SHARE
HEALTHIER FAMILIES + STRONGER COMMUNITY

SHARE Food Network Provides Discounted Nutritious Groceries Every M onth!

DECEMBER 2026 MENU

Frederick Health

Visit 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

5½ lbs whole chicken
1 lb ground sausage
1 lb tilapia
1 lb black eyed peas

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



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



$26

B

Holiday Ham Special

8-9 lbs. Brown Sugar Glazed Spiral Ham



$40

C

Sirloin Steak Special

8 x 8 oz. Sirloin Steaks

DASH (Dietary Approaches to Stop Hypertension) is a flexible and balanced eating plan that supports heart health. Prepare these items from this menu in DASH-friendly ways:

Fresh produce, chicken with skin removed, tilapia, black eyes peas, and sirloin steak (in moderation).

Scan the QR Code to learn more about DASH!

Everyone can SHARE! Will you?

1. Anyone can request a call-back to order at frederickhealth.org/SHARE (Credit card and EBT payments accepted).
2. For additional help with an order, call 240-566-7427 (SHAR).
3. Orders will be distributed from 8:30–10 a.m. on Saturday, December 19 at Frederick Health Village.
4. All orders are due by 12 p.m. on Friday, December 4.

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