



HEALTHIER FAMILIES • STRONGER COMMUNITY

SHARE Food Network Provides
Discounted Nutritious
Groceries Every Month!

JUNE 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. Chicken Thighs
- 1 lb. Pollock

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 Thighs/Drums/Quarters (skin removed), & Pollock. Salmon, Chicken, & Turkey Patties may be DASH friendly (depending on sodium & saturated fat content). Scan the QR Code to learn more about DASH!



\$38

B

Mixed Grill Box

5 lbs. Chicken Quarters, 4 - 1 lb. Burgers, 3.6 lbs. Ribs, 2 lbs. Chicken Tenderloins, 1 lb. Italian Sausage Link



\$32

C

Where's the Beef?

2 lbs. Each Salmon Patties, Chicken Patties, & Turkey Patties



\$24

D

School's Out Special

5 Cheese Pizzas, 2 lbs. Chicken Nuggets, 1 Jar PB & Strawberry, 1 pkg. Waffles, 1 pkg. American Cheese

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, June 27th at Frederick Health Village.
4. Orders are due by 12 noon on Friday, June 12th.

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