



**Trusted by thousands  
of families every month**



By: Yonette Wilson Williams, SHARE Senior Director

In celebration of our 34th anniversary, Catholic Charities SHARE Food Network, continues its mission of providing affordable and nutritious groceries to families and individuals. Through the dedicated efforts of staff, host site teams and many volunteers, we are able to continually offer remarkable savings and discounts on groceries, ensuring accessibility for all without the need for applications or qualifications.

Every month individuals and families can enjoy monthly grocery value packages that are thoughtfully curated and nutritionally balanced. We take pride in offering packages with four to six pounds of protein items, complemented by eight to 12 pounds of fresh fruits and vegetables. This anniversary underscores SHARE's unwavering commitment to fostering community, compassion, and equitable access to wholesome food for all.

**May 2024**

Su	M	Tu	W	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**May 6:** Host Site Order Turn-In Day

**May 11:** Volunteer Opportunity

**May 13:** All Host Site final order changes due (by 12pm Noon)

**May 13:** All customer payments due to Host Site

**May 15& 16:** Volunteer Opportunity

**May 17& 18:** Distribution Days



**HOW IT WORKS?**

**SO HOW DOES SHARE WORK?**

- Scan the QR Code to locate a SHARE site based on your zip code
- Contact the site coordinator of that location to place & pay for your order
- Pick-up on the selected distribution date/time & site!
- Check out the monthly menu (on the back).



## Healthy Cooking with Mt. Jezreel Baptist Church!

SHARE's Nutrition Educator led an engaging informative session on healthy eating, where members of Mt. Jezreel (Silver Spring, MD) actively participated in a cooking demonstration. We crafted delicious chicken and vegetarian wraps, which all of the attendees were able to sample.

Here are some of the moments captured during our event.

*Try making your own  
chicken wraps using the  
recipe below!*



### This month's recipe:

#### Chicken Wrap



Try these healthy chicken wraps for a quick and easy meal! They're very simple to make, delicious and packed with nutrition. The great thing with wraps is that you can add in as many ingredients as you would like. Other options not included in this recipe include: cooked zucchini or yellow squash, beans or lentils (as a meat replacement) or simply as additional protein! There's so many ways to enjoy a great wrap, be creative and Enjoy!



**Prep:** 5 min   **Cook:** 15 min   **Total:** 20 minutes

#### Ingredients:

- ◆ 1 lb. Boneless Chicken (Breast or Thighs)
- ◆ 1/4c chopped Onion
- ◆ 1/4c chopped bell pepper
- ◆ 1 clove garlic minced
- ◆ 2 tbsp Olive Oil
- ◆ Salt and Pepper (or Herbal Seasoning)
- ◆ 2-4 Tortilla/Burrito Wraps
- ◆ Fresh tomato slices
- ◆ 1c Fresh Spinach or Kale
- ◆ Fresh red onion slices
- ◆ 1 avocado sliced (or guacamole)

#### Instructions

1. Clean and rinse chicken, season with salt or salt free seasoning.
2. In a large skillet. Heat olive oil over medium heat, until hot, and then add and sauté the chopped onion, bell pepper & garlic.
3. Add the chicken into the skillet, thoroughly cook until well done, remove from heat and set aside.
4. Chop/slice your fresh vegetable ingredients (tomato, spinach, avocado, onion, etc.)
5. Chop your chicken.
6. Lay out your tortilla shell/wrap and layer with all ingredients.
7. Roll the wrap similar to how you would a burrito. Enjoy!

Call us at 1-800-21-SHARE





By: Ashley Woods, SHARE Nutrition Educator

National Osteoporosis Awareness and Prevention Month shines a spotlight on this bone-weakening condition, urging individuals to take proactive steps to safeguard their bone health.

Osteoporosis, often referred to as the "silent disease," gradually weakens bones, making them fragile and prone to fractures. While it primarily affects older adults, the

foundation for healthy bones is laid early in life. Regardless of age, prioritizing bone health is essential for everyone. Here are some tips to help you fortify your bones and reduce the risk of osteoporosis:

**Calcium-Rich Diet:** Ensure your diet is rich in calcium, a mineral for bone health. Incorporate more leafy greens and dairy products like milk, cheese, and yogurt, as well as fortified foods, almonds, and sardines.

**Vitamin D Intake:** Pair calcium with vitamin D, as it aids in calcium absorption. Spend time outdoors to soak in natural sunlight, and consider adding vitamin D-rich foods like fatty fish, egg yolks, and fortified cereals.

**Regular Exercise:** Engage in weight-bearing and muscle-strengthening exercises regularly to enhance bone density and strength. Activities like walking, jogging, dancing, and weightlifting are beneficial for bones.

**Bone Density Testing:** Discuss with your healthcare provider about bone density testing, especially if you're at higher risk due to factors like age, family history, or certain medical conditions. Early detection enables timely intervention and management. Be sure to attend regular check-ups.

**Fall Prevention:** Minimize the risk of falls by ensuring a safe home environment, wearing appropriate footwear, using assistive devices if necessary, and practicing balance exercises.

By implementing these simple yet effective strategies, you can take proactive steps towards preserving and strengthening your bones.



HAPPY  
Mother's  
Day

On Sunday May 12, 2024 we celebrate the incredible strength, love, and dedication of mothers everywhere. Your nurturing spirit and unwavering support uplift families and communities alike. On behalf of the SHARE Food Network Team, Thank you for all that you do to nourish and nurture those around you.

**Happy Mother's Day!**



MEMORIAL DAY  
REMEMBER AND HONOR

Monday May 27, 2024 is Memorial Day.

SHARE Food Network extends heartfelt gratitude to all who have served and sacrificed for our nation.

As we honor the memory of our fallen heroes, we also express deep appreciation to the brave men and women who continue to protect and defend our freedoms.

Your courage and dedication inspire us all. Today, and every day, we remember and honor your service.

**Thank you for your service & sacrifice.**

**Happy Memorial Day!**



**SHARE**  
FASTER, SIMPLER, STRONGER COMMUNITY  
**SHARE FOOD NETWORK PROVIDES AFFORDABLE NUTRITIOUS GROCERIES EVERY MONTH!**

CATHOLICCHARITIESDC.ORG/PROGRAM/SHARE-FOOD-NETWORK/  
 SHARBORDERS@CC-DC.ORG  
 301.864.3115 or 1-800.21.SHARE  
 3222 Hubbard Road Landover, MD 20785



**MAY 2024 MENU**

**VALUE PACKAGE \$25**

- 5 lb. Chicken Drumsticks
- 1 lb. Ground Turkey
- 3/4 lb. Turkey Bacon

PLUS 10-12 pounds of fresh fruits and vegetables!



**CRAB BOIL**

**\$35**

- 1lb. Crab Claws
- 1lb. Extra Jumbo Raw Tail on Shrimp
- 2lb. Whole Blue Crab
- 3/4lb. kielbasa sausage

**BABY BACK RIBS**

**\$18**

3 packs (1.25lb) each



**FRESH PRODUCE BOX**

**\$23**

10lb. Fresh Fruit & Vegetables



*"All menu items subject to change"*  
 We accept:  
 Debit/Credit cards, Org. checks, SNAP/EBT, Money orders

- ❖ Order Turn-In 5/6
- ❖ All Final order changes due 5/13 by 12 PM
- ❖ All payments due 5/14
- ❖ Distribution Days: 5/17 or 5/18

*If ordering & picking up from one of our satellite sites (Balt., Southern MD, Frederick/Hagerstown, Northern VA), an additional \$1.00 will be charged to each package to cover transportation fee.*

**For SNAP Assistance:  
 1-800-21-SHARE**



**MONTHLY VALUE COMPARISON**

	Grocery Store A	Grocery Store B
Chicken Thighs 5lb	\$8.45	\$12.60
Chicken Tenders 2lb	\$15.00	\$16.00
Imitation Crab Meat 1lb	\$6.00	\$6.00
Apples, Empire 1.6lb	\$3.35	\$3.00
Pears 1.5lb	\$5.00	\$5.00
Oranges 1.5lb	\$3.99	\$3.65
Yellow Squash 1.8lb	\$2.74	\$3.49
Carrots 1lb	\$1.49	\$1.49
Onions 1.3lb	\$1.56	\$3.98
Potatoes 3lb	\$2.99	\$2.49
<b>Total</b>	<b>\$50.57</b>	<b>\$57.70</b>



**We can help you apply & enroll for SNAP Benefits!**  
**Call us: 1-800-21 SHARE**

Supplemental Nutrition Assistance Program