



HEALTHIER FAMILIES • STRONGER COMMUNITY

SHARE Food Network Provides
Discounted Nutritious
Groceries Every Month!

OCTOBER 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

5 lbs. Chicken Drumsticks
1.25 lbs. avg. Ham Steak
1 lb. Ground Beef

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



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



\$28

B

Burger Special

10 - 8 oz. Burger Patties



\$26

C

Mixed Poultry Box

2.5 lbs. Boneless/Skinless Thighs; 2 -
1 lb. Ground Turkey; 2.5 lbs. Chicken
Breasts; 2 - 1.25 lbs. Chicken Wings



\$22

D

Breaded Shrimp

3 lbs. Raw Breaded Shrimp

Everyone can SHARE! Will you?

1. Anyone can 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 8:30-10:00 AM on Saturday, October 28 at Frederick Health Village.
4. All orders are due by noon on Friday, October 13th.

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