



**Trusted by thousands
of families every month**

Welcome to SHARE Food Network!



**Ana Buford,
Outreach Coordinator**

SHARE is happy to announce a new team member! Ana Buford joined the SHARE Outreach Team on April 21st. She hails from the great state of Pennsylvania, and is a graduate of the Naval Academy in Annapolis. After volunteering at SHARE several times during the holidays, she couldn't resist the appeal of our work. Her skills as a Platoon Commander are sure to be instrumental in providing direct support to the leadership at our Partner Locations. And she has extensive research experience that will be useful in the development of marketing and outreach campaigns that will ultimately raise awareness of the SHARE program throughout the DMV. Don't hesitate to reach out to Ana if you would like to learn more about SHARE.

Ana.buford@cc-dc.org

May 2025

Sun	Mo	Tue	We	Th	Fri	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

IMPORTANT DATES

May 12th-16th: Host Site Coordinators Turn-In Community orders

May 19th: All existing **orders are FINAL AT 12pm Noon**

May 20th: Host Site payments are due. **Community members due date will be earlier! Check your host site.**

May 21st-24th: Volunteer Opportunities **PLEASE CALL**

May 23rd & 24th: DISTRIBUTION DAYS

March 28th: **SHARE office CLOSED**

**We can help you
apply & enroll for
SNAP Benefits!**

Call us: 1-800-21-SHARE ext. 098.



SHARE
is Good VALUE & Smart Spending!

See how much you \$AVED this month!

SO HOW DOES SHARE WORK?

Check out the monthly menu (on the back).

Scan the QR Code to locate a SHARE site based on your zip code

Pick-up on the selected distribution date/time & site!

Contact the site coordinator of that location to place & pay for your order

SHARE Food Network Value Package	Local Grocery Chain
Chicken Drums 5lbs.	\$6.71
Ground Beef 1lb.	\$5.99
Pork Chops 1lb.	\$7.99
Black Beans 1lb.	\$1.89
Shredded Cheddar 1lb.	\$2.19
Oranges(4) 1.16lbs.	\$6.00
Apples (4) 1.28lbs.	\$3.04
Carrots 1lb.	\$1.49
Kale 1.2lbs.	\$1.53
Potatoes 3lbs .	\$3.99
YOU ONLY PAID \$25	\$40.82

Sweet Potato (or Carrot) Taco Bowls



Ingredients

- 1 large sweet potato
- 1 tsp. olive oil
- 1 lb. hamburger
- 1 pkt. taco seasoning
- 1 c. cherry tomatoes
- 2 c. mixed greens
- Plain Greek yogurt and Salsa for serving

Instructions

1. Preheat oven to 400 degrees.
2. Peel and cube the sweet potato into 1/2 inch pieces. Toss with the olive oil and a sprinkle of salt and bake at 400 for 20-25 minutes.
3. Meanwhile, saute the hamburger in a large skillet over medium high heat for 3-4 minutes. Add the taco seasoning and cook for a few more minutes, until the meat is no longer pink. Remove from heat.
4. Assemble 4 bowls with 1/4 each of the hamburger, roasted sweet potatoes, mixed greens and tomatoes.
5. Serve with plain Greek yogurt and salsa.

SHARE –Value Package Substitutions

Carrots– When roasted they provide the same sweetness as Sweet Potatoes

Kale– Shred like lettuce, boil for about a minute and dry. Increase the meal's nutritional value and feel more full.



**CATHOLICCHARITIESDC.ORG/PROGRAM/
SHARE-FOOD-NETWORK/
EMAIL: SHAREORDERS@CC-DC.ORG
301.864.3115 or 1-800.21.SHARE**



**AFFORDABLE
NUTRITIOUS
GROCERIES
EVERY MONTH!**

May 2025 Menu

**ADD \$1 DELIVERY PER PACKAGE IN
BALTIMORE, FREDERICK,
SOUTHERN MARYLAND AND VIRGINIA**

**LIMITED
QUANTITIES ON
ALL MENU ITEMS.**

VALUE PACKAGE \$25

5lbs Chicken Drumsticks,
2lbs Chicken Patties,
1lb Swai Fish,

Plus 10-12lbs of Fresh Produce Items

TO PLACE ORDER:

1. Scan the QR Code to
find a local SHARE site
based on your zip code



2. Call the site
coordinator to place &
pay for your order

3. Pick-up at location



SCHOOL'S OUT SPECIAL \$25

Breaded Chicken -Nuggets or Strips(2lbs), 6- Individual Whole Wheat Cheese Pizza
(1.5lbs), Chicken Bologna Slices (1lb), American Cheese Slices (1lb), French Fries (1.5lbs)

Parents and Grandparents think easy and healthy!



T-Bone Steak Special \$44

Six (6) – T-Bone Steaks- 10 ounces each!

This is a savings of 25% from your local grocery store!



Block Party Grill Box \$24

Smoked Sausage (.85lb), Hamburger Patties (2lbs), Hotdogs (2lbs),
Boneless/skinless chicken tenderloins (2lbs)

Perfect for those unexpected get togethers!

**LIMITED QUANTITIES ON ALL MENU ITEMS. MENU ITEMS SUBJECT TO CHANGE DUE TO
QUALITY OR SHIPPING ISSUES**


USDA
Supplemental
Nutrition
Assistance
Program
Putting Healthy Food
Within Reach
For SNAP Assistance:
1-800-21-SHARE

- ◆ Order Turn-In: **05/12**
- ◆ All Final order changes due **05/19** by **12 PM**
- ◆ All payments due **05/20**
- ◆ Distribution Days: **05/23 or 05/24**

We accept:
Debit/Credit cards,
Org. checks,
SNAP/EBT, Money
orders