



HEALTHIER FAMILIES • STRONGER COMMUNITY

Newsletter

January 2026

IMPORTANT DATES

January 12th.

Host Site Order Turn In

January 17th, 21st–24th

Volunteers Needed

January 19th.

FINAL order due at 12pm
Community members due
date will be earlier! Check
with your Host Site

January 20th

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

January 23rd & 24th :

DISTRIBUTION DAYS

The Year Your Kitchen Comes Back to Life

by: Venita George, SHARE Outreach Coordinator

Welcome to 2026—the year we all swear we'll save money, eat healthier, and magically start loving leafy greens. But there is one resolution that's doable and even kind of fun: cooking at home more often. Let the simple act of making your own meals be one of the best decisions you make in 2026

Why Cooking at Home Actually Matters

1. Healthier Food—Without Trying Too Hard

Cooking at home puts you in charge. Less salt? More veggies? Extra garlic because your soul demands it? Perfect. You avoid preservatives, mystery sauces, and portions large enough to feed a small village.

2. Your Wallet Will Thank You

Food prices may still be unpredictable, but eating out every night is not helping. Home cooking is one of the easiest ways to cut costs and stay on track with your health goals—whether that's high-protein, plant-based, or simply "less fast food in 2026."

3. A Chance to Slow Down

Cooking can be surprisingly relaxing. It's adult arts-and-crafts, but you get dinner at the end. Families connect, solo cooks decompress, and everyone wins.

It's more than food. Cooking at home isn't just eating—it's slowing down, being intentional, and taking care of yourself. Whether you're a seasoned cook or someone who Googles "how to boil pasta," your kitchen can be a place of joy this year.

Tips from Grandma (the Real Expert)

- Start small. Just two or three meals a week.
- Make a meal list and prep your peppers, onions, and celery
- Stick to easy stuff—stir-fries, soups, beef stew, chili. No need to cook fancy things that require ingredients you can't pronounce."
- And make it fun: try new flavors, cook with friends or kids, or do theme nights like "Taco Tuesday" or "Mediterranean Thursday."

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

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Price of Groceries Keeps Rising but SHARE Prices Hold Firm

by: Venita George, SHARE Outreach Coordinator

Even as grocery costs continue to climb, SHARE remains committed to keeping our monthly food packages affordable. As families head into the new year, grocery prices remain higher than many households can comfortably manage. Winter months often bring added financial pressure, making affordable, nutritious food even more essential.

By purchasing in bulk and partnering with local suppliers, SHARE Food Network ensures families can access nutritious, budget-friendly meals without worrying about escalating prices. Monthly food packages are offered at a fraction of standard grocery costs without sacrificing quality or nutrition. Each package is designed to stretch food budgets, provide balanced meal options, and support families when it matters most.

At a time when every dollar counts, SHARE continues to be a reliable resource, helping families put healthy meals on the table all year long.

December Value Package Comparison

Package Content	Local Grocery Price
Whole Chicken(5.5lbs.)	\$6.49
Ground Sausage	\$4.00
White Fish	\$5.00
Chicken Strips	\$9.99
Black Eyed Peas	\$2.99
Stuffing	\$2.00
Collard Greens	\$2.99
Potatoes (3lbs.)	\$5.98
Carrots	\$1.49
Apples	\$4.89
You Pay \$30	\$45.82 (+50%)



Catholic Charities
Financial Stability Network

Free Tax Return Preparation

If your income is under \$69,000, have IRS certified volunteers prepare and review your tax return for FREE!

**SCAN QR CODE OR EMAIL US TO
SCHEDULE AN APPOINTMENT:**

Tax Prep February 1 - April 15

In-Person: Saturdays, 9 AM - 4 PM

Catholic Charities Main Office

924 G ST NW Washington, DC.

Email: FSN@cc-dc.org



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Sweet and Sticky Apricot Glazed Ham

Ingredients

- 1 (8- to 10-lb.) fully cooked bone-in smoked half ham (not spiral-sliced)
- 1 cup packed brown sugar
- 1 cup apricot jam
- 1/2 cup Dijon mustard

Instructions

Step 1

Preheat oven to 300°F. Place ham in roasting pan, cut side down. With tip of sharp knife, make long cuts from top of ham to bottom, cutting through tough skin and fat; make perpendicular cuts to form diamonds. Cover with foil. Bake 1 1/2 hrs.

Step 2

In medium bowl, whisk sugar, jam, mustard and 2 teaspoon pepper. Transfer 1 cup glaze to separate bowl; cover and refrigerate. Remove foil from ham. Brush some of remaining glaze all over ham. Bake, uncovered, another 1 to 1 1/2 hours or until glaze is dark brown and internal temperature of ham has reached 140°F, brushing with glaze every 1/2 hour.

Allow ham to rest 20 minutes before carving. Serve with reserved glaze.

PARMESAN CRUSTED TILAPIA

Ingredients

3/4 cup freshly grated Parmesan cheese
2 teaspoons paprika
1 tablespoon chopped parsley
1/4 teaspoon salt optional
1 tablespoon extra virgin olive oil
4 tilapia filets (about 4 oz each*)
lemon cut into wedges



Instructions

- Preheat the oven to 400°F. Line a baking sheet with foil.
- In a shallow bowl, mix together the Parmesan, paprika, parsley and salt. Drizzle the tilapia with the olive oil, then dredge in the cheese mixture, pressing it in lightly with your fingers if necessary. Transfer to the baking sheet.
- 3/4 cup freshly grated Parmesan cheese, 2 teaspoons paprika, 1 tablespoon chopped parsley, 1/4 teaspoon salt, 1 tablespoon extra virgin olive oil, 4 tilapia filets
- Bake until the fish is opaque in the thickest part, 10-12 minutes. Serve with the lemon slices.

This recipe is great for any white fish.



January 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 drums (5 lbs.), White Fish
(Perch or similar) (1 lb.), Italian
Meatballs (1 lb.), Eggs (1 dz), Red kidney
beans(1 lb)
+ 8-12 lbs. Fresh Produce

Gametime Wings \$18

7.5 lbs. of party wings
(\$24-\$28 value)



Breakfast Special \$16

Pancake Mix (2lbs.)
Sausage Patties (2lbs.)
Hash Brown Patties (2lbs.)
(\$19 value)



Cornish Hens \$17

Cornish Hen-4 pack
(1.4-pound avg.)
(\$23 value)



- Order Turn-In: 1/12
- All Final Order Changes: 1/19 by 12 PM
- All Payments: 12/20
- Distribution Days: 1/23 or 1/24

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