

# DECEMBER 2025 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

5.5 lbs. Whole Chicken  
1 lb. Marinated Chicken Strips  
1 lb. Tilapia Filets  
1 lb. Ground Sausage

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



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



**\$56**

## B Value Package + Turkey

Value Package + 10-12 lbs. Turkey



**\$24**

## C Bone-in Holiday Ham

9.5 lbs. avg. Bone-in Ham



**\$19**

## D Smoothie Special

All Frozen - 2 lbs. Spinach, 1.5 lbs. Strawberries, 1.5 lbs. Mango, & 1.5 lbs. Pineapple



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, Tilapia Filets, Turkey, & Smoothie Special.*  
Scan the QR Code to learn more about DASH!

## 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, December 20th at Frederick Health Village.
- 4) Orders are due by 12 noon on Friday, December 5th.