



HEALTHIER FAMILIES • STRONGER COMMUNITY

SHARE Food Network Provides  
Discounted Nutritious  
Groceries Every Month!

SEPTEMBER 2023

# MENU



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

- 5 lbs. Chicken Drumsticks
- 2 lbs. avg. Boneless/Skinless Chicken Breast
- 1 lb. Ground Turkey
- 1 lb. Pork Cubes

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



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



\$35

B

### Bacon-Wrapped Scallops

2 – 1 lb. Bags of Bacon-wrapped  
Scallops



\$33

C

### Stuffed Chicken Special

6 - Chicken Kiev; 6 - Chicken Cordon  
Bleu; 6 - Chicken w/Broccoli &  
Cheddar



\$27

D

### Pork Chops Special

10 – 8 oz. Thick-cut Bone-in Pork  
Chops

## 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, September 23rd at Frederick Health Village.
4. Orders are due by noon on Friday, September 8th .



Frederick  
Health

[CatholicCharitiesDC.org/Share](http://CatholicCharitiesDC.org/Share) | [SHAREORDERS@CC-DC.ORG](mailto:SHAREORDERS@CC-DC.ORG) | 301-864-3115 or 800-21-SHARE