



HEALTHIER FAMILIES + STRONGER COMMUNITY

**SHARE Food Network Provides  
Discounted Nutritious  
Groceries Every Month!**

NOVEMBER 2023

# MENU



**Frederick  
Health**



Visit [www.FrederickHealth.org/SHARE](http://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  
Flounder  
Breakfast Sausage

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



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



**\$57**

**B**

### **Value Package + Turkey**

10-14 lb. Turkey; Whole Chicken;  
Flounder; Breakfast Sausage;  
8-10 lbs. of fresh fruits & vegetables



**\$55**

**C**

### **Thanksgiving Dinner**

10-14 lb. Turkey; Collard Greens;  
Brussel Sprouts; Broccoli; Squash;  
Red Potatoes; Stuffing Mix;  
Elbow Macaroni; Cheese

## **Everyone can SHARE! Will you?**

1. Anyone can order online at [www.FrederickHealth.org/SHARE](http://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, November 18th at Frederick Health Village.
4. Orders are due by noon on Friday, November 3rd.