



**Trusted by thousands  
of families every month**

**July 2024**

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## Regional Meeting- June 2024

By: Ashley Woods, SHARE Food Network's Nutrition Educator

Our recent Regional Meeting was a huge success, focused on enhancing our host site collaboration and ensuring high standards across all operations. The event was filled with informative sessions covering the host site participation standards, ensuring everyone is on the same page regarding expectations and best practices. Attendees were then given a comprehensive tour of our warehouse, showcasing our operations and storage facilities.



There were also informative sessions on food safety practices, emphasizing the importance of maintaining high standards to ensure the well-being of those we serve.

SHARE would like to show our appreciation to our host sites and volunteers for allowing us to better serve our community. The event concluded with a special segment dedicated to showing appreciation for some of our outstanding host sites and SHARE team members, acknowledging their exceptional contributions and commitment. Overall, the event was an invaluable opportunity for networking, learning, and celebrating our collective effort to serve. Look out for details of the next regional day, but for now enjoy some of the highlights below and on more on page 3.

**July 15:** Host Site Order Turn -In Day

**July 20:** Volunteer Opportunity

**July 22:** All Host Site final order changes due (by 12pm Noon)

**July 23:** All Host Site payments due

**July 24 & 25:** Volunteer Opportunity

**July 26 & 27:** Distribution Days

**August 2:** SHARE office CLOSED



Yonette Williams, SHARE Executive Director, reviewing Mission, Vision and Values of SHARE Food Network with Host Site Teams.

**HOW IT WORKS?**

**SO HOW DOES SHARE WORK?**

- Scan the QR Code to locate a SHARE site based on your zip code
- Contact the site coordinator of that location to place & pay for your order
- Pick-up on the selected distribution date/time & site!
- Check out the monthly menu (on the back).



## This month's recipe:

### Salmon Salad



This healthy quick recipe is loaded with Omega-3s and protein, making it the perfect light but fulfilling lunch snack. Ready in under 10 minutes, you can enjoy this Salmon Salad by the spoonful or pair it with a piece of whole grain toast or bagel with a slice of tomato and avocado for a salmon salad sandwich or place a portion on top of a bed of lettuce for a delicious lunch time salad.



Prep: 10 min Cook: 10min Total: 20 minutes

### Ingredients:

- 1 lb. Salmon
- 1/4c chopped Onion
- 1/4c celery
- 1/4c chopped bell pepper
- 1/2 Lemon
- 1 clove garlic minced
- Salt and Pepper (or Herbal Seasoning)
- 2TBS Mayonnaise

### Instructions

1. Cook Salmon, in a skillet or pan, sear the salmon about 4 to 5 minutes on each side over medium-high heat. If you prefer the oven baked salmon you can cook at 425F for 10 to 12 minutes.
2. Once salmon is cooked, flake it with a fork and let it cool in the refrigerator.
3. Chop your fresh vegetables - onion, celery, bell peppers and garlic.
4. In a large mixing bowl add flaked salmon, chopped fresh vegetables, mayonnaise and salt and pepper and juice from lemon. Mix all ingredients well.
5. Enjoy on top of whole wheat bread or bed of lettuce.

Call us at 1-800-21-SHARE



## 4th of July Safety Tips

By: Ashley Woods, SHARE Food Network's Nutrition Educator

**1. Stay Hydrated—Drink Plenty of Water:** Ensure you drink water throughout the day, especially if you're spending time outdoors in the sun. Carry a reusable water bottle to have a constant supply.

**2. Practice Safe Grilling/Cooking— Grill in a Safe Area:** Set up your grill on a flat, stable surface away from buildings, trees, and flammable materials. **Never leave the grill unattended** while in use. Use long-handled tools to keep a safe distance from the heat, and ensure your grill is clean to avoid flare-ups. Keep a fire extinguisher or a bucket of sand or water nearby in case of emergencies.

**3. Handle Fireworks Responsibly—Follow Local Laws and Guidelines:** Only use fireworks that are legal in your area and follow all safety instructions provided by the manufacturer. **Keep a Safe Distance:** Light fireworks one at a time and move back quickly. Never attempt to relight a "dud" firework. Keep a bucket of water or a hose nearby to douse used fireworks and to handle any potential fires.

**4. Supervise Children—Keep an Eye on Kids:** Constantly supervise children, especially around water, grills, and fireworks. Ensure they understand safety rules and the potential dangers of these elements. **Designate a Safe Play Area:** Set up a specific area for kids to play that is away from grills, fireworks, and other hazards.

**5. Be Prepared for Emergencies— First Aid Kit:** Have a well-stocked first aid kit available for minor injuries or burns. Know basic first aid procedures. **Know Your Surroundings:** Be aware of your location and the nearest emergency facilities. Have a plan in place in case you need to seek medical attention quickly.



## Regional Meeting - June 2024



*Raffle winners take a few moments to pose with Executive Director Yonette Williams and Outreach Coordinator -Kayla Walker.*



*It was a full house with 60+ Host Site Coordinators and Team Members Thank you for spending the time with us!*



*New Operations Manager-Thomas Roddy, provides an operational overview to Host Site Teams*

### SHARE FOOD NETWORK POSITION OPENINGS

#### **Outreach Coordinator, SHARE-FULL TIME:**

The Outreach Coordinator develops, supports, and maintains strong and productive SHARE sites within the service region. The position manages and directs Host Site Coordinators and their teams to ensure that proper financial and administrative procedures are completed in an accurate and timely manner.

#### **Bi-lingual Outreach Coordinator, SHARE-FULL TIME:**

The bi-lingual Outreach Coordinator assists with translation and develops, supports, and maintains strong and productive SHARE sites within the service region. The position manages and directs Host Site Coordinators and their teams to ensure that proper financial and administrative procedures are completed in an accurate and timely manner.

#### **How to apply:**

Call the **SHARE** office at **(301) 864-3115** to inquire about the position OR visit the Catholic Charities DC website [catholiccharitiesdc.org](http://catholiccharitiesdc.org) and click under ABOUT US>CAREERS>JOB LISTINGS

To know more, go to: [catholiccharitiesdc.org](http://catholiccharitiesdc.org) and click under VOLUNTEER or email at [volunteer@cc-dc.org](mailto:volunteer@cc-dc.org)

**We can help you apply & enroll for SNAP Benefits!**

**Call us:  
1-800-21 SHARE**





CATHOLICCHARITIESDC.ORG/PROGRAM/SHARE-FOOD-NETWORK/  
[SHAREORDERS@CC-DC.ORG](mailto:SHAREORDERS@CC-DC.ORG)  
**301.864.3115** or **1-800.21.SHARE**  
 3222 Hubbard Road Landover, MD 20785



**TO PLACE YOUR ORDER:**

1. Scan the QR Code to find a local **SHARE** site based on your zip code



2. Call the site coordinator to place & pay for your order
3. Pick-up on the selected date/time & location!

**SHARE FOOD NETWORK PROVIDES AFFORDABLE NUTRITIOUS GROCERIES EVERY MONTH!**

**July 2024 Menu**

**VALUE PACKAGE \$25**

- Chicken Leg Quarters 5 lbs.
- Whiting Fish Fillets 1lb.
- Ground Turkey 1lb.
- Plus 10-12 pounds of fresh fruits and vegetables



**SCHOOL'S OUT SPECIAL \$25**

- Beef Hotdogs
- Breaded Chicken Nuggets
- French Fries
- Turkey Bologna
- American Cheese



**\$35 PESCATARIAN PARADISE**

**(Seafood Special)**

- Haddock 2lbs.
- Mahi-Mahi 1lb.
- Snapper Fillets 1/2lb.
- Tuna Medallions 1lb.



**GRILLABLE PRODUCE BOX SPECIAL \$23**

To tentatively include pears, plums, peaches, nectarines, watermelon, zucchini, peppers, corn, and kale

*\*produce variety is not guaranteed\**



**\*\*All menu items subject to change\*\***  
 We accept: Debit/Credit cards, Org. checks, SNAP/EBT, Money orders

- ◆ Order Turn-In **7/15**
- ◆ All Final order changes due **7/22** by **12 PM**
- ◆ All payments due **7/23**
- ◆ Distribution Days: **7/26 or 7/27**

For SNAP Assistance:

**1-800-21-SHARE**

Monthly Value Comparison	Grocery Store
Ground Beef	\$4.49
Chicken Drums	\$6.45
Salmon Portions	\$19.49
Butter Lettuce	\$3.00
Cucumbers	\$2.00
Potatoes	\$4.00
Collard Greens	\$2.23
Spanish Onions	\$3.24
Apples	\$4.25
Peaches	\$4.30
Carrots	\$1.00
<b>Total</b>	<b>\$52.95</b>

