



September 2025

# Newsletter

## IMPORTANT DATES

**September 1<sup>st</sup> & 26<sup>th</sup>:**

SHARE office CLOSED

**September 8<sup>th</sup>:**

Host Site Order Turn In

**September 10<sup>th</sup>:**

Sign-Up Genius Sent

**September 15<sup>th</sup>:**

FINAL order due at 12pm

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

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

**September 19<sup>th</sup> & 20<sup>th</sup>:**

DISTRIBUTION DAYS

## SEPTEMBER 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				

OUTREACH: \_\_\_\_\_

## WELCOME TO SHARE!!



We are thrilled to announce that  
**Venita Enola George**  
has joined the SHARE Food Network family!

Venita is a gifted and visionary leader whose courage and compassion have shaped communities across Washington metropolitan area. She has served as Associate Minister at Covenant Baptist United Church of Christ and Assistant Pastor at Peoples Congregational United Church of Christ, where she championed the needs of senior citizens, veterans, unhoused youth, and returning citizens.

Outside of her professional life, Venita brings vibrant energy and joy to everything she does. She's an avid go-kart racer, a fan of golf, basketball, and martial arts, and a romantic at heart when it comes to the theater. She's also a proud member of Zeta Phi Beta Sorority, Inc., and finds her greatest joy in her son, Noah-Robert J. George—whom she lovingly calls her most precious gift from God.

Venita's passion for equity, service, and community empowerment makes her a powerful addition to our mission. Please join us in giving her a warm welcome!



September 2025

# Newsletter

OUTREACH: \_\_\_\_\_

## Contee AME's Community Healing Day



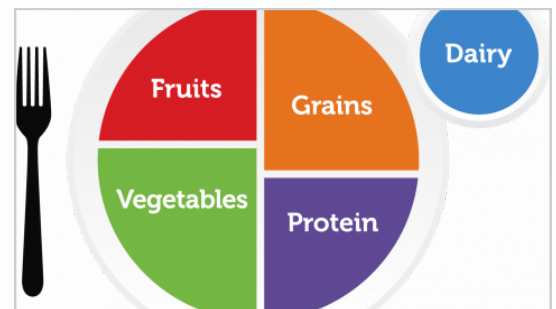
On August 2, SHARE Food Network participated in the 2nd Annual Community Day of Healing, hosted by The Crowned In Resilience Collective (CIRC) at Contee AME Zion Church in Washington, DC. The event brought together residents of Ward 7 and Ward 8 for a day centered around healing, empowerment, and community connection. During the day, youth from the Roots & Resilience Summer Camp showcased healing stones they created and planted in the

Healing Garden, representing their personal growth and resilience. A lively DJ and group line dancing set a celebratory tone for the event, while SHARE Food Network, alongside other local organizations, offered resources on health, education, employment, and safety. Families also enjoyed free meals and took the opportunity to connect with one another. The Community Day of Healing served as a reminder of the strength of community, and SHARE was honored to be part of an event that empowered families and connected them with vital resources. We look forward to continuing our support for the community in the future!

## A BALANCED MEAL AT A GLANCE

Want a simple way to eat healthier? **The MyPlate Plan Calculator** from the USDA gives you personalized daily food recommendations based on your age, sex, height, weight, and activity level.

It shows how much you should eat from each of the five food groups—**fruits, vegetables, grains, protein, and dairy**—in easy-to-understand portions. Whether you're maintaining your weight or improving your diet, it's a great starting point for better eating habits.



### MyPlate Breakdown:

- 🍎 Fruits: 20% of your plate
- 🥬 Vegetables: 30% of your plate
- 🍞 Grains: 25% of your plate
- 🍖 Protein: 25% of your plate
- 🥛 Dairy: Served on the side, about 1 cup



👉 Try it today at  
[www.myplate.gov/  
myplate-plan](http://www.myplate.gov/myplate-plan)

# 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
Ground Chicken	\$5.79
Chicken Thighs (3.5 lbs)	\$9.95
Hot Dogs	\$5.00
Rice	\$1.19
Red Potatoes	\$3.99
Eggplant	\$2.66
Romaine Lettuce	\$1.99
Celery	\$1.99
Bartlett Pears (4)	\$3.96
Apples (9)	\$4.28
<b>YOU ONLY PAY: \$25</b>	<b>\$40.80</b>

RECEIPE:

## Roasted Chicken Thighs with Eggplant & Veggie Medley



### Ingredients:

- 3.5 lbs Chicken Thighs
- 1 eggplant
- 2 zucchinis
- 2 medium potatoes
- Olive oil
- Salt, pepper, garlic powder, dried herbs
- Apples, lettuce, and pears

### Instructions:

1. Preheat oven to 400°F (200°C).
2. Prep chicken: Pat chicken thighs dry, season with salt, pepper, garlic powder, and herbs. Drizzle with olive oil.
3. Prepare veggies: Cube eggplant, zucchini, and potatoes. Toss with olive oil, salt, pepper, and herbs.
4. Roast: Arrange chicken thighs and veggies on a baking sheet. Roast for 30–40 minutes until golden and crispy.
5. Serve with a salad: Slice the apples and pears for a quick side market salad

We can help you apply & enroll for SNAP Benefits!

Call us: 1-301-864-3115



Supplemental  
Nutrition  
Assistance  
Program



# September 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 \$30

Chicken Leg Quarters, Ground Beef,  
Whiting Fish, Eggs  
**+ 8-12 lbs. Fresh Produce**

### Breakfast Special \$18

French Toast Sticks  
Turkey Sausage  
Hash Brown Patties  
**(\$33 value)**

### Produce Box \$23

Delightful mix of the freshest  
Organic/non-organic  
fruits and vegetables  
(no Value Package duplication)

### Cornish Hen \$16

Cornish Hens  
4 pack (1.3-pound avg.)  
**(\$24 value)**

- Order Turn-In: 09/08
- All Final Order Changes: 09/15 by 12 PM
- All Payments: 09/16
- Distribution Days: 09/19 or 09/20

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