

SHARE Newsletter



Yonette Wilson-Williams
Director of SHARE Food Network

Standing Together During Challenging Times

As August begins, many families in our community are feeling the effects of an uncertain economy. Rising grocery costs, higher utility bills, and back-to-school expenses are making it increasingly difficult for households to make ends meet. For many, putting healthy food on the table has become one of their greatest challenges.

We are seeing more families turn to our program for support. August is traditionally a busy month as parents prepare their children for school while continuing to manage expenses. Every dollar counts, and many families are forced to make difficult choices.

The more orders the program receives, the more food we can purchase. Every order helps us expand our resources and provide more meals to you and your neighbor. Your generosity helps us:

- Provide nutritious food to families, individuals, and senior citizens facing food insecurity.
- Assist working families and individuals whose wages cannot cover the rising cost of living.
- Ensure children have access to healthy meals as they prepare to return to school

Despite these challenges, our mission remains the same—to provide nutritious food, hope, and dignity to those who need it most. Thanks to the generosity of our volunteers, donors, community partners, and supporters, we continue to serve our neighbors with compassion and care. We wish you a safe, healthy, and hopeful August, and we look forward to continuing this important work together.

Help Others by Volunteering with SHARE Food Network

Looking to give back to your community? Whether you need service hours, want to stay active in retirement, or are seeking a meaningful volunteer opportunity, we'd love to hear from you! Contact Ninochika Twitty at 301-864-3115 ext. 7011 or Ninochika.Twitty@cc-dc.org to get started.



Day of Connection at the Catholic Charities DC Impact Expo

On July 16, SHARE Food Network joined Catholic Charities of the Archdiocese of Washington at its annual Impact Expo at The Catholic University of America. The event brought together ministries, programs, and community partners dedicated to serving individuals and families throughout the District of Columbia.

The Expo was a wonderful opportunity to learn about each program's mission, share ideas, and build new relationships, and connect with colleagues who share the same commitment to helping others.

The day reminded us that Catholic Charities is powered by people helping people. Together, we are creating hope, strengthening communities, and making a lasting impact in the lives of our neighbors.

As we continue our mission of providing affordable, nutritious food to all families throughout the DMV, we are grateful to be part of a network that believes in the power of compassion, collaboration, and service. Together, we are making an impact—one person, one family, and one community at a time.



Promote the Important Work of SHARE Food Network

Please help spread the word about SHARE Food Network! Even though we've been serving our community for 35 years, many people still don't know they can access affordable, nutritious food—regardless of income.

How can you help support the program? Feel free to invite a SHARE Outreach Specialist to your church or organization meeting to share information about our services and how to get help. Together, we can continue working together in the battle against food scarcity—one meal at a time.



Chef's Recommendation: Pan-fried Perch with Lemon Butter Sauce

Ingredients

- Ocean perch fillets
- Olive oil
- Kosher salt
- Dried mustard
- Smoked paprika
- Crushed red pepper flakes
- Black pepper

Directions

1. Preheat your oven to 350 degrees Fahrenheit. Pat the ocean perch fillets dry with paper towels to ensure the seasoning adheres well and the fish bakes up beautifully.
2. In a small bowl, mix together the kosher salt, dried mustard, smoked paprika, crushed red pepper flakes, and black pepper until fully combined. This spiced seasoning blend is the heart of the dish.
3. Arrange the fillets on a parchment-lined baking sheet or in a lightly greased baking dish. Brush the tops of the fillets evenly with olive oil—this adds moisture and helps the spices stick.
4. Sprinkle the seasoning mix over the fish evenly. I like to gently rub it in using my fingers to make sure every bite is packed with flavor.
5. Return fillets to the pan, spooning sauce over each. Garnish with fresh herbs like parsley or chives and serve with vegetables, rice or a light salad.





Our SHARE Food Network provides affordable, nutritious food packages **available to everyone**, regardless of socioeconomic background. At a 50% discount, no application, qualification, identification, or documentation is required for purchase.

How to Order

To order food packages, scan the QR code to find a local host site. Next, call your selected Host Site and provide payment. Food packages will be collected on a designated pickup date and at your selected host location.

Quantities are limited on **ALL** menu items. Menu items are subject to change due to quality or shipping issues.



We Accept:
Debit/Credit, EBT,
Money Orders,
Org. Checks



THIS MONTH'S SELECTION



VALUE PACKAGE

Chicken Drumsticks (5 lbs.), Ground Beef (1 lb.), Ocean Perch Fish (1 lb.), Bone-in Chicken Thighs (1 lb.) and 10-12 lbs. of Fresh Fruits & Vegetables

\$30



I FLY AWAY

Chicken Wings (7.5 lbs.)
Not pre-seasoned, Not pre-cooked

\$18



CRAB BOIL

Blue Soup Crabs (4 lbs.),
Easy Peel Shrimp (1 lb.),
Smoked Sausage Loop (.75 lb.)

\$38



SCHOOL'S OUT 4 SUMMER SPECIAL

4 Personal Cheese Pizzas,
Chicken Nuggets (2 lbs.), 1
Jar of Peanut Butter &
Strawberry Preserves,
Chicken Bologna (1 pkg.) and
American Cheese (1 pkg.)

\$23

Order Turn in: Monday, July 27

All Final Order Changes: Monday,
August 17 by 12 pm

All Payments: Tuesday, August 18

Distribution Days: August 21-22



www.catholiccharitiesdc.org/sharefoodnetwork



301-864-3115



Shareorders@cc-dc.org



Nuestra SHARE Food Network ofrece paquetes de alimentos asequibles y nutritivos, **disponibles para todos**, independientemente de su origen socioeconómico. Con un descuento del 50%, no se requiere solicitud, requisitos de elegibilidad, identificación ni documentación alguna para su compra.

Cómo Pedir

Para solicitar paquetes de alimentos, escanee el código QR para encontrar un punto de distribución local. A continuación, llame al punto de distribución seleccionado y realice el pago. Los paquetes de alimentos se recogerán en la fecha designada y en el punto de distribución que usted haya elegido.

Las cantidades de **TODOS** los artículos del menú son limitadas. Los artículos del menú están sujetos a cambios por problemas de calidad o de envío.



Nosotros aceptamos

Débito/Crédito,
EBT, Giros Postales,
Org. Cheques



LA SELECCIÓN DE ESTE MES



PAQUETE ECONOMICO

Muslos de pollo (5 lbs.),
Carne molido (1 lb.),
Gallineta (1 lb.), Muslos
de pollo con hueso and
10-12 lbs. of Vegetales y
Frutas Frescas

\$30



SALGO VOLANDO

Alitas de pollo (7.5 lbs.)
**Sin sazonar previamente,
Sin precocinar**

\$18



CANGREJOS HERVIDOS

Cangrejos azules para
sopa (4 lbs.), Camarones
de fácil pelado (1 lb.),
Rosca de salchicha
ahumada (.75 lb.)

\$38



ESPECIAL DE FIN DE CLASES PARA EL VERANO

4 Pizzas de queso
individuales, Tiras de pollo
(2 lb.), 1 jar Mantequilla de
cacaahuete y mermelada de
fresa, Gofres (1 pkg), Queso
americano en lonchas (1 pkg)

\$23

Entrega del Pedido: Lunes, 27 de Julio

Todos los cambios en el pedido final:
Lunes, 17 de Agosto by 12 pm

Todos los Pagos: Martes, 18 de Agosto

Días de Distribución: 21-22 de Agosto

www.catholiccharitiesdc.org/sharefoodnetwork

301-864-3115

Shareorders@cc-dc.org