In the classic Christmas movie *A Wonderful Life*, George Bailey, beloved citizen of Bedford Falls, unintentionally unifies his community when they learn that he faces a financial crisis. (Spoiler Alert!) In the final scene of the movie, George’s friends and neighbors descend upon his home and each joyfully makes a donation to help him avoid financial ruin. Nobody with a heart can watch that scene without tears running down his or her cheeks. For many families, it is a tradition to watch the movie together as everyone surreptitiously dabs their eyes at the end. The message of the movie is that no one goes through this life alone, that we all have responsibility for one another. And, finally, that nothing gives as much joy as giving to others.

When we look at the political, economic and cultural divisions in our country today, it is clear that this message has not aged a bit. It is needed now more than ever. Just visit the SHARE warehouse on Distribution Day to witness the joy of giving. The positive energy is infectious as the staff, the volunteers and the transportation teams from the host sites go about the work of getting food to people who need it. It’s a joyful undertaking.

As we head into the holiday season, both the need and the motivation to meet the need increases for everyone involved in social services. A big part of Thanks-

DID YOU KNOW?
SHARE staff can assist any interested person in applying for SNAP benefits? Yes, we can, and if you’re interested in learning how, we can teach you. With current legislation on the horizon these funds are in jeopardy. Let’s work hard, and let’s work together to dispel myths, assure people that by applying for SNAP is safe, and let’s help them double those benefits by shopping at SHARE. See inside for more details.

**INCORPORATING THE JOY OF GIVING INTO YOUR HOLIDAY ACTIVITIES**

**D-DAY 11am – 5:30pm**

**BAGGING and BOXING Week**

**PLEASE CALL FOR VOLUNTEER HOURS**

**SHARE grows STRONGER with every purchase, and EVERYONE can SHARE. Will YOU?**

**CONVENIENT PAYMENT OPTIONS**

**Menu items are subject to change.** 301.864.3115 800.21.SHARE SHAREdc.org
HOST SITE CORNER

REGIONAL MEETING SHOUT OUTS

If anyone wants to know what it takes to host a very successful Regional Meeting, just ask these two:

• Darlene Gilbert and her Host Site Team from Macedonia Baptist Church in Arlington, VA
• Beverly Battle and her Host Site Team from Emmanuel Baptist Church in Southeast DC

These dedicated volunteers know how to recruit a solid and strong Host Site Team, know how to rock a distribution, and boy do they know how to welcome their peers and the SHARE staff. Both did an exceptional job in preparing wonderful meeting space, setting up seating, lecterns, audio-visual equipment. Their teams provided coffee, tea, hot cider, breakfast pastries, and even a delicious lunch!

Their seamless support allowed us to come together to discuss what is new at SHARE, review holiday plans, marketing and partnership ideas, and to brainstorm on how to overcome the inevitable challenges of serving their communities. They provided us the chance to get together, to either meet or reconnect, and most importantly, to remind ourselves of the power of doing God's work to serve. Thank you, Sisters Darlene and Beverly, for this great gift, and for what you do in your community, every day!

Is SHARE listed on your organization’s website as a ministry?

Next Host Site Training
Saturday, December 8, 2018

Please call to register
301.864.3115

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SHARE FOOD NETWORK

November Host Site Anniversaries

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Contributors

Bill Black and Jaynee Acevedo

Web address: www.sharedc.org

Catholic Charities
Empowering Lives, Building Communities

PAGE 2
giving and Christmas centers around food. Thanksgiving and Christmas dinners are uniquely special meals for most families. Recognizing that many of our neighbors lack the resources to fully enjoy the holidays, people of good conscience devote part of their holiday activities to help needy families experience the joy of the season and, in turn, experience joy themselves.

One very specific program developed recently to focus these kinds of activities around the holidays is “Giving Tuesday.” First there was “Black Friday,” the day after Thanksgiving, the biggest shopping day of the year. The advent of buying on the Internet gave us “Cyber Monday,” when online purchases were promoted by retailers. In a word, these “special days” were fundamentally selfish.

In 2012, a group of people in New York frustrated that the true meaning of the holidays was being lost, came up with an idea to reverse the story from buying to giving and proposed “Giving Tuesday,” the first Tuesday after Thanksgiving. Instead of “buying stuff,” people are encouraged on that day to donate time and money to good causes. The concept took off, expanding into 42 countries over the next few years. The program has stimulated hundreds of millions of dollars in donations and untold hours of volunteer work from people helping others in their communities all over the world.

While Giving Tuesday is a specific program, the concept is universal and not centered on a specific day. Studies have shown that charitable giving and volunteering improves mental health and longevity. While not a motivation, this is a very nice side benefit. Since the holidays can be fraught with emotional turmoil for some people, one remedy can be to focus our attention on others, not the stress the holidays may be placing on ourselves.

If you are reading this article, you are likely part of the SHARE Food Network and don’t need to be convinced of the joy of giving. You probably know that, in light of the divisive nature of our public life, a giving nature can bring people together. So, this holiday season, if you are a donor, think about giving a little more. And, if you are a volunteer, you might consider spending a little more time helping SHARE achieve its mission of providing fresh nutritious food to people who need it. You will feel better about yourself. And it will keep you away from the daily news which will definitely be therapeutic.
Center
11850 Park Waldorf Lane
Martha Thomas: 301.808.2075
Hawkins1964@gmail.com

The Arnold House
3444 Rockefeller Court
Arlene Arnold
202.494.7556, 301.932.8555
Dorice Marshall
240.210.6732

20602, 20603 - Waldorf
Zion Wesley
United Methodist
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Cynthia Holmes: 301-861-8034

20607 - Accokeek
River Jordan Project
15869 Livingston Rd
Rev. Tierney Screen:
203.731-2105
Rev. Robert Screen:
240.687-4026

Beloved Community Church
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James Pride: 202-701-7947 – Cell: jbpride@gmail.com
Church: 301.283.0011

20613 – Brandywine
Union Bethel AME
6810 Floral Park Rd
Nyanda Dutch Malick: 301-372-1405

20640 - Indian Head, MD
Metropolitan United Methodist
3385 Metropolitan Church Rd.
Edith Myers: 301-283-5252

St. Mary’s Star of the Sea
30 Mattifying Ave.
Chet and Linda Foster: 301-375-7024

20646- LaPlata
Grace Lutheran
1200 Charles St.
Alice Adams: 301.885-1819

LaPlata United Methodist
3 Port Tobacco Road
Old and New customers can order by calling
Alice Adams @ (301) 885-1819

20653 - Lexington Park
Immaculate Heart of Mary
22375 Three Notch Rd.
Old and New customers can order by calling
Latahia Slade @ (301) 863-4506

SHARE Sites, by Zip Code

SHARE FOOD NETWORK

Satellites highlighted in gray have a $1 charge to help cover transportation costs

Center
11850 Park Waldorf Lane
Martha Thomas: 301.808.2075
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Healthy Eating Tips For Seniors

Adapted from Sunrise Senior Living

As we age, our metabolism slows down, our senses weaken and we’re more likely to develop chronic conditions. Smart, healthy eating choices can ensure overall well-being over time. We can easily take small steps to help control our health.

1. Consume More Liquids

As we age, our sense of thirst lessens. To combat this, drinking plenty of water throughout the day to stay hydrated even if you don’t exactly feel thirsty. Fat-free milk is another option to consider besides water.

2. Eat a Variety of Foods

Consuming a variety of foods will ensure you’re getting all the nutrients you need. According to the National Council on Aging, a healthy meal should consist of a lean protein, fruits and vegetables, whole grains and low-fat dairy.

3. Plan Your Meals

Plan meals throughout the week to help keep you on your healthy eating track. Consider preparing a week’s worth of dinners, then keeping them frozen until you need them.

4. Minimize Your Use of Table Salt

Instead of seasoning your foods with salt, use fresh herbs and spices. Cayenne pepper, basil, sage, rosemary and turmeric are healthy choices that are packed with flavor. Fresh herbs taste the best on salads and raw foods. Dried herbs are fine when cooking and they pack a stronger punch of flavor than fresh herbs. The exception to this is woody herbs such as thyme and bay leaves, which lose their flavor if you cook with them.

5. Season With Herbs and Spices

When shopping for packaged and canned foods, check the nutrition label before making the purchase. Items marked as HEALTHY can be deceiving. For example, a dessert that says LOW IN SUGAR can be loaded with fat. A sauce that claims to be LOW IN SODIUM can be loaded with sugar. An item marked as LOW FAT can be full of sugar and salt. Also be aware of the number of servings in the package. What I think is “one portion” of cereal in my bowl might be the manufacturers idea of one portion, making the calories, salt, sugar, and fat numbers artificially low. Speaking of packaged foods...

7. Follow Recommended Servings

In order to maintain a healthy weight, it’s very important to follow the recommended serving sizes. Talk to your doctor if you want advice that caters to you personally.

8. Reduce Sugar Consumption

Refined sugars are loaded with empty calories that offer no nutritional value, and refined sugars (and corn syrups, or high fructose products) also attack your teeth. We should try to slowly reduce the sugary treats in our diets and start eating whole foods that are naturally sweet, such as fruits, sweet peppers and yams.

9. Choose Healthy Fats

You shouldn’t cut all fats from your diet. Instead, just eliminate the saturated and trans fats. Healthy monounsaturated and polyunsaturated fats can help protect your body against disease and support mood and mental well-being. Olive oil, avocado, nuts and fish high in omega-3 fatty acids are excellent choices.

10. Consider Supplements

Eating fruits and vegetables is the best way to get the nutrients you need, but sometimes, it’s not enough. You may want to consider talking to your doctor about taking supplemental vitamins and minerals to ensure your overall health.
**Green Salad**

Do restaurant salads taste better than the ones you make at home? No more. Here are a few professional tips to raise the bar in making salads in your own kitchen that taste like they were made by a chef.

1. Make your own fresh dressings with a few ingredients
2. Pick over your greens and keep only the best
3. Wash and make sure they are perfectly dry
4. Prepare other toppings or ingredients, and keep everything cold
5. When ready to serve, toss with olive or other oil
6. Add seasonings, and toss again
7. Drizzle with your dressing and toss again
8. Top with other ingredients, and serve.

Make Dressing

There are endless variety of dressing to make but the simplest are often the best. They are also the healthiest, and the cheapest. Because I like to put the oil directly on the dry greens, I focus my dressings on the acids. My very favorite staple: garlic balsamic drizzle. Since I can’t follow a recipe to save myself, here is the basic idea for you to try and adjust as you like. In a glass container (I have a cute wide mouthed pitcher that I bought for .99 at a thrift store) pour a ½ to ¾ cup of balsamic vinegar. Smash and mince 3-5 cloves of fresh garlic, sprinkle them with a ½ teaspoon of salt and a ½ teaspoon of vinegar. With the back of a spoon, smash the salt and sugar grains into the minced garlic to produce a lumpy paste. Scoop it into the balsamic; swirl until combined, and leave it to sit at room temperature. I have this little pitcher on my counter all the time. That simple combination is also great to drizzle over grilled chicken breast, a hamburger patty, a pork chop hot off the grill. You get the idea.

Prepare Your Greens

Even if fresh from the store, wash your greens with cold water, and pick them over to make sure there are no “gooeys”. The key is to make sure they are completely dry. Salad spinners work well. Don’t have one? Shake the greens and place in a colander lined with a clean hand towel or paper towels, then put them in the fridge. A friend of mine (who cooks for a large family) puts hers in a clean pillow case, goes out the back door and swings them around until she feels better about the way her children behaved that day. If stored gently in a plastic bag with a damp paper towel, the greens will stay fresh overnight, but not much longer.

Toppings

Think not only of flavor combinations, but color and texture. A soft green (spinach) salad will want light and bright garnishes, with lots of crunch. A crispy (romaine salad) will want dark and vibrant garnishes, and contrasts well with soft (chopped lettuce, etc.) garnishes. You can shop for exactly what you want, you can look for little extra goodies you have in the cupboard or refrigerator. As a little girl I loved lemon onions, and as an adult I learned why – sulfur. The strong taste of onion comes from sulfur, and I was sensitive to it. I now love raw onion on my salad, after one little trick: lemon or lime juice. The acid in raw onion on my salad, after one little trick: lemon or lime juice. The acid in

**Mashed or Smashed Potatoes**

- 3 # white potatoes
- 2 bay leaves
- ½ c plain Greek yogurt
- 1 t salt

**DIRECTIONS:**

Peel potatoes and cut into even chunks. Boil in water with bay leaves until tender. Drain potatoes, and keep them in the pan. Cover with a clean towel and let them steam and rest for at least 10 minutes. Warm the milk, add it to the potatoes and stir/smash. Add yogurt and salt, and stir/smash again.

**Stewed Turkey Legs**

- Fat from 1# bacon
- 3 turkey legs
- 2 bay leaves
- 3 cloves garlic, crushed
- 1 medium onion, chopped
- 3 carrots, scrubbed and cut into bite sized pieces
- 1” piece ginger, peeled and grated
- 3 T molasses
- 2 cups chicken broth
- 1 orange, zested (orange part only, no white), and its juice
- ¼ cup pecans, chopped
- 3 T molasses
- Crumbled strong cheeses (feta or bleu)

**DIRECTIONS:**

1. Brown the turkey legs on all sides in the bacon fat. Add chopped onion, crushed garlic, and immediately lower the heat. Stir and cook until onions are glassy. Transfer to a heavy pot. Add everything else, cover, and simmer until the turkey legs are tender. Remove and cut the legs aside, reduced the stock over a high heat, remove bay leaves and thyme branches and adjusting seasonings, if needed.
2. If you’re cooking this on the stove, take your time. Slower, longer cooking means more tender meat and more flavor. This dish also works well in a crock pot.
3. To serve, cut the meat from the bone, remove tendons, and serve this over rice with the reduction over rice.

**Individual Sweet Potato “Casseroles”**

- 2 sweet potatoes
- 2 tablespoons brown sugar
- 2 tablespoons orange juice
- 1 teaspoon cinnamon

**For The Topping:**

- ¼ cup brown sugar
- ¼ cup pecans, chopped
- 2 tablespoons butter, melted
- ¼ teaspoon cinnamon

**DIRECTIONS:**

1. Preheat oven to 350 degrees.
2. Place sweet potatoes in a pot and fill with enough water to cover them.
3. Bring water to a boil and cook until the potatoes are fork tender.
5. Remove sweet potatoes from water and cut them into 1 ½-inch slices. Put end pieces to the side.
6. Place sliced sweet potatoes on a greased baking sheet.
7. Slide the peel off of the sweet potato slices.
8. Use a spoon to take a shallow scoop out of the center of each sweet potato slice, making sure not to go through the bottom.
9. In a small bowl mash the scooped out portions and the potato from the end pieces of the sweet potatoes. Add the brown sugar, orange juice, and cinnamon.
10. Put a spoonful of the sweet potato mash on each sweet potato slice. Top with topping mix. Bake for 15-20 minutes.

The salad is the last thing that goes on the table. Everything else can wait. In the time. That simple combination is also great to drizzle over grilled chicken breast, a hamburger patty, a pork chop hot off the grill. You get the idea.

The Lost Art Of Cooking: November 2018

Recipes By Jaynee Acevedo

- 2 bay leaves
- ½ t black pepper
- 2 tablespoons orange juice
- 2 tablespoons brown sugar
- ¼ t black pepper
- 1 t dried thyme, or a
- 3 cloves garlic, crushed
- 2 tablespoons butter, melted
- 1 teaspoon cinnamon
- 1 t salt
- Fat from 1# bacon
- ¼ teaspoon cinnamon
- 3 # white potatoes
- 1” piece ginger, peeled and
- Chopped or slivered onion, marinated in lemon juice
- Slivers of red pepper or finely chopped tomato
- 2 t sugar
- 2 T Balsamic vinegar
- And if you have them...1 orange, zested (orange part only, no white), and its juice
- ¼ cup pecans, chopped
- 3 T molasses
- Crumbled strong cheeses (feta or bleu)

- 3 # white potatoes
- 2 bay leaves
- 2/3 c whole milk
- 1 orange, zested (orange part only, no white), and its juice
- 2 T Balsamic vinegar
- 2 t salt
- ½ t black pepper
- 1 t dried thyme, or a handful of fresh thyme branches
- And if you have them...1 cardamom pod, 1 t red pepper flakes