

SHARE Newsletter



Yonette Wilson-Williams
Director of SHARE Food Network

Giving Thanks by Giving Back: Volunteer with SHARE Food Network

November is a special month, when families and communities come together to celebrate Thanksgiving and express gratitude for the people and blessings in their lives. It is also an important time to remember that many families struggle to put enough food on their tables. Volunteering with SHARE Food Network provides an opportunity to turn gratitude into action by helping provide holiday food to individuals and families.

A Thanksgiving meal can mean much more than food. It can provide a sense of comfort. By volunteering our time and energy, we can help make it possible for more families to experience a festive meal with their loved ones.

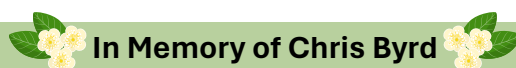
This November, I invite you to join our amazing community of volunteers as we work together to provide nutritious Thanksgiving meals at affordable prices for families across our region.

Thanksgiving is a time to share, give thanks, and create cherished memories with family and friends. Every family deserves the opportunity to enjoy a warm and joyful holiday meal, and with your support, we can help make that possible.

God Bless,

Yonette Wilson - Williams

Director, SHARE Food Network



In Memory of Chris Byrd



We remember Chris Byrd with deep sadness and gratitude. A kind and passionate person, Chris touched many lives with his warmth and sense of humor. His dedication to serving those in need was truly inspiring.

As community outreach developer, Chris supported SHARE's grant writing, newsletter efforts, and played an instrumental role in SNAP outreach grant partnership with the State of Maryland. Well-liked by colleagues and community members alike, he also participated in SHARE's mobile outreach activities. Through his service with the SHARE, Chris touched the lives of individuals and families, reminding us of the profound difference that kindness, compassion, and willingness to serve can make.

We are grateful for Chris's commitment to helping others, and his contributions to our organization will not be forgotten.

May the seeds of kindness Chris planted continue to bear fruit in the lives of those he helped. May his memory inspire us to carry forward the work of caring for our communities and supporting those who need a helping hand. Chris Byrd will be deeply missed and fondly remembered.

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.

October Price Comparison

SHARE Value Pack	Store 1	Store 2
Chicken Drums	\$4.95	\$12.45
Ground Chicken	\$3.99	\$8.79
Tilapia	\$10.00	\$6.99
Eggs	\$2.69	\$3.99
Black Beans	\$1.28	\$2.49
Potatoes	\$3.99	\$3.99
Leeks	\$2.99	\$2.24
Carrots	\$2.49	\$2.99
Peppers	\$2.00	\$2.50
Mini Cukes	\$3.99	\$3.99
Green Leaf Lettuce	\$2.79	\$2.99
Pineapples	\$3.29	\$4.99
Oranges	\$5.00	\$3.00
SHARE Price \$30.00	\$49.45	\$61.40

Promote the Important Work of SHARE Food Network

Please help spread the word about SHARE Food Network! Even though we've served our community for 35 years, many people still don't know they can access affordable, nutritious food—no matter their 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.

Friendly Reminder!

1. Quantities are limited on ALL menu items.
2. Menu items are subject to change due to quality or shipping issues.
3. Place your order as soon as possible and call to confirm receipt
4. Pay attention to deadlines and dates

Teriyaki Salmon

Sweet Chilli, honey, sesame oil, mirin sauce and soy combined to make a punchy sauce for this teriyaki salmon. Serve with pak choi for a quick delicious dinner.

Ingredients

- Skinless salmon fillets
- Sweet Chilli Sauce 1tbs
- Honey 1 tbs
- Sesame Oil 1 teaspoon
- Mirin (or Dry Sherry) 1 tbs
- Soy Sauce 2 tbs
- Ginger 2 teaspoon

Heat oven to 180° C.

Combine sauce and pour over salmon so that the fillets are covered.



GET THE RECIPE

www.bbcgoodfood.com/recipes/teriyaki-salmon-sesame-pak-choi



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

1. To order food packages, scan the QR code to find a local host site.
2. Next, call your selected Host Site and provide payment.
3. Pick up your purchased food package on the designated pickup date at your selected host location.

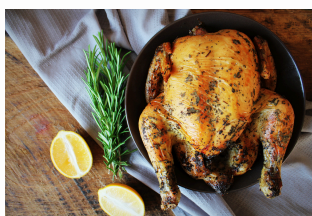
Quantities are limited on **ALL** menu items. Menu items are subject to change due to quality or shipping issues.



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



THIS MONTH'S SELECTION



VALUE PACKAGE

Whole Chicken, Ground Sausage, Tilapia, Box of Stuffing, Cheddar Cheese, Box of Macaroni, Fresh Fruits & Vegetables (9-11 lbs.)

\$30



HOLIDAY PROTEIN BOX

Turkey Breast (6 lbs.)
Pork Loin (2 lbs.)
Salmon (2 lbs.)

\$56



HOLIDAY MEAL SPECIAL

Turkey Breast (6 lbs.)
Green beans (1 lb.)
Carrots (1 lb.), Corn (1 lb.)
Box of Stuffing, Elbow Macaroni (1 lb.), Cheddar Cheese (1/2 lb.), 10" Apple Pie

\$42

Order Turn in Begins: Monday, October 19

All Final Order Changes: Monday, November 16 by 12 pm

All Payments: Tuesday, November 17

Distribution Days: November 20 - 21

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

1. Para pedir paquetes de alimentos, escanee el código QR y busque un centro de distribución local.
2. A continuación, llame al centro anfitrión seleccionado y realice el pago.
3. Recoja el paquete de alimentos que compró en la fecha de recogida designada y en la sede anfitriona que seleccionó.

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.

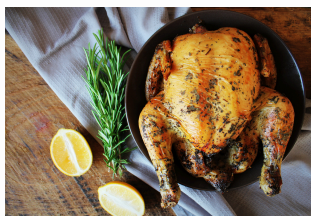


Nosotros aceptamos

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



LA SELECCIÓN DE ESTE MES



PAQUETE ECONÓMICO

Pollo entero, Salchicha molida, Tilapia, Caja de relleno, Queso cheddar, Caja de macarrones, Frutas y verduras frescas (9-11 lbs.)

\$30



CAJA DE PROTEÍNAS

Pechuga de pavo (6 lbs.)
Lomo de cerdo (2 lbs.)
Salmón (2 lbs.)

\$56



OFERTA ESPECIAL DE COMIDA

Pechuga de pavo (6 lbs.), Judías verdes (1 lb.), Zanahorias (1 lb.), Maíz (1 lb.), Caja de relleno, Macarrones de codo (1 lb.), Queso cheddar (1/2 lb.), pastel de manzana de 10"

\$42

Comienza la entrega de pedidos : Lunes, Octubre 19

Todos los cambios en el pedido final: Lunes, Noviembre 16 antes de las 12 pm

Todos los Pagos: Martes, Noviembre 17

Días de Distribución: Noviembre 20-21

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