



HEALTHIER FAMILIES + STRONGER COMMUNITY
SHARE Food Network Provides
Discounted Nutritious
Groceries Every Month!

FEBRUARY 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. Beef Portions
1 lb. Ground Chicken
1 lb. Swai Fish

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



ALL SPECIALS Limited quantity | All menu items subject to change



\$30

B Seafood Special

2 lbs. Breaded Butterfly Shrimp
1 lb. Scallops
1 lb. Tuna Medallions



\$17

C Smoothie Special

1 lb. Frozen Spinach & 1.5 lbs. each
of Frozen Strawberries, Mango, &
Pineapple

★ DASH (Dietary Approaches to Stop Hypertension) is a flexible and balanced eating plan that supports heart health.

★ The following items on this menu can be prepared in DASH-friendly ways:
- Fresh Produce
- Chicken Drums (skin removed)
- Swai Fish
- Scallops
- Tuna Medallions
- Smoothie Special



★ Scan this 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.
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, February 21st at Frederick Health Village.
4. Orders are due by 12 noon on Friday, February 6th.