



HEALTHIER FAMILIES • STRONGER COMMUNITY

Newsletter

Step Into the Light: June's Call to Grow and Give

A Word from the Director Yonette Wilson-Williams

Important Dates

June 15th

Host Site Orders
Turn In

June 22nd

Final order due
at 12 noon

Check with Host Site
Coordinator, - Host Site
due date may be earlier

June 23rd

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



June 26th & 27th

DISTRIBUTION DAYS



July 2nd & 3rd

OFFICE CLOSED

Welcome to the Network. We are proud to serve as a space for collaboration, innovation, and shared purpose. Our strength lies in the diverse voices and expertise of our members, and together we continue to build meaningful connections that create real impact.



June arrives with long days and warm sunshine. Flowers are in full bloom. The world is green and alive. June feels generous—everywhere you look, something is growing and becoming. Spiritually, it carries a message of growth, love, and expansion, but also of sharing that abundance in real ways.

One simple, powerful answer is food. Nutritious food sustains life and builds connection. It says, "You matter." That's why organizations like SHARE Food Network are so important—they turn abundance into action, helping families access healthy, affordable meals. Spirituality becomes real through what you do. Share a meal. Help a neighbor. Or spread the word about SHARE Food Network—you never know who might need it or want to help.

So as the days grow longer and the world feels full, take that as your invitation. Step into the light, yes—but bring others with you. Share what you have. Share what you know. Share the resources that make a difference. That's how growth becomes community. That's how abundance becomes something everyone can feel.
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Warm regards,
Yonette Wilson- Williams

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

Volunteer Spotlight : Phyllis Scott

At the **SHARE Food Network** warehouse, dedication shows up week after week—and **Phyllis Scott** is a powerful example. A retired community member, Phyllis has volunteered at least twice a week, faithfully supporting SHARE's mission to make wholesome, nutritious food affordable while building strong, community-driven solutions rooted in dignity and respect.



Phyllis retired during the COVID-19 pandemic. While resting at home, she began researching nonprofit organizations she was already familiar with, praying for guidance on where she could serve. She recalls saying, "God, I'm going with the first organization that calls me." The very next morning, she received a call from Ninochika Twitty, Administrative and Volunteer Coordinator. That call led Phyllis to SHARE, where she has now been volunteering for the past 2.5 years.



From packing fresh produce to assembling SHARE food packages, Phyllis brings care and consistency to every task. SHARE staff often say that while Phyllis stands out for her faithfulness, she represents something even greater—one of many dedicated volunteers whose commitment keeps SHARE's mission moving forward every day.

On April 30, at the Saint John Paul II National Shrine, Phyllis was honored with the Monsignor Geno Baroni Award in recognition of her dedication to service, community partnership, and social justice.

For Phyllis—and for SHARE—every box packed is more than food. It is faith, purpose, and shared action at work.



Looking to make a difference in your community? Whether you need community service hours, want to stay active and engaged in retirement, or are searching for a rewarding volunteer opportunity, we'd love to hear from you!

Join us in giving back and making a meaningful impact. To get started, please contact Ninochika Twitty at 301-864-3115, ext. 7011, or email Nonochika.Twitty@cc-dc.org for more information.

Promoting Community Wellness: SHARE at Emory Health and Wellness Fair

SHARE Food Network was represented at the Emory Fellowship Health and Wellness Fair.



SHARE Food Network was represented at Emory's Health and Wellness Ministry, which hosted its 4th Annual Health and Wellness Fair on Saturday, April 18. The Ward 4 event was fun, informative, and engaging for the entire family, with child care available for younger participants.

In addition to the health and fitness offerings, residents received information about SHARE Food Network, along with healthy recipes and resources to support nutritious eating and overall wellness.

SHARE	Big Box Grocery
Tilapia (1 lb)	\$5.50
Ground Chicken (1 lb)	\$5.42
Chicken leg Qrts (5 lbs)	\$7.45
Beef Portions (1 lb)	\$13.49
Kale (.8)	\$2.27
Potatoes (3 lbs)	\$2.88
Celery (1lb)	\$2.74
Carrots (1 lb)	\$1.31
Pears, Anjou (1.6 lbs)	\$4.92
Apples (1.6 lbs)	\$5.67
Lemons (1.2 lbs)	\$3.32
Grapefruit (1.3 lbs)	\$2.40
YOU ONLY PAY:	\$57.37



CJ's Recipe

Country Style Pork Ribs

1. 3 pounds country style pork ribs
2. ½ tablespoon salt
3. ½ cup barbecue sauce

1. Preheat the oven to 300 degrees F and line a baking sheet with foil. Spray the foil generously with non-stick cooking spray.
2. Place the ribs on the prepared baking sheet and salt them all over. Coat one side of some more foil with non-stick spray and then tightly wrap the ribs. (I crimp the foil onto the edges of the baking sheet to make the seal.)
3. Bake for 2 hours. Then carefully uncover the ribs (there should be liquid in the pan if the foil seal was tight enough). Baste the ribs with barbecue sauce.
4. Return the baking sheet to the oven without covering the ribs and cook for another 45-50 minutes. When the cooking time is up the ribs should be fork tender. (If not, you can cook them for another 10-15 minutes.)
5. If there is still a decent amount of liquid in the pan, soak some up with a paper towel. Then, use tongs to carefully flip the ribs over and baste them with barbecue sauce again.
6. Broil on high for about 2-3 minutes until the edges are a little charred and crispy. You don't need to raise the oven rack, middle placement is best to prevent burning.
7. Remove the ribs from the oven and allow them to rest for 5-10 minutes before serving with extra barbecue sauce and your favorite sides.



HEALTHIER FAMILIES • STRONGER COMMUNITY

June 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, SNAP-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 Drumsticks (5 lbs.), Ground Beef (1 lb.), Chicken Thighs (1 lb.), Pollock (1 lb.),
+ 10-12 lbs. Fresh Produce



Mixed Grill Box \$37

Chicken Leg Quarters (5 lbs),
4 -Hamburger Patties (1 lb),
Rack of Ribs (3.6 lbs),
Chicken Tenderloins (2 lbs),
Italian Sausage Link (1 b)



Where's The Beef? \$31

Salmon Patties (2 lbs)
Chicken Patties (2 lbs)
Turkey Patties (2 lbs)



School's Out Special \$23

Cheese Pizzas (5 each),
Chicken Nuggets (2 lb.),
1 jar Peanut butter & Strawberry preserves , Waffles (1 pkg.),
American Slice Cheese (1 pkg)

- **Order Turn-In: 6/15**
- **All Final Order Changes: 6/22 by 12 PM**
- **All Payments: 6/16**
- **Distribution Days: 6/26 or 6/27**

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