



HEALTHIER FAMILIES • STRONGER COMMUNITY

SHARE Food Network Provides
Discounted Nutritious
Groceries Every Month!

DECEMBER 2023

MENU



Visit www.FrederickHealth.org/SHARE to order.

For more information, call the Frederick Health SHARE hotline at 240-566-7427.

A Value Package: \$26

Whole Chicken
Beef Tips
Tilapia
Black Eyed Peas

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



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



\$40

B

T-Bone Steak Special

4 - 1 lb. T-Bone Steaks



\$51

C

Value Package + Turkey

10-14 lb. Turkey; Whole Chicken;
Beef Tips; Tilapia; Black Eyed Peas;
8-10 lbs. of fresh fruit & vegetables



\$27

D

Ham Special

7-9 lb. Bone-in Spiral Ham with Glaze

Everyone can SHARE! Will you?

1. Anyone can order online 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, December 16th at Frederick Health Village.
4. Orders are due by noon on Friday, December 1st.

CatholicCharitiesDC.org/Share | SHAREORDERS@CC-DC.ORG | 301-864-3115 or 800-21-SHARE