



HEALTHIER FAMILIES ♦ STRONGER COMMUNITY

NEWSLETTER

MARCH 2026

Healthy Eating Starts Here: Celebrate National Nutrition Month

March 9th

Host Site
Initial
Orders Due

March 16th

Final Order Due
at 12 noon
from SHARE Host Sites

Confirm Customer
due dates
with your
Host Site Coordinator

March 17th

Host Site
Payments Due
to
SHARE Headquarters

March 20th & 21st

SHARE Distribution
Days

March 27th

Share Headquarters
Closed

You are welcome
to place your
March order
by
phone, fax, or email

National Nutrition Month is more than just a reminder to “eat better”—it’s a chance to look at how our everyday food choices shape our long-term health and the world around us. Celebrated every March, it brings together nutrition professionals, schools, workplaces, and communities to spark conversations about building healthy habits that last.

This year’s theme, **“Fuel for the Future,”** puts a spotlight on sustainability and forward-thinking nutrition. The idea is simple but powerful: the foods we choose today affect not only our energy, growth, and disease risk, but also the environment and food systems future generations will rely on. That means thinking beyond calories to consider where food comes from, how it’s produced, and how we can reduce waste.

A big focus is on balanced, fruits, vegetables, whole grains, lean proteins, and healthy fats. These foods support heart health, brain function, and immune strength while helping prevent chronic conditions like diabetes and obesity. Pairing good nutrition with regular physical activity confirms that movement and food work together to support overall well-being.

“Fuel for the Future” also encourages sustainable eating habits, such as:

- Choosing more plant-forward meals
- Reducing food waste through smart planning and storage
- Being mindful of portion sizes and packaging
- and reading food labels

Fuel for the future

1 balanced meal, 1 wholesome snack, 1 day at a time

Eat Better & Shop Smarter

Healthy eating starts with smart shopping, but that's tough when fast food, sodas, and snacks are everywhere – and often cheaper than fresh options. The **SHARE Food Network** is helping families push back by offering low-cost monthly food packages filled with produce and proteins and teaching practical skills like comparing prices, planning meals, and choosing healthier options. **SHARE** is not a free-food program. It's a community resource that helps households stretch their budgets, avoid marketing traps, and stay focused on foods that truly nourish. By making healthy choices easier and more affordable, **SHARE** empowers families to take control of their nutrition and their grocery dollars.

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 & location



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



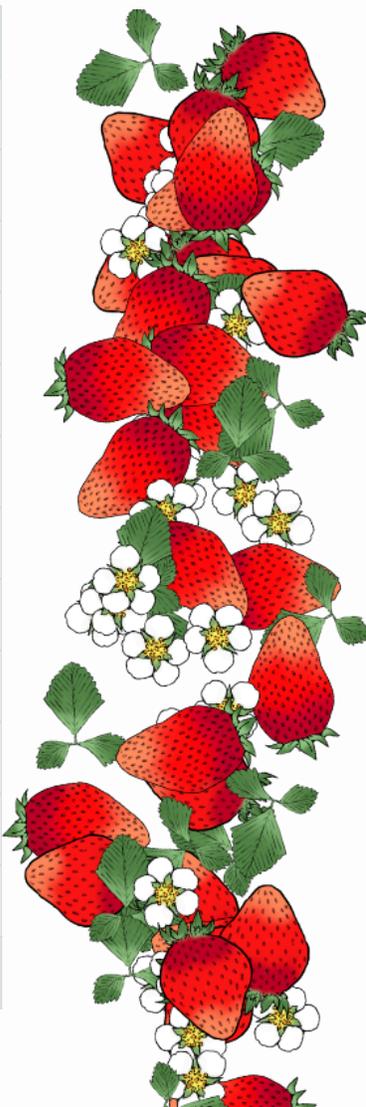
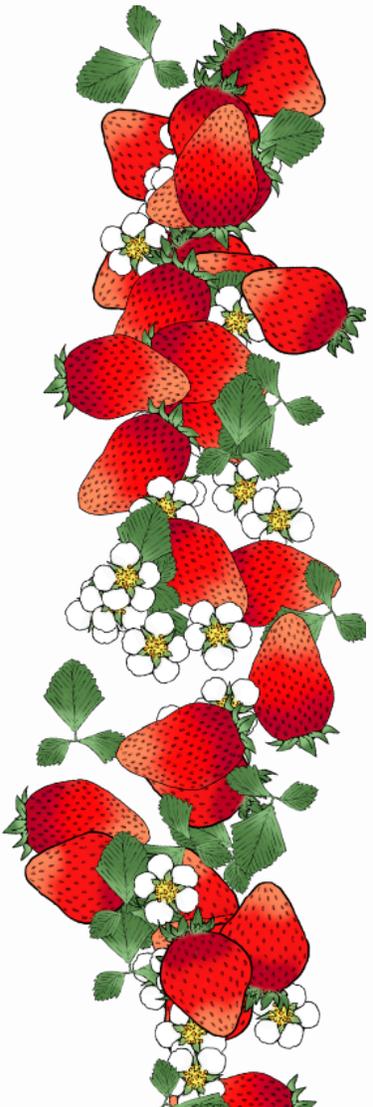
Cottage City Deepens Community Support Through the SHARE Food Network

Cottage City, Maryland—one of Prince George’s County’s historic Port Towns—has long championed grassroots community support, mutual aid, and neighborhood-driven initiatives. Today, the town continues that legacy through its participation in the SHARE Food Network, that provides residents with reliable, affordable groceries each month.

SHARE Invites More Municipalities to Join

SHARE is actively encouraging more towns and municipalities to participate by purchasing food packages for residents who may benefit from additional support. This assistance is especially valuable throughout the entire year, not just during traditional holiday giving seasons like Thanksgiving and Christmas.

By expanding participation, communities can ensure that consistent, equitable food access becomes a year-round priority. Remember: SHARE offers deeply discounted food packages - Just take a look at the Price Comparison below!



WT.	VALUE PACKAGE	UNI	Retail 1	Retail 2
5	Chicken Drums	1	\$7.45	\$12.45
1	Beef Portions	1	\$8.99	\$9.99
1	Ground Chicken	1	\$5.49	\$9.99
1	Swai	1	\$7.49	\$5.99
1	Red Kidney Beans	1	\$1.89	\$1.99
3	Potatoes	1	\$3.99	\$3.99
3	Onion	1	\$2.49	\$3.99
1	Cabbage	1	\$3.50	\$3.38
1	Avocados	2	\$3.76	\$2.50
1	Grapefruit	2	\$2.78	\$4.98
1	Oranges, Navel	2	\$1.28	\$0.75
1	Cantaloupe	1	\$3.99	\$3.99
	YOU Pay \$30		\$53.10	\$63.99



March 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
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.), Tilapia (1 lb.), Ground Beef (1 lb.), Black Beans (1 lb.),
+ 10-12 lbs. Fresh Produce



HAM SPECIAL - \$21
Spiral Ham (10 lbs.)



MIXED FRESH FRUIT SPECIAL - \$24
Will include fruits such as Grapes, Berries, Pineapple and more



HOLIDAY APPETIZED SPECIAL - \$19
Party wings, Shrimp, & Meatballs

- Order Turn-In: 3/9
- All Final Order Changes: 3/16 by 12 PM
- All Payments: 3/17
- Distribution Days: 3/20 or 3/21

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