said there are some big differences.

Kosor and Bennett said the food quality is better and the distribution day will run differently.

Kosor said part of HIS Food Ministry is to offer coffee and treats during the distribution day so people can meet with others in the community while waiting for their orders.

To allow people to visit with each other, Bennett said there will be enough volunteers at ACTS on distribution days that "runners" will fill the orders and carry them out to participants' vehicles.

With the ministry in place at ACTS, Bennett said the church is currently waiting to hear back on an application to accept food stamps.

"People can double the value of their food stamps" by using the service, Kosor said.

"We had been thinking and praying about food ministry for awhile," Bennett said of how the church became involved with the ministry.

The church currently operates Our Father's Cupboard where members of the congregation can bring someone in need to the church to pick out non-perishable food items free of charge. The church was also working with county schools to provide lunch money anonymously for children in need.

ACTS also recently started Our Father's Closet for community members in need of clothing.

"(HIS Food Ministry) is just a natural extension of what we were already doing," Bennett said.

Bennett said he first heard about HIS Food from Pastor Ron Cornell, director of the northeast region. Cornell is also a member of the singing group, Victory Express, which has performed at ACTS in the past.

While Cindy Frazier, one of the coordinators at ACTS, said it's slow going with interest in the food service at this point, the church is looking for an increase in participation once the word gets out.

The coordinators also have ideas they hope to put in motion, such as going to and collecting orders from senior citizens at senior centers and facilities, and also dropping off the purchased items on distribution days.

"It's not just handing out food," Frazier said. "Each box represents a family that we

have a chance to meet."

"It breaks down walls and builds relationships," Kosor said.

With six warehouses serving eight states, Kosor said he is happy with the current coverage because "we don't want to spread ourselves too thin." But the ministry is now looking for more sites within the states they service. He said 10 participating churches would be beneficial for Bedford County.

"And it's really easy to join," he said. "All you do is go to the website (hisfoodministry.net) and fill out the application.

That's it. There's no fees or anything like that."

To take advantage of this month's distribution, orders are due by Friday and can be completed online at hisfoodministry.net; mailed to HIS Food Ministry at P.O. Box 534, Bedford PA 15522; or in person at the church on Aug. 6, 7, 9 and 10 from 10 a.m. to 2 p.m. and Aug. 8 from 3 to 7 p.m.

Food distribution day will be held Aug. 25 from noon to 1 p.m. at ACTS Community Church, 169 Bedford Plaza Rd., Bedford.

August menu

The menu for August includes:

The August Value Manna Meal costs \$32 and includes chicken nuggets, tilapia filets, MaMa Rosa's 4-pack pizza, John Morrell Polish sausage, meat balls, angel hair pasta, Del Monte spaghetti sauce, lean ground turkey roll, shoe string french fries, biscuits, corn, frozen strawberries and baked apple pie.

Bonus Blessing boxes are available for \$29. Blessing No. 1 includes 10 seven-ounce strip steaks while Blessing No. 2 includes six pounds Philly cheese steaks. Blessing No. 3 includes 10 pounds chicken nuggets and Blessing No. 4 offers 14 pounds hamburgers. Blessing No. 5 is the Teays Valley Pantry Box,

which includes one box of recipes mix and biscuits mix plus two boxes of the following items, breading, chicken and dumpling mix, mashed potatoes, heavenly fudge, golden crust corn bread and country gravy mix.

Mini Manna Meal is available for \$29 and includes corndogs, beef and cheddar hot pockets, cheeseburgers, pack hot dogs, thick bologna, Oscar Mayer ham and cheese with fruit Lunchables and MaMa Rosa's pizza.

According to Cindy Frazier, one of the coordinators for the food ministry at ACTS Community Church, the Mini Manna Meal is often purchased by child care facilities and families with small children.

August 4 & 5, 2012

SATURDAY & SUNDAY

HIS Food Ministry will be coming soon to Bedford County residents. HIS Food Ministry offers food at reasonable prices to help supplement groceries. More details and ordering information will be coming in time for area residents to participate in the Aug. 25 delivery.

Food

program

helps

stretch

budget

A new program to stretch your food budget is available locally.

HIS Food Ministry will hold its first food distribution Aug. 25 noon to 1 p.m. at ACTS Community Church in the Bedford Plaza. Food orders must be in by Aug. 10.

Orders can be completed online at hisfoodministry.net; mailed to HIS Food Ministry at P.O. Box 534, Bedford PA 15522; or in person at the church on Aug. 6, 7, 9 and 10 from 10 a.m. to 2 p.m. and Aug. 8 from 3 to 7 p.m.

The August Value Manna Meal costs \$32 and includes chicken nuggets, tilapia filets, MaMa Rosa's 4-pack pizza, John Morrell Polish sausage, meat balls, angel hair pasta, Del Monte spaghetti sauce, lean ground turkey roll, shoe string french fries, biscuits, corn, frozen strawberries and baked apple pie.

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Mini Manna Meal is available for \$29 and includes corn dogs, beef and cheddar hot pockets, cheeseburgers, pack hot dogs, thick bologna, Oscar Mayer ham and cheese with fruit Lunchables and MaMa Rosa's pizza.

ACTS Community Church has also invited local pastors and church representatives for a "taste and see" Tuesday from 6 to 8 p.m. at the church.

Call 624-0600 for more information.

HIS food ministry

"...I was hungry and you gave me food..." St. Matthew 25:35

Feeding America One Box At A Time
Everyone Qualifies - No Limitations - No Restrictions
Serving Middle Class Americans
Your Purchase Helps Us Help Others

ORDER BY DATE AUGUST 10, 2012 • 2PM
DISTRIBUTION DAY AUGUST 25, 2012
PICK UP TIMES NOON - 1:00PM

HOW TO PLACE YOUR ORDER...

1. **ONLINE** ~ www.hisfoodministry.net
2. **MAIL** ~ Mail your order to HIS Food Ministry, PO Box 534, Bedford, PA 15522
3. **IN PERSON** ~ Orders will be taken at ACTS Community Church, 169 Bedford Plaza Rd, Bedford, PA on August 6, 7, 9 and 10 from 10:00am - 2:00pm and August 8 from 3:00pm - 7:00pm

WE ACCEPT CASH OR MONEY ORDERS ONLY

MENU B - AUGUST 2012 VALUE MANNA MEAL ~ ONLY \$32

Free Food Blessing

with purchase of a Value Manna Meal
Chicken Franks - 12 oz

Chicken Nuggets	2 Lbs.
Tilapia Fillets	1 Lb.
MaMa Rosa's Pizza - 4 pack	1.1 Lbs.
John Morrell Polish Sausage	.75 Lb.
Meatballs	.9 Lb.
Angel Hair Pasta	1 Lb.
Del Monte Spaghetti Sauce	1.66 Lbs.
Lean Ground Turkey Roll	1 Lb.
Shoe String French Fries	1.75 Lbs.
Biscuits	1.68 Lbs.
Corn	1 Lb.
Frozen Strawberries	1 Lb.
Baked Apple Pie	1.37 Lbs.

BONUS BLESSING BOXES - \$29

*There are no requirements to purchase Bonus Blessing Boxes and no limitations on quantities purchased.

Blessing #1 - 10-7 oz. Strip Steaks ~ Natural Flavor 4.4 Lbs.

Blessing #2 - 6 Lbs. Philly Cheese Steaks

Blessing #3 - 10 Lbs. Chicken Nuggets

Blessing #4 - 14 Lbs. Grill Special Pick 5 Hamburgers

Blessing #5 - Teays Valley Pantry Box includes: 1 box of Recipes Mix & Biscuits Mix (no trans fat) plus 2 boxes of the following items: Breading, Chicken & Dumpling Mix, Mashed Potatoes, Heavenly Fudge, Golden Crust Cornbread and Country Gravy Mix.

MINI MANNA MEAL - ONLY \$29

(Excellent for Day Cares and Christian Schools)

FREE FOOD BLESSING WITH PURCHASE OF A MINI MANNA MEAL 4 PACK MAMA ROSA'S PIZZA

- 2 - 1 Lb. Boxes of Corndogs • 4 - Beef and Cheddar Hot Pockets (4 oz each)
- 4 - Chicken Sandwiches (4.07 oz each)
- 4 - Cheeseburgers (4.07 oz each) • 1 - Pack Hot Dogs (12 oz)
- 1 - Thick Bologna (1 Lb) • 1 - Oscar Mayer Ham & Cheese w/ Fruit Lunchables
- 1 - MaMa Rosa's Pizza - 4 Pack