



HEALTHIER FAMILIES • STRONGER COMMUNITY

SHARE Food Network Provides  
Discounted Nutritious  
Groceries Every Month!

MAY 2024

# MENU



Visit [www.FrederickHealth.org/SHARE](http://www.FrederickHealth.org/SHARE) to order.

For more information, call the Frederick Health SHARE hotline at 240-566-7427.

## A Value Package: \$26

- 5 lb. Chicken Drumsticks
- 1 lb. Ground Turkey
- 3/4 lb. Turkey Bacon

Value package includes 8-10 pounds of fresh fruits and vegetables!



## ALL SPECIALS *Limited quantity | All menu items subject to change*



\$19

### B Baby Back Ribs

3 Packs - 1.25 lb. each



\$36

### C Crab Boil

1 lb. Crab Claws; 1 lb. Extra Jumbo Raw Tail-on Shrimp; 2 lbs. Whole Blue Crab; 3/4 lb. Kielbasa Sausage



\$24

### D Produce Box

10 lbs. Mix of Available Fresh Fruits & Vegetables

## Everyone can SHARE! Will you?

1. Anyone can order online at [www.FrederickHealth.org/SHARE](http://www.FrederickHealth.org/SHARE).
2. For EBT payments or help with an order, call 240.566.7427 (SHAR).
3. Orders will be distributed from 8:30-10 AM on Saturday, May 18th at Frederick Health Village.
4. Orders are due by 12 noon on Friday, May 3rd.

[CatholicCharitiesDC.org/Program/SHARE-Food-Network](http://CatholicCharitiesDC.org/Program/SHARE-Food-Network) | 301-864-3115 or 800-21-SHARE