By Bill Black  
SHARE Advisory Council

When Rebecca Hatcher decided to develop a volunteer project for her class at the Daughters of the Imperial Court, the women’s auxiliary of the Shriners, she recalled her volunteer work at the SHARE Food Network with a group of her sorority sisters from Sigma Gamma Rho. They worked at the warehouse during the holiday season sorting food and saw first hand the enormity of the monthly task of moving tens of thousands of pounds of fresh, nutritious food to people who need it throughout the Mid Atlantic region.

They got a good look at where the food begins its journey. The project she had in mind, however, would focus on the end of the journey, the place where food is actually delivered to the real beneficiaries of SHARE, the people who would eat the food.

Rebecca is a doer and when she decides to do something, she wants to do it right. So, she energized her class around the idea and enlisted classmate Lisa Tatum and LaJuan Slaughter as her co-chairs. Then she identified a senior center to help, the Council House in Temple Hills. Finally, she contacted SHARE Executive Director, Jaynee Acevedo to find out how they could learn about the process of getting the food to its final destination.

The girls came for a tour of the warehouse. Then they went to a host site training session. They also sent more members of their team to shadow other large sites during their distributions to make sure they understood...
SHARE FOOD NETWORK

HOST SITE CORNER

"Discipline is choosing between what you want now and what you want most."
-Abram Lincoln

September Host Site Anniversaries

<table>
<thead>
<tr>
<th>Host Name</th>
<th>Years in Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Young's Memorial Church</td>
<td>29</td>
</tr>
<tr>
<td>Grace Memorial Baptist Church</td>
<td>29</td>
</tr>
<tr>
<td>Community United Methodist Church</td>
<td>29</td>
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<tr>
<td>Sanctuary, The</td>
<td>29</td>
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<tr>
<td>United Methodist Church of the Redeemer</td>
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</tr>
<tr>
<td>Pilgrimage Christian Church</td>
<td>29</td>
</tr>
<tr>
<td>Central Baptist Church</td>
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</tr>
<tr>
<td>Mt. Jezeel Baptist</td>
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<td>Grace Memorial Baptist Church</td>
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<tr>
<td>St. Matthew's Church</td>
<td>26</td>
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<tr>
<td>First Agape Baptist</td>
<td>24</td>
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<tr>
<td>Mt. Calvary Missionary Baptist Church</td>
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</tr>
<tr>
<td>Zions Baptist Church-WV</td>
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<td>All Nations Church of God</td>
<td>16</td>
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<tr>
<td>Southern Friendship Missionary Baptist Church</td>
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<tr>
<td>East Side Holy Trinity Church, Inc</td>
<td>14</td>
</tr>
<tr>
<td>Second Northwest Coop House</td>
<td>11</td>
</tr>
<tr>
<td>Metropolitan Community Church of Washington</td>
<td>9</td>
</tr>
<tr>
<td>Ritchie Baptist Church</td>
<td>5</td>
</tr>
<tr>
<td>Grace Fellowship Baptist Church</td>
<td>2</td>
</tr>
<tr>
<td>Vested Optimum</td>
<td>2</td>
</tr>
</tbody>
</table>

Total Packages: 5,052
Total Pounds: 80,361
Total Meals: 66,967

Happy Anniversary!!!

SATELLITE INFORMATION

SHARE Food Network, Central Warehouse
3222 Hubbard Road, Landover, MD 20785
Office: 301.864.3115

SHARE Fredericksburg @ Spotsylvania Fire & Rescue, Station 4
4804 Bancroft Road, Fredericksburg, VA 22408

SHARE Baltimore @ Meals on Wheels
515 South Haven Street, Baltimore, MD 21224

SHARE Western Maryland @ Frederick Community Action Agency
14 East All Saints Street, Frederick, MD 21701

SHARE Southern Maryland @ Grace Lutheran Church and School
1200 Charles Street, La Plata, MD 20646

August’s Value Comparison

<table>
<thead>
<tr>
<th>Food</th>
<th>Total package weight: 19.22 pounds</th>
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<tbody>
<tr>
<td>Whole Chicken</td>
<td>$45.25</td>
</tr>
<tr>
<td>Ham Steak</td>
<td></td>
</tr>
<tr>
<td>Beef Strips</td>
<td>AND YOU PAID $22.00</td>
</tr>
<tr>
<td>Eggs</td>
<td>RETAIL VALUE $45.25</td>
</tr>
<tr>
<td>Potatoes</td>
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<tr>
<td>Apples</td>
<td></td>
</tr>
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<tr>
<td>Onion</td>
<td></td>
</tr>
<tr>
<td>Cantaloupe</td>
<td></td>
</tr>
<tr>
<td>Lemons</td>
<td></td>
</tr>
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SHARE FOOD NETWORK

Contributors
Jaynee Acevedo, Bill Black, Rebecca Hatcher, and Karen Nash

Web address: www.sharedc.org

Catholic Charities
Apostles of the Interior of Life
Inspiring Hope, Building Futures
the breadth and scope of the task. In order to ensure a smooth process at the Council House, the girls and Jaynee did a “walk through” with the Council House’s Service Coordinator, Kate Acqua to map out the process for distribution day. Their goal was to provide value packages to 50 residents of Council House.

Once they had the logistics in place, Rebecca and her team set about to raise the funds needed to purchase the food. They used a variety of fundraising methods focusing on organizations affiliated with the Shriners. All the food was donated to the Council House residents. They also tapped the Shriners network for volunteers to help transport, sort and distribute the food.

On distribution day, they were at the warehouse at 5:45 am to pick up the food. They had a very efficient system at the Council House and enlisted Monica Bradley from the Council House to ensure that the right people got their packages. Instead of 50 packages, they distributed 62 and even had some food leftover to give to people who did not sign up in advance.

Rebecca and her class were extraordinarily successful. The exceeded all the goals they set for themselves. They recruited more volunteers, raised more money and distributed more food than they projected. “We had to get up early on a Saturday, but we had fun!” Rebecca said. “It gave us the opportunity to collaborate with a lot of organizations and we hope to work with them in the future and do it again.”

Jaynee Acevedo marveled at the commitment and dedication of the girls from the Daughters of the Imperial Court. Describing their approach to this project she said, “They were smart, hard-working, caring and thorough. And they had a blast!”

Continued from page 1

Make it a habit to do nice things for people who’ll never find out.

Tinybuddha.com

Mid-Maryland Mission of Mercy
Presented by Cigna

FREE ADULT DENTAL CLINIC

When: September 13-14, 2019
First Come First Served
Doors open 7:30am

Where: UMD Xfinity Center
2001 Parkway Branch Drive
College Park, Maryland 20740

Do you have a tooth, gum, or jaw problem, but can’t afford to visit the dentist? Come to our free adult dental clinic to receive dental care at NO COST! Care will be provided to all adults over the age of 18 on a first come first served basis.

Patient dental services include:
- Cleanings
- Filling
- Restoration
- Extractions

All dental services are provided by licensed dentists and hygienists.

Mid-Maryland Mission of Mercy Partners
- Catholic Charities
- School of Public Health
- MDSB

For more information visit:
- www.catholiccharities-md.org
- www.umd.edu/centers/mc

Children Under 18
Will Not Be Allowed Into the Building

Hot Days at the Beach Answers

1. Waves
2. Umbrella
3. Surfing
4. Sand dollars
5. Crabs
6. Sharks
7. Beer
8. Flip flops
9. Beach ball
10. Buoy
11. Jellyfish
12. Floats
13. Waves
14. Sand
15. Sunscreen
16. Sunglasses
17. Sunglasses
18. Beachball
19. Fishing
20. Sunhat

Supporting adults living with disabilities
to be more active in their community.

3rd Annual Wellness Expo
September 20, 2019

Registration through Eventbrite:
https://tinyurl.com/y3sqyc56

www.PGCR.org
Questions? 301-442-3788 (v) (t)
PGRRemail@gmail.com
### SHARE Sites, by Zip Code

<table>
<thead>
<tr>
<th>Zip Code</th>
<th>Share Site Details</th>
</tr>
</thead>
</table>
| 20001 | WASHINGTON, DC  
Holy Redeemer Catholic Church  
200 New York Ave NW  
Edward Monroe Jr.: 202-526-0024  
Metropolitan Community Church  
474 Ridge St NW  
Church: 202-638-7373  |
| 20002 | About My Father’s Business  
1100 New York Ave NE  
Darryl White: 202-248-6655  |
| 20003 | Northwest Cooperative Homestores  
224 R St NW, Washington, D.C.  
Phyllis Perry: 202-234-8006  |
| 20004 | New Bethel Baptist Church  
1739 9th Street, NW  
Cynthia Kyle: 240-463-1765  |
| 20005 | Second Northwest Cooperative Homestores  
1321 5th Street, NW  
Yvette Johnson: 202-352-2751  |
| 20006 | St. Martin of Tours  
1908 N Capitol St., NW  
Manford Jones: 301-350-9668  |
| 20007 | Tenth Street Baptist Church  
1000 R Street NW  
Bettie Marshall: 202-232-1065  |
| 20008 | Currie Williams: 202-632-9582  |
| 20009 | About My Father’s Business  
1100 New York Ave NE  
Pamela McCullough: 301-735-0232  |
| 20100 | New Samaritan Baptist Church  
1100 Florida Ave NE  
Susan Harper: 202-547-8539  |
| 20101 | Canaan Baptist Church  
1607 Monroe St NW  
Alana Willis: 202-462-6005  |
| 20102 | Brightwood Park United Methodist Church  
8th & Jefferson Streets, NW  
Virginia Hickman: 301-434-7524  |
| 20103 | Pilgrim AME Missionary  
612 17th St NE  
Margaret Maske: 301-396-6711 or jappan@msn.com  |
| 20104 | St. Benedict the Moor  
321 21st St SE  
James Pierce Jr.: 202-723-4972  |
| 20105 | St. Benedict the Moor  
321 21st St NW  
Deacon Joseph Young: 202-288-0115  |
| 20106 | Israel Metropolitan CME Church  
557 Randolph St NW  
Lillian Ruffin: 202-723-5795  |
| 20107 | Peoples Congregational UCC  
4704 13th St NW  
James Pierce Jr.: 202-723-4972  |
| 20108 | St. John Baptist Church  
5343 13th St NW  
Annette Napper: 202-829-1108  |
| 20109 | Zion Hill Baptist Church  
841 Shepherd St NW  
Pastor James: 202-583-0872 or 202-531-9928  |
| 2010A | Blessed Sacrament  
3630 Quesada St NW  
Tim Gorman: 301-657-3222  |
| 2010B | First Baptist Church of Deanwood  
1008 45th St NE  
Armita Hannon Christ: 202-904-0122  |
| 2011A | Grace Apostolic Church  
4417 Dix St NE  
Carol Williams: 202-399-7774  |
| 2011B | Holy Trinity Worship Center  
4628 Minnesota Ave NE  
Joyce Wells: 202-462-8662  |
| 2011C | New Bethel Baptist Church  
20009  
Church: 202-399-5340  |
| 2011D | Our Lady Queen of Peace  
3800 Ely Place SE  
Robin Jones: 301-423-0907  |
| 2011E | St. Paul Baptist Church  
1611 Brentwood Road  
Manshel Thompson: 202-636-5769  |
| 2011F | Sargent Memorial Presbyterian Church  
5109 Nannie Burroughs Avenue, NE  
Church: 202-396-9672  |
| 2011G | St. Luke’s Catholic Church  
593 Division St NE  
Al Gainer: 202-438-3875 or argmk1@verizon.net  |
| 2011H | First Baptist Church of Deanwood  
1008 45th St NE  
Annita Hannon Christ: 202-904-0122  |
| 2011I | First United Methodist Church  
Bradbury Heights  
3432 Bowen Rd SE  
Eva Are: 202-583-1244  |
| 2011J | Grace Apostolic Church  
4417 Dix St NE  
Carol Williams: 202-399-7774  |
| 2011K | Holy Trinity Worship Center  
4628 Minnesota Ave NE  
Joyce Wells: 202-462-8662  |
| 2011L | New Morning Star Baptist Church  
5016 Sherif Rd NE  
Church: 202-396-9672  |
| 2011M | St. Luke’s Baptist Church  
2525 12th Place SE  
Margaret Harper: 202-506-7807  |
| 2011N | New Beginning Baptist Church  
2409 Angler Place SE  
Beverly Battle: 202-678-2713  |
| 2011O | Peace Baptist Church  
1625 13th St NW  
Debra McPherson: 301-324-1519  |
| 2011P | Pilgrim AME Missionary  
612 17th St NE  
Margaret Maske: 301-396-6711 or jappan@msn.com  |
| 2011Q | Pilgrim AME Missionary  
612 17th St NE  
Margaret Maske: 301-396-6711 or jappan@msn.com  |
| 2011R | Pilgrim AME Missionary  
612 17th St NE  
Margaret Maske: 301-396-6711 or jappan@msn.com  |
| 2011S | Pilgrim AME Missionary  
612 17th St NE  
Margaret Maske: 301-396-6711 or jappan@msn.com  |
| 2011T | Pilgrim AME Missionary  
612 17th St NE  
Margaret Maske: 301-396-6711 or jappan@msn.com  |
| 2011U | Pilgrim AME Missionary  
612 17th St NE  
Margaret Maske: 301-396-6711 or jappan@msn.com  |
| 2011V | Pilgrim AME Missionary  
612 17th St NE  
Margaret Maske: 301-396-6711 or jappan@msn.com  |
| 2011W | Pilgrim AME Missionary  
612 17th St NE  
Margaret Maske: 301-396-6711 or jappan@msn.com  |
| 2011X | Pilgrim AME Missionary  
612 17th St NE  
Margaret Maske: 301-396-6711 or jappan@msn.com  |
| 2011Y | Pilgrim AME Missionary  
612 17th St NE  
Margaret Maske: 301-396-6711 or jappan@msn.com  |
| 2011Z | Pilgrim AME Missionary  
612 17th St NE  
Margaret Maske: 301-396-6711 or jappan@msn.com  |

Satellites highlighted in gray have a $1 charge to help cover transportation costs.
Mt. Calvary Baptist
608 North Horners Lane
Susan Payne: 301-330-6136
Church: 301-424-8717

20877 - Gaithersburg
First AME Church of Gaithersburg
17620 Washington herpes Lane
Jackie Cross: 240-505-3259

20879 - Gaithersburg
Emory Grove United Methodist
8200 Emory Grove Rd.
Bernice Brown: 301-972-3395
Ms. Ray Hopkins: 301-840-2172

Goshen United Methodist
19615 Goshen Rd.
Doris Byrd-Watts: 301-829-9432

20901 - Silver Spring
Mt. Jezebel Baptist
420 University Blvd.
Bernetta Robinson: 301-899-0637
Cecilia Mason: 301-582-2821

20904 - Silver Spring
Allen Chapel AME
2518 Fairfield Rd.
Lynn Pugh: 301-871-2067
Irene Moore: 301-879-9232

20905 - Silver Spring
People’s Community Baptist
31 Norwood Rd
La Joya Mosby: 301-384-2601

20912 - Takoma Park
Our Lady of Sorrows Catholic
1006 Larch Ave.
Ted Deppner: 301-221-0895
Terry de la Santos: 301-439-8957

21044 - Columbia
Locust United Methodist
6851 Martin Rd.
Janet Williams: 410-546-3409

21076 - Hanover
St. Mark United Methodist
1440 Dorsey Rd.
Betty Mack: 410-266-5004

21117 - Owings Mills
Mt. Pleasant AME
235 Tollgate Rd
Andrea Billips: 410-456-3145

21133 - Randallstown
Divine Wisdom CC
Baptist Church
9990 Liberty Rd
Linda Jones: 443-416-7014 or Towanda Woods

21201 - Baltimore
Pennsylvania Ave. AME Zion
1128 Pennsylvania Ave
Rose Jones: 410-233-5286 or 410-664-6218

21207 - Baltimore
Morning Star Baptist Church
Baltimore County
1512 Woodlawn Drive
Helen Carpenter: 410-747-3417

21212 - Baltimore
Huber Memorial
5701 York Rd
Church:
410-435-1496

21215 - Baltimore
Fellowship UCC
2525 York Rd
Rev. Samuel Barnhart: 6626 Costner Drive
540-937-2693

21217 - Baltimore
Golden Doves of Payne AME
1701 Madison Ave
Sheila Gibson: 410-482-3800

Fulton Baptist
1630 W North West
Romona Franklin: 410-926-8849

21219 - Baltimore
Baltimore Metropolitan Coalition Arborutus UM
1248 Pine Heights Avenue
Anthony Brzezcko: 443-257-6879;
Wayne Kehner: 443-685-6104

New Christian Memorial
3525 W. Caton Ave.
Church: 410-566-5063
Rev. Lamont Baker & Kerri Elliott

21230 - Baltimore
Star of Bethlehem AME
2525 Ridgely St.
Michele Williams: 410-365-9280

21233 - Baltimore
Set the Captives Free
7111 Windsor Blvd.
Betty Sharp: 410-701-6859 or 443-938-9096

21703 - Frederick
Knights of Columbus #1622
Brian Duncar: 240-367-6490

21713 - Boonsboro
Mt. Nebo UMC
134 S. Main St.
Suean Barnes: 301-432-8116

21773 - Myersville
Mt. Zion UMC
603 Main St.
Church: 301-293-1401
Brenda Knox Burkett: 301-293-1401

VIRGINIA

20106 – Amssville
Amssville United Methodist
14760 Lee Highway
Barbara Sanders: 540-937-2693

20109 - Manassas
Word Alive Church
8517 Rixlen Lane
Lucy Alleyne: 703-369-6770

20125 - Chantilly
Prosperity Baptist
42962 Braddock Rd.
Reawne Dicken
703-600-9013

20191 - Reston
Heritage Fellowship UCC
2501 Fox Mill Rd.
Lucille Walkes: 703-620-9515 ext. 308

20215 - Burke
Burke Centre
5708 Oak Leake Drive
Terri Bowen: 703-309-8206

20266 - Dumfries
First Mt. Zion Baptist
16622 Dumfries Rd
Thomas Bates: 703-330-6371

20242 - Falls Church
Second Baptist Church
6626 Costner Drive
Rev. Samuel Barnhart: 703-533-3217
Joyce Laing: 703-590-7567

21912 - Woodbridge
Mt. Olive Baptist
1311 Telegraph Rd
Lisa Mason: 540-809-8737

22204 - Arlington
Macedonia Baptist
3412 S 22nd St.
Darlene Gilbert: 703-521-7663

22207 - Arlington

22314 - Alexandria
Mt. Jezreel Baptist
317 North
Payne St.
Barbara Britton
Williams: 571-332-1925
Pam Moore: 310-395-7453
Church: 703-549-3025

Shiloh Baptist
1401 Duke St
Hughie L Jackson: 301-899-8460
Elaine Augustine: 703-683-4973

22408 – Fredericksburg
St. Jude
960 Caritas Street
Mark Williams: 540-891-7395

22553 - Spotsylvania
St. Matthew
Dave Sharrett
6200 Robert
East Lee Drive
540-834-0788
2wsc6r9@gmail.com

22555 - Stafford
Mt. Olive Baptist
395 Mount Olive Road
Roxana W. Parker
540-834-0788
39514-07

25414 - Charles Town
Zion Baptist Church
PO Box 1227
Sister Gwen Twyman: 304-724-2044

PAGE 6
September is Better Breakfast Month

Did you know that people who receive SNAP benefits—first in food stamps—receive these benefits for an average of just 8-10 months? Or that the average food stamp benefit comes out to be less than $1.50 per person per meal? There are a lot of myths out there about SNAP, such as that people who receive food stamps receive the benefit for their entire life, or that the benefit provides people with plenty of money to pay for food needs. SNAP, which stands for Supplemental Nutrition Assistance Program, is a need-based program that is available to low-income households. 

Myth: SNAP is for lazy people.
Fact: 70% of households that receive SNAP include a child, an elderly person, or a disabled person – the most vulnerable in our society. These households include 63% of SNAP beneficiaries. Many qualified families include full-time workers or low-wage jobs.

Myth: SNAP food is awful.
Fact: SNAP has a strong record of program integrity. SNAP error rates as a percentage are at a record low of 3.80% as of 2011. The SNAP accuracy rate of 96.2% (2011) is an all-time program high and is considerably higher than other major benefit programs.

Myth: SNAP is a drain on taxpayers.
Fact: The SNAP program is designed to be responsive to economic downturns. It closely synchronize to unemployment. The number of unemployed people increased by 265% from 2007 to 2011. SNAP participation increased by 75% during the same time period. In the economy recovery and people go back to work, SNAP participation and program costs, too, can be expected to decline. SNAP is expensive for the taxpayer, providing needed food assistance as families fall into economic hardship and thus transitioning away from their financial situation difficulties.

Supplemental Nutrition Assistance Program

Did you really know SNAP?

- 2 apples, peeled and shredded
- 1 cup ground oats
- 2 tablespoons chia seeds
- 2–3 tablespoons (or more) sliced almonds
- 1 cup milk (low fat, full fat, or unsweetened almond milk)
- 2/3 cup unsweetened yogurt
- 2 tablespoon brown sugar or maple syrup (leave this out if you’re using a sweetened yogurt)
- ½ teaspoon ground cinnamon
- ½ cup mixed berries (or any other dry or seasonal fruit such as raisins or prunes)

1. Place the shredded apples, oats, chia seeds, sliced almonds, milk, yogurt, cinnamon, and maple syrup in a bowl.
2. Cover and refrigerate overnight.
3. When ready to eat, divide the muesli in between 4 bowls, top them off with more fruit, or yogurt, or nothing at all!

How Long Does Muesli Last
As long as it is kept in an airtight container, this healthy overnight muesli will keep fresh up to 3 days.

Want To Save on Groceries?

Where to Apply?
- Contact one of the Catholic Charities locations listed in-person at your local Department of Health and Human Services (DHHS) office
How to apply?
- Fill out/completing/submitting the application
Items needed to begin
- Identity related items: Birth Certificate, Driver’s license or State identification card, Health insurance identification card - Residency related items: Utility bills, like electric, gas, water or rental agreement or mortgage statement that shows your address
- Earned income related items: Pay stubs, statement from employers, tax returns, income tax forms
- Unearned Income related items: Agency letter showing money received such as Social Security, Supplemental Security Income (SSI), Veterans Affairs benefits (VA), child support, alimony, unemployment, and retirement

An interview with an DHHS case worker is completed to finalize the application process.

SHARE FOOD NETWORK

For Assistance with your SNAP application
SHARE Food Warehouse
3222 Hubbard Rd
Londontown, MD 20785
301-884-3115

Susan D. Monu Center
5859 Allenville Way
Temple Hills, MD 20747
301-615-0950

Catholic Charities’ Center
12247 Georgia Avenue
Silver Spring, MD 20902
301-434-8895

Spanish Catholic Center
201 D Island Avenue
3rd Floor
Gaithersburg, MD 20877
301-740-2533 ext. 977

Many of us skip this meal, but we shouldn’t. Eating a regular morning breakfast helps with weight control and can guide us towards eating healthier meals regularly throughout the day.

Kids who have a healthy breakfast consistently perform and behave better at school. Having breakfast as a family every morning to talk about daily plans and promotes healthy eating. Breakfast is essential, but don’t skip the fun of preparing breakfast with your kids!

Breakfast food can be anything (within reason) but try to stay away from sugary foods. When did breakfast food start to come as sweet as dessert?

Cereal is the most common breakfast food, and the more whole grain and less sugar and artificial colors the better. However, if you wake up with a hankering for a slice of leftover pizza, enjoy it! Pizza is fine in moderation. And after years of concern about cholesterol, eggs are now known to provide excellent protein and essential vitamins and minerals needed to promote a healthy diet.

A complete breakfast should contain a balance of all the major food groups. Protein, dairy, fat, and carbohydrates. These elements are vital to maintaining stamina and fending off hunger throughout the day. Though carbs and fats are needed in the daily intake of nutrients, it’s important to not overindulge in these two areas.

Want a super quick, powerhouse of a breakfast? Try “Overnight Muesli”, a no-cook, 10 minute combination that makes its own magic overnight in the refrigerator. The ingredients are super flexible, so mix up your own version and give it a try. Here’s one idea we’ve adapted from Foolproof Living.

Some of the healthiest foods can be stretched even more! While emergency food pantries are a good resource in a crunch, SHARE is a wonderful long-term solution to finding healthy, fresh food without breaking the budget. In addition to empowering people to be able to afford their own groceries, SHARE also builds community by connecting people, churches, and organizations with one another. By promoting volunteer services, SHARE encourages people to be active in their communities, help one another, and build new relationships.
<table>
<thead>
<tr>
<th>The Lost Art of Cooking: September 2019</th>
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<tbody>
<tr>
<td>Recipes Compiled and Edited By Karen Nash</td>
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### Chicken With Pasta
- 16-oz. Linguine Pasta
- 1 1/2 cups dry white wine
- 1 cup heavy cream
- 1/2 cup milk
- Salt and pepper, to taste
- 3 cloves garlic, minced
- 1 tsp. ground ginger
- 1/2 cup Spanish olives, sliced
- 2 tbsp chopped chives
- 1 tbsp chopped onion
- 1 tbsp olive oil

**DIRECTIONS:**
1. Cook linguine according to package directions.
2. Juice and zest lemons to get 1/4 cup juice and 1 tablespoon zest. Slice any extra lemon for garnishing.
3. Rinse and dry chicken cutlets with paper towels; season with salt and freshly ground black pepper.
4. For the sauce, in a medium skillet, melt the butter. Add the garlic, onion, mustard seeds and rosemary to the skillet, season with salt and pepper and cook until the sauce is thickened, about 5 minutes. Off the heat, add the lemon juice, capers and olives.
5. Return chicken to the pan and reduce to low heat. Continue cooking for 8 to 10 minutes or until chicken is done. Stir in Parmesan cheese and cook until melted.
6. Ladle sauce and chicken over linguine and serve (or add linguine to pan and toss gently to coat pasta). Garnish with chopped Italian parsley and freshly ground black pepper, if desired.

*Can substitute Turkey cutlets for Chicken

### Sweet Potatoes and Pork Chops
- 1 lb sweet potatoes
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/3 cup orange juice
- 1 tbsp unsweetened coconut milk
- 1 tbsp orange juice
- 1 (16 oz) Boneless Pork Chops
- 1 tsp olive oil
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/2 tsp paprika
- 1/2 tsp onion powder

**DIRECTIONS:**
1. Bring a large pot of salted water to a boil. Meanwhile, peel and cut sweet potatoes into 1-inch cubes. Cook potatoes 12 min., until soft.
2. Set broiler to high. Pat pork chops dry with paper towels. Toss with olive oil, garlic powder, onion powder, salt, and pepper. Place pork chops on a rimmed baking sheet and broil 10-12 min., flipping pork halfway through, until a meat thermometer reads 145°F
3. When potatoes are done, drain in a colander. Chop parsley, rosemary, and thyme. Into food processor, add sweet potatoes, milk, butter, parsley, rosemary, thyme, salt, and pepper. Pulse until almost smooth. Serve with broiled pork chops and garnish with chives.

### Ham Steak
- 2 tablespoons unsalted butter
- 1/2 medium Vidalia or other sweet onion, thinly sliced
- 1 teaspoon mustard seeds
- 1 rosemary sprig
- Salt
- Freshly ground pepper
- 2 tablespoons brandy
- 1 cup apple juice

**DIRECTIONS:**
1. In a medium skillet, melt the butter. Add the ham and cook over moderate heat until browned on both sides, about 5 minutes. Off the heat, add the brandy and cook until evaporated. Add the apple juice, cover and cook over moderate heat until the apple is tender, about 10 minutes. Return the ham steak and cook, turning, until the pan juices are thickened, about 5 minutes longer. Serve the ham steak with the pan sauce.

### Mango Berry Breakfast Smoothie
- 2 Cups low-fat smooth & creamy vanilla yogurt
- 1/2 cup frozen raspberries
- 1/2 cup frozen strawberries
- 1/2 cup frozen mango, cubed (can use fresh)
- 1 tsp ground ginger
- 1 tbsp lime juice
- 1/2 cup Orange Juice
- 1/2 cup 1% milk
- 1 tbsp. unsweetened coconut flakes
- 1/4 cup Health grains like - Oats and Honey Clusters

**DIRECTIONS:**
Mix in blender until smooth and serve.

### MONEY TALKS
**Beware the “Great” Deals**

Let’s look at cable tv providers.

Many areas in the country will only have one or two options, so options are limited. However if we are honest with ourselves, how many of us still use landlines - especially now that they are digital? There was a time when having a landline made sense, they were sepa-rate from the cabling that brought you television and internet; so if there was a service interruption to the TV you still had a phone. Now everything is digital - you lose your internet you’re losing your home phone too.

Cable companies will encourage you to purchase a double or triple play, because they will “save” you money. Their argument usually goes something like this (in my experience) - you’ll pay “x” for just internet, but for a few dollars per month more you could get internet and phone. Seems reasonable, after all what’s a few dollars? Just like the above example, this trains us as consumers to take deals that aren’t real deals - we’re spending money we had no intention of spending on something we’ll more than likely never get our money’s worth from.

This may not apply to everyone, but is applied to the majority of people I have worked with - regardless of income or wealth. Next time you are offered a “deal” hit pause, give yourself some time to run the numbers and see if it really makes sense for you. One of a sales person’s biggest tools is the use of scarcity - “limited time offer” is one example. Anthony Brebion has a great article on this:

“5 Clever Scarcity and Urgency Ex-amples to Boost Your Conversions”.

He’s writing for sales people, but I encourage every consumer to educate themselves.