



HEALTHIER FAMILIES • STRONGER COMMUNITY

SHARE Food Network Provides
Discounted Nutritious
Groceries Every Month!

AUGUST 2023

MENU



livelwell
FREDERICK



Visit www.FrederickHealth.org/SHARE to request a call back to place an order.
For more information, call the Frederick Health SHARE hotline at 240-566-7427.

A Value Package: \$26

3.5 lbs. avg. Bone-in Chicken Thighs
1.25 lb. avg. Whole Wings
1 lb. Thick-cut Bacon
1 lb. Shredded Cheese

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



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



\$27

B

Mixed Seafood Box

1 lb. Salmon Filets; 1 lb. Mahi Mahi
Filets; 1 lb. Flounder; 1 lb. Tuna
Medallions



\$37

C

Mixed Grill Box

2.5 lbs. Boneless Chicken Breast; 1.8
lb. Pork Tenderloin; 1 lb. All Beef Hot
Dogs; 4 - 8 oz. Sirloin Steaks



\$24

D

Produce Box

Mix of fresh Produce available

Everyone can SHARE! Will you?

1. Frederick Health employees can order and pay in the hospital cafeteria.
2. To order and pay by phone, please complete a callback form here: www.frederickhealth.org/SHARE.
3. Orders will be distributed from 8:30-10 AM on Saturday, August 26th at Frederick Health Village.
4. Orders are due by noon on Friday, August 11th.



Frederick
Health

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