



August 2025

# Newsletter

## IMPORTANT DATES

**August 1<sup>st</sup> & 29<sup>th</sup>:**

SHARE office CLOSED

**August 11<sup>th</sup>:**

Host Site Order Turn In

**August 13<sup>th</sup>:**

Sign-Up Genius Sent

**August 16<sup>th</sup>:**

SHARE Open House

**August 18<sup>th</sup>:**

FINAL order due at 12pm

**August 19<sup>th</sup>:**

Host Site payments are due. Community members due date will be earlier! Check with your Host Site.

**August 22<sup>nd</sup> & 23<sup>rd</sup>:**

DISTRIBUTION DAYS

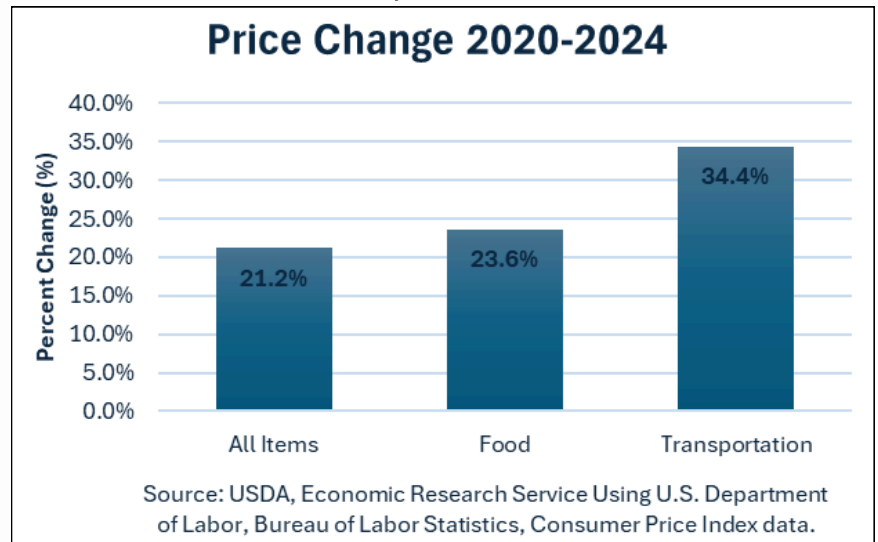
## AUGUST 2025

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

PRICE INCREASE: \_\_\_\_\_

## VALUE PACKAGE PRICE INCREASE

By: Ana B.



In case you have not heard, the SHARE Food Network has made the difficult decision to increase the price for our **Value Package** from **\$25 to \$30** in September. Over the years, SHARE has enhanced menu variety and improved food quality by incorporating high demand Specialty items and organic produce. As a community-focused program, we continuously strive to meet these standards while facing the same challenges food distribution networks are facing nationwide and ultimately absorbing the increased cost to operate. The good news is, we remain deeply committed to supporting our community and providing affordable food. The new Value Package price will bring more food and promote better health. We assure you this price adjustment will preserve our mission and maintain the benefits of providing healthy and affordable foods to our communities, despite increasing operational costs.



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EDUCATION: \_\_\_\_\_

## CONVENTIONAL vs ORGANIC PRODUCE

By: Cynthia J.



Organic and conventional produce differ primarily in their production methods, with organic farming avoiding synthetic pesticides, fertilizers, and genetically modified organisms (GMOs). Organic produce may also have a slight edge in nutritional content and lower pesticide residue, though both types of produce are generally considered safe. In many cases organic foods look identical to their conventional counterparts

However there can be more visual differences, especially with fresh produce.

- **Imperfections:** organic might have slight imperfections like uneven shapes or minor blemishes.
- **Size and color variations:** organic fruits and vegetables may vary more in size and color, can be smaller than conventional produce because they are not grown with synthetic fertilizers.
- **Shorter shelf life:** because organic produce is not treated with waxes or preservatives.

The choice between them often comes down to personal preference, budget, and environmental considerations.

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## KAYLA'S FAREWELL

By: Kayla W.

Yes, this is that message. It has been my absolute pleasure to serve you all over the past year and a half. I have been truly blessed to meet so many wonderful people through this organization. Though I am stepping away from my role as a SHARE employee, I will still be around to support and witness the beautiful work you all continue to do as a new SHARE Advisory Council member. I'm excited to see the program grow under the leadership of the two new Outreach Coordinators. I'm proud to be passing the reigns and can't wait to see them reach their full potential. To my SHARE family, thank you for being part of this incredible journey. To the amazing volunteers, thank you for showing me the ropes and for teaching me the true value of volunteerism. And to Catholic Charities, thank you for granting me such a meaningful opportunity. This has been an unforgettable experience, and I will cherish it dearly.



Best Regards from you  
Smiling Friend,  
Kayla Walker

# How Does SHARE Work?

Read the monthly menu

Scan QR Code to find a local host site

Call the Host Site to place your order and pay

Pick up at the designated date/time and location

## SHARE vs GROCERY STORE

SHARE	Big Box Grocery
Beef Portions (1 lb)	\$5.99
Chicken Thighs (3.5 lbs)	\$6.97
Ham Medallions (2 lbs)	\$5.98
Potatoes (3 lbs)	\$5.97
Kale	\$4.49
Grapefruit (2)	\$3.98
Orange (3)	\$2.75
Carrots (1 lb)	\$1.32
Radishes (6 oz)	\$1.69
Onions (1 lb)	\$3.57
<b>YOU ONLY PAY: \$25</b>	<b>\$42.71</b>

RECEIPE: \_\_\_\_\_

## Date Night Surf n Turf



### Ingredients:

- Lobster tails
- Garlic butter
- Steaks
- Salt & Pepper
- Olive oil
- Vegetables

### Lobster Tails (Oven or Broil)

1. Preheat oven to 425°F (or broil high).
2. Butterfly tails: slit shell, free meat, lay on top.
3. Brush with butter-lemon-parsley-garlic mixture.
4. Bake ~10 min (or broil 4–5 min) until opaque, ~140°F internal temp.
5. Cover with foil and rest to keep warm.

### T-Bone Steaks (Pan or Grill)

1. Season with salt & pepper.
2. Heat skillet, add oil, sear steaks 2–3 min per side.
3. Lower heat, add butter, garlic, herbs; baste 2–3 min.
4. Internal temp: 130–135°F (medium-rare) or 145–155°F (medium-well)
5. Rest 5–10 min, tented with foil

### Serve with:

Mashed potatoes or roasted veggies.

We can help you apply & enroll for SNAP Benefits!

Call us: 1-301-864-3115



Supplemental  
Nutrition  
Assistance  
Program

Source: <https://www.aheadofthyme.com/surf-and-turf-steak-and-lobster-tails/>



# August Menu

AFFORDABLE NUTRITIOUS GROCERIES EVERY MONTH!

To Place an Order:

Scan the QR Code to  
find a local host site



Call Host Site to  
place your order  
and pay

Pick up at selected  
location

WE ACCEPT:  
Debit/Credit, EBT, Money  
Orders, Org. Checks



CALL FOR  
SNAP  
ASSISTANCE:  
1-800-21-SHARE

## CONTACT:

CATHOLICCHARITIESDC.ORG/  
PROGRAM/SHARE-FOOD-  
NETWORK/

EMAIL: [SHAREORDERS@CC-  
DC.ORG](mailto:SHAREORDERS@CC-DC.ORG)

PHONE: 301-864-3115 OR  
1-800-21-SHARE

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

### VALUE PACKAGE \$25

Tyson's Chicken Thighs Tray Pack  
(3.5 lbs)  
Ground Chicken (1 lb)  
Hot dogs (1 lb)  
**10-12 lbs Fresh Produce**

### Labor Day Crab Boil \$34

Blue Crab (4 lbs)  
Shrimp (1 lb)  
Sausage (0.81 lb)  
Corn of the cob (2 lbs)

### Labor Day Grill Box \$41

Chicken Leg Quarters (5 lbs)  
T-bone Steak (4 Steaks/10 oz Each)  
Smoked Sausage (1.62 lbs)

### Personal Pizzas \$18

Personal Cheese Pizzas (12 count)

- Order Turn-In: 08/11
- All Final Order Changes: 08/18 by 12 PM
- All Payments: 08/19
- Distribution Days: 08/22 or 08/23

Limited Quantities on **ALL** Menu Items.  
Menu Items Subject to Change Due to Quality or Shipping Issues