



HEALTHIER FAMILIES • STRONGER COMMUNITY

SHARE Food Network Provides
Discounted Nutritious
Groceries Every Month!

MARCH 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. Tilapia
- 1 lb. Ground Beef
- 1 lb. Black Beans

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



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



\$22

B

Ham Special

10 lb. Spiral Ham



\$25

C

Mixed Fresh Fruit Special

Will include fruits such as Grapes, Berries, Pineapple & more!



\$20

D

Appetizer Special

Party Wings, Shrimp, & Meatballs



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 Drums (skin removed), Tilapia, Black Beans, Mixed Fruit, & Shrimp (if unbreaded). 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.
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, March 21st at Frederick Health Village.
4. Orders are due by 12 noon on Friday, March 6th.

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