



HEALTHIER FAMILIES • STRONGER COMMUNITY

SHARE Food Network Provides  
Discounted Nutritious  
Groceries Every Month!

APRIL 2026

# MENU



Visit [www.FrederickHealth.org/SHARE](http://www.FrederickHealth.org/SHARE) to request a call-back for ordering.  
For more information, call the Frederick Health SHARE hotline at 240-566-7427.

## A Value Package: \$31

- 5 lbs. Chicken Leg Quarters
- 1 lb. Surimi (Imitation Crab)
- 1 lb. Ground Chicken
- 1 lb. Black Beans

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



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



DASH (Dietary Approaches to Stop Hypertension) is a flexible & balanced eating plan that supports heart health. The following items on this menu can be prepared in DASH-friendly ways: Fresh Produce, Chicken Legs (skin removed), Black Beans, Chicken Strips, Pork Strips, Corn Tortilla (in moderation), & Salmon. Scan the QR Code to learn more about DASH!



\$19

## B Cinco de Mayo Box

- 1 lb. Beef Strips, 1 lb. Chicken Strips,
- 1 lb. Pork Strips, & 1 lb. Corn Tortillas



\$20

## C Breakfast Box

- Waffles (3 bags / 12 ct. each), Pork Sausage Patties (2 - 2 lb. bags), & 1 Box of Pancake Mix



\$29

## D Salmon Special

- 2.5 to 3 lbs. Salmon Filets

## Everyone can SHARE! Will you?

1. Anyone can request a call-back to order 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, April 18th at Frederick Health Village.
4. Orders are due by 12 noon on Friday, April 3rd.

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