



HEALTHIER FAMILIES • STRONGER COMMUNITY

SHARE Food Network Provides
Discounted Nutritious
Groceries Every Month!

JANUARY 2024

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

Bone-in Chicken Thighs
Beef/Pork Mix Kielbasa
Ground Turkey

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



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



\$21

B

Chicken Wings

3 - 2.5 lb. bag of Chicken Wings



\$38

C

Surf n Turf

1 lb. Jumbo Scallops
2 lb. T-bone Steak



\$24

D

Produce Box

Mix of fresh produce available

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, January 20th at Frederick Health Village.
4. Orders are due by noon on Friday, January 5th.