



Trusted by thousands
of families every month

September 2024

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I understand. Do You?

By: Ninochika Twitty,

SHARE Food Network's Administrative and Volunteer Coordinator



Many years ago, as I was preparing for a life of service in AmeriCorp, I had what I considered a life-changing experience. We were learning to be empathetic to the needs of the people on the journey. When learning specifically about hunger, the instructor told the class that we "do not know hunger". Most of the class disagreed, so she proceeded to enlighten us. We were instructed not to eat until we were hungry. Not in the sense that you would think. She was very specific, this doesn't mean when your stomach growls, this doesn't mean at the end of the day realizing oh I need to get something to eat. She explained that she wanted us to feel the "pain of hunger" in our stomach, in our mind and in our hearts. For me it took 3 days of not eating a thing to experience the pain of hunger (others went longer). But it was nothing like the pain that I felt in my heart; knowing that I *could* eat but chose not to, as an experiment and the realization that I was about to step into a world that I only saw on TV or read about.

The sad thing is the people that we were about to meet, and help were right here in the DMV. We are blessed beyond measure not only because we have the means to eat several meals daily, but also because we have the opportunity to make a difference and offer resources to those who have been placed in our paths. The truth is ...most of us have no idea what hunger looks like. Hunger unfortunately looks like our neighbor, our friends and quite often our family members. Sometimes we have to see and experience things before we truly understand. I must say I understand. Do you?

September 16: Host Site Order Turn -In Day

September 21: Volunteer Opportunity/
SHARE Open House/Host Site Training
(Registration required)

September 23: Host Site final order changes due **by 12pm Noon**

September 24: Host Sites payments due

September 25 & 26: Volunteer Opportunity

September 27 & 28: Distribution Days

October 4: SHARE office CLOSED

HOW IT WORKS?

SO HOW DOES SHARE WORK?

Check out the monthly menu (on the back).

Scan the QR Code to locate a SHARE site based on your zip code

Pick-up on the selected distribution date/time & site!

Contact the site coordinator of that location to place & pay for your order

Catholic Charities
ARCHDIOCESE OF WASHINGTON

SHARE
HEALTHIER FAMILIES • STRONGER COMMUNITY

SNAP
Supplemental Nutrition Assistance Program



A message from



Do you need help to maintain your independence?



The Adult Services unit within the Maryland Department of Human Services offers a program that helps with efforts to maintain independence with the **In-Home Aide Services program**. In-Home Aides serve adults 18 or older with functional disabilities who need assistance with activities of daily living in their home, vulnerable adults with no caregiver, those at risk of institutional placement, and those at risk of abuse or neglect. In-Home Aides provide help with personal care, transportation/escort, training in self-care and care-giving skills, and also perform minor household chores.

ELIGIBILITY

Adults aged 18 and older residing in Maryland, who have functional disabilities and need assistance with personal care, chores, and/or activities of daily living, in order to remain in their own homes. Vulnerable adults with no willing or capable caregiver available when needed, those at risk of institutional placement, and those at risk of abuse or neglect will be given preference for service, using a ranking scale.

APPLICATION PROCESS

Individuals or their caregivers should call the local department of social services in the county or city where the applicant lives. The local department representative will arrange a home visit to conduct an interview with the applicant to determine their specific needs. The availability of funding for the program determines the number of individuals who can be served state-wide. Therefore, a ranking scale is used to ensure that those with the greatest need are served first.

SLIDING SCALE FEE

Depending on the income and family size of the applicant, the applicant may need to contribute toward the hourly cost of the aide service. This is determined by a sliding-scale and the fee is paid to the Department of Social Services.

For additional information, contact your local department of social service at 1-800-332-6347 or visit our website at <http://dhr.maryland.gov/in-home-services>.

Source: <https://dhs.maryland.gov/office-of-adult-services/in-home-aides/>

We can help you apply & enroll for SNAP Benefits!
Call us: 1-800-21 SHARE



SHARE Food Network

<https://www.catholiccharitiesdc.org/program/share-food-network/>

(301) 864-3115

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 and click under ABOUT US>CAREERS>JOB LISTINGS

To know more, go to: catholiccharitiesdc.org and click under VOLUNTEER or email at volunteer@cc-dc.org

This month's recipe:

Skillet Chicken with zucchini & Corn



Enjoy this simple delicious one skillet meal!

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 1 hour



Ingredients:

- ◆ 2-2.5 lbs chicken drumsticks
- ◆ 1 Tbsp butter
- ◆ 1 tsp seasoned salt
- ◆ 1 tsp black pepper
- ◆ 1 tsp smoked paprika
- ◆ 2 tsp oregano
- ◆ 1 tsp basil
- ◆ 1 tsp garlic powder
- ◆ 1 Tbsp olive oil
- ◆ 1/2 medium yellow onion, diced
- ◆ 1/2 tsp minced garlic
- ◆ 10-12 oz zucchini, cut
- ◆ 1 cup corn cobs, kernels stripped

Instructions:

1. Clean and trim chicken as necessary. Melt olive oil and butter in a large skillet over medium-high heat, then add chicken and brown for about 10 minutes per side, 20 minutes total.
2. While the chicken is cooking, cut corn off the cob, trim and cut up the zucchini, dice your onion, mince garlic, and halve the tomatoes.
3. Remove fully cooked chicken from the skillet and set aside. Sauté onion over medium heat for two minutes, scraping up the browned bits on the bottom of the pan, then stir in the garlic and add the zucchini and then corn.
4. Add the grape tomatoes, season the veggies with sea salt, pepper, basil, and oregano, and sauté for another five minutes.
5. Once veggies are done, add chicken back into the skillet, simmer 5 minutes then serve as a complete meal.



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

September is National Suicide Prevention Awareness Month. This is a time to remember the lives lost to suicide, the millions who have struggled with suicidal thoughts & the individuals, families, and communities that have been impacted. Create hope in your family and your community by educating yourself about suicide prevention. Learn the warning signs and risk factors for suicide, how to support someone considering suicide, and familiarize yourself with the **988 Lifeline**.

988 Suicide & Crisis Lifeline, is a confidential, 24/7 toll-free hotline that provides support to individuals in distress, those experiencing suicidal thoughts, or anyone concerned about someone else. By dialing or texting **988**, callers are connected with trained counselors who offer immediate assistance.

Call or Text 988 if you or a loved one needs help!

Source: SAMHSA (Substance Abuse and Mental Health Services Administration)

<https://www.samhsa.gov/newsroom/observances/suicide-prevention-month>



SHARE Food Network offers Value!

Check out the value comparison below, to see how much you and your family could save every month!

SHARE Food Network Value Package Items	Grocery Store A	Grocery Store B
Chicken Drums 5lb	\$7.45	\$12.45
Ground Turkey 1lb	\$3.50	\$4.99
Beef Strips 1lb	\$8.49	\$11.49
Fuji Apples	\$5.70	\$5.00
Lemons	\$2.50	\$5.00
Zucchini	\$2.14	\$2.40
Yellow Squash	\$2.28	\$4.00
Green Peppers	\$1.98	\$2.98
Corn on the Cob	\$1.20	\$2.37
Spanish Onions	\$3.06	\$2.98
Russet Potatoes	\$2.88	\$2.40
YOU PAY \$25	\$41.18	\$56.06



CATHOLICCHARITIESDC.ORG/PROGRAM/SHARE-FOOD-NETWORK/
SHAREORDERS@CC-DC.ORG
301.864.3115 or 1-800.21.SHARE




September 2024 Menu

ADD \$1 DELIVERY PER PACKAGE FOR LOCATIONS IN SO. MARYLAND, VIRGINIA, FREDERICK, & BALTIMORE

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!

VALUE PACKAGE **\$25**

Chicken Thighs 2 lbs.
Catfish Nuggets 2lbs.
Chicken Hotdogs 1lb.
Kielbasa 3/4lb.
Plus 10-12 pounds of fresh fruits and vegetables!



Produce Box **\$23**

A 10-pound mix of the season's freshest fruits and vegetables!

ALL GRASS-FED Mixed BEEF **\$30**

Chuck Roast 1.5lb.
Ground Beef 1lb.
Filet Mignon (2)
Sirloin Steak
Strip Steak (2)



Seafood Special **\$31**

Mahi Mahi 1lb.
Tuna Medallions 2lbs.
Red Snapper Fillet 1/2lb.
Imitation Crab Meat lb.
Haddock Loins 2lbs.



For SNAP Assistance:
1-800-21-SHARE

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

- ◆ Order Turn-In **9/16**
- ◆ All Final order changes due **9/23** by 12 PM
- ◆ All payments due **9/24**
- ◆ Distribution Days: **9/27 or 9/28**