



HEALTHIER FAMILIES • STRONGER COMMUNITY

SHARE Food Network Provides
Discounted Nutritious
Groceries Every Month!

JULY 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

2.5 lbs. Chicken Thighs
5 lbs. Chicken Drums
1 lb. marinated Beef Portions

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



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



\$38

B

Sirloin Steak Special

8 - 8 oz. Sirloin Steaks



\$25

C

Mixed Poultry Box

1 pkg. Turkey Breast Chops, 2 - 1 lb.
Ground Turkey, 1 pkg. thin Chicken
Breast, 2 - 1.2 lb. pkg. Whole Wings



\$29

D

Salmon Special

5 lb. box of Skin-on Salmon Filets

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, July 22nd at Frederick Health Village.
4. Orders are due by noon on Friday, July 7th



Frederick
Health

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