



HEALTHIER FAMILIES • STRONGER COMMUNITY

# Newsletter

## IMPORTANT DATES

### February 9th.

Host Site Order Turn In

### February 18th, 19th

Volunteers Needed

### February 16th.

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

### February 17th

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

### February 20th & 21st :

DISTRIBUTION DAYS

### February 27th :

OFFICE CLOSED

## February, the Month of the Heart

February invites us to think about the heart in more ways than one. With Valentine's Day and Heart Health Month sharing the spotlight, it is the perfect time to reflect on both the love we give and the care we owe ourselves.

Loving with your heart can mean sharing kindness, compassion, and connection with someone special. It can also mean choosing to love yourself. Self-love is not selfish. It is essential. When we care for our own hearts, we are better able to care for others.

Taking care of your heart starts with everyday choices. Nourishing your body with wholesome, nutritious foods supports heart health and overall, well being. Fresh fruits, vegetables, whole grains, and healthy fats are simple ways to show your heart some love. Movement, rest, and managing stress also play a powerful role in keeping your heart strong.

This February, let love be both outward and inward. Give generously of your heart to others, and just as intentionally, give care and attention to yourself. A healthy heart, emotionally and physically, is one of the greatest gifts you can offer.

Venita E. George.  
Outreach Coordinator

## 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

# Newsletter

February 2026

## Outreach

### ***Nourishing the Community: Bethel A.M.E. Church's Commitment to Healthy Living and Financial Empowerment***

It was a rainy day in Baltimore, Maryland, yet Reverend Venita George, SHARE Food Network Outreach Coordinator, was determined to meet with the members of Bethel A.M.E. Church. With the same spirit that inspired their ancestors in 1785 to break away from the Methodist Episcopal Church and establish Bethel A.M.E., Reverend Venita pressed forward with purpose and passion.

Despite the rain, she was warmly welcomed by more than 35 enthusiastic members who braved the weather to learn how they could better serve their community; reflecting the true heart and mission of the church. Their vision extends far beyond serving only church members. They are committed to reaching other churches, community organizations, politicians, and schools to ensure that nutritious, affordable food is accessible to everyone in need.

This initiative goes beyond simply providing meals; it emphasizes education—teaching individuals how to shop wisely, budget effectively, and make healthier food choices. The goal is to help people move away from dependence on fast food and toward smarter purchasing decisions that support both financial stability and long-term health. By promoting healthy eating habits and sound budgeting skills, the program aims to strengthen families today while building sustainable generational wealth—both financially and nutritionally—for the future.

Although the weather outside was cold, rainy, and dreary, the sun was shining brightly within the hearts of Reverend Venita and the members of Bethel A.M.E. Church. Nothing could deter their commitment to serving the community.

If you know of a church or organization interested in joining this effort and serving as a host site.

| PRICE COMPARISON |                              |          |          |
|------------------|------------------------------|----------|----------|
| Wt (lbs)         | Item                         | Store #1 | Store#2  |
| 5                | Chicken Drumsticks           | \$ 8.45  | \$ 12.45 |
| 1                | Perch/2.85                   | \$ 7.94  | \$ 7.99  |
| 1                | Italian Style Meatballs/2.79 | \$ 7.40  | \$ 4.99  |
| 1                | Kidney Beans Red             | \$ 1.89  | \$ 1.89  |
| 1 doz            | Eggs                         | \$ 2.99  | \$ 3.99  |
| 0.5              | Cheese                       | \$ 2.59  | \$ 2.99  |
| 3                | Potatoes                     | \$ 3.99  | \$ 1.80  |
| 1                | Cabbage                      | \$ 3.50  | \$ 2.58  |
| 1                | Carrots                      | \$ 0.99  | \$ 1.29  |
| 1.75             | Cucumbers                    | \$ 1.98  | \$ 1.98  |
| 1.2              | Eggplant                     | \$ 2.66  | \$ 2.61  |
| 2                | Onions                       | \$ 1.99  | \$ 1.66  |
| 2.25             | Nectarines                   | \$ 8.00  | \$ 6.40  |
|                  |                              | \$ 54.37 | \$ 52.62 |



**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](mailto:FSN@cc-dc.org)**



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February 2026



## Baked Ocean Perch Recipe

*This tender, baked ocean perch recipe has the most flavorful spice rub. It's easy to make and ready in less than 30 minutes!*

### Ingredients

- 1 ½ pounds ocean perch fillets
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 1 teaspoon dried mustard
- ½ teaspoon smoked paprika
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon black pepper

### Instructions

- Preheat oven to 350 degrees F. Pat the fish dry with paper towels.
- Combine the salt, mustard, paprika, black pepper, and red pepper flakes in a bowl. Stir to mix.
- Place fillets on a parchment-lined baking sheet or a greased baking dish. Brush the tops of the fillets with the oil. Sprinkle the seasoning over the fish. Rub the seasoning into the fish gently with your fingers.
- Bake for 15 to 20 minutes, until fish reaches an internal temperature of 145 degrees F on an instant-read thermometer and flakes apart easily with a fork.



## February is American Heart Month

Heart disease is the leading cause of death in the United States, and high blood pressure—often called the “silent killer”—can damage the body over time without obvious symptoms. Monitoring your blood pressure is an important step in protecting your heart. Alongside guidance from a healthcare provider, healthy lifestyle changes—especially nutrition—can make a meaningful difference.

The foods we offer in our SHARE packages help to support wellness such as

- a variety of fresh fruits and vegetables
- whole grains
- fat-free or low-fat dairy products
- skinless poultry and fish
- unsalted nuts and legumes

Did you know healthy meals made with foods from SHARE packages, along with regular physical activity, can support healthy blood pressure and long-term heart health?



# February 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



Supplemental  
Nutrition  
Assistance  
Program

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.), Beef Portions  
(1 lb.), Ground Chicken (1 lb.),  
Swai (1 lb.),  
**+ 10-12 lbs. Fresh Produce**

### **Seafood Special \$29**

Breaded Butterfly Shrimp (2 lbs.)  
Scallops (1 lb.) & Tuna medallions (1 lb.)

### **Smoothie Special \$16**

Frozen Spinach (1lb.), Frozen  
Strawberries (1.5 lbs.), Frozen Mango  
(1.5 lbs.) & Frozen Pineapple (1.5 lbs.)

- Order Turn-In: 2/9
- All Final Order Changes: 2/16 by 12 PM
- All Payments: 2/17
- Distribution Days: 2/20 or 2/21

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