



AUGUST 2026 MENU



Visit 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 Drumsticks
1 lb. Ground Beef
1 lb. Ocean Perch
1 lb. Chicken Thighs

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 & Thighs (skin removed), Ocean Perch, Blue Crabs, & Shrimp. Scan the QR Code to learn more about DASH!



\$19

B

I Fly Away (Wing Special)

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



\$39

C

Crab Boil

4 lbs. Blue Soup Crabs
1 lb. EZ Peel Shrimp
0.75 lb. Smoked Sausage



\$24

D

School's Out Special

4 Personal Pizzas, 2 lbs. Chkn Nuggets, 1 jar PB & Str. Preserves, 1 pkg. Chkn Bologna, 1 pkg. Am. Cheese

Everyone can SHARE! Will you?

1. Anyone can request a call-back to order at www.FrederickHealth.org/SHARE (Credit card & EBT payments accepted).
2. For additional help with an order, call 240.566.7427 (SHAR).
3. Orders will be distributed from 8:30-10 AM on Saturday, August 22nd at Frederick Health Village.
4. Orders are due by 12 noon on Friday, August 7th.

CatholicCharitiesDC.org/Program/SHARE-Food-Network | 301-864-3115 or 800-21-SHARE