



HEALTHIER FAMILIES • STRONGER COMMUNITY

SHARE Food Network Provides
Discounted Nutritious
Groceries Every Month!

MAY 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 Leg Quarters
- 1 lb. Beef Portions
- 1 lb. Ground Chicken
- 1 lb. Tilapia

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 Legs (skin removed), Tilapia, Crab, Shrimp, Corn, Pollock, Tuna, Scallops, & Perch. Scan the QR Code to learn more about DASH!



\$37

B

Crab Boil

- 4 lbs. Blue Crab
- 1 lb. Shrimp
- 2 lbs. Corn on the Cob



\$31

C

Rib Special

- 2-3.75 lbs. Pork Spare Ribs



\$31

D

Seafood Special

- 1 lb. Each of Pollock Fillets, Tuna Medallions, Breaded Butterfly Shrimp, Dry Bay Scallops, & Ocean Perch

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, May 16th at Frederick Health Village.
4. Orders are due by 12 noon on Friday, May 1st.