



Trusted by thousands
of families every month

November 2024

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By: Ashley Woods

SHARE Food Network's Nutrition Educator

As Thanksgiving approaches, knowing how to handle and store food safely is crucial. Food expiration dates can be confusing, but they primarily serve as quality indicators rather than strict safety deadlines. Here's a breakdown of what common expiration terms mean:

- **Best If Used By/Before:** This date is about quality, indicating when the food will be at its peak flavor. It's not a purchase or safety date.
- **Use By:** The date recommended for optimal quality, but consuming foods a day or two past this date typically won't cause illness. The exception is infant formula, where the "Use By" date is critical for safety.
- **Sell By:** A guideline for retailers indicating how long to display the product. According to experts, about one-third of the product's shelf-life remains after the "Sell By" date for consumers.
- **Freeze By:** This date suggests when to freeze an item to preserve quality, but it doesn't relate to food safety.

Except for baby formula and supplements, foods that have been properly stored should still be safe after their expiration date until spoilage (visible mold, freezer burn, an off or foul smell or changes in texture) is evident.

General Frozen Food Tips:

When handling frozen items like vegetables or sides, avoid reaching into opened bags with your hands to prevent bacteria introduction. Though bacteria can't grow in the freezer, they can survive and become active once thawed.

Thanksgiving meals often include large items like turkeys, which require careful handling to ensure safety.

*****Continue reading on the next page*****

November 8: Holiday Site Order Turn—in Day

November 11: Host Site Order Turn -In Day

November 16: Volunteer

November 18: Host Site final order changes due by **12pm Noon**

November 19: Host Sites payments due

November 20 & 21: Volunteer Opportunity

November 22 & 23: Distribution Days

November 28 & 29: 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





When dealing with frozen meat such as turkeys, keep these tips in mind:

- **Frozen Meat Is Safe Indefinitely:** If stored continuously at 0°F or below, frozen turkeys remain safe to eat. However, the texture and flavor may decline over time, so it's best to follow the "Freeze By" dates for quality.
- **Thaw Safely:** Allow adequate time to thaw your turkey in the refrigerator (24 hours for every 4 to 5 pounds). Never thaw a turkey on the counter, as this can promote bacteria growth.
- **Handling and Cooking:** Once defrosted, cook the turkey within 1 to 2 days. Always wash your hands and sanitize surfaces after handling raw poultry. Ensure the turkey reaches an internal temperature of 165°F to eliminate bacteria.

By following these guidelines, you can prepare a delicious and safe Thanksgiving feast. Please see the chart below as a reference. For more detailed information on food safety, refer to trusted sources like FoodSafety.gov.

2025

Healthier Families
Phone: 301-864-3115



Stronger Communities
Email: shareordersdc@cc-dc.org

www.catholiccharitiesdc.org/program/share-food-network/

SHARE Distribution Days 2025

Initial Orders Due

FINAL ORDERS DUE BY 12:00 NOON FROM SHARE PARTNERS. Check with your preferred location for customer due dates.

SHARE Open House
Registration Required

Closed for Holiday/Staff Day

Volunteer Opportunities

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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

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

Recipe: Sautéed Cabbage & Carrots

Prep Time: 10 min | Cook Time: 20 min | Total Time: 30



Ingredients:

- 1 head of Cabbage (Shredded)
- 1/2 cup Onion (Chopped)
- 1tsp Garlic (Minced)
- 1/4 cup Bell Peppers (Chopped)
- 1-2 Carrots (Shredded)
- 2TBSP Oil (of choice)
- 1 TBSP Bullion (of choice-Vegetable, Chicken or Beef flavor)
- Salt and Black Pepper (To taste)

Directions:

1. Add oil to a large skillet over medium heat. Sautéed the garlic, onions, and bell peppers for 2-3 minutes until they start to soften.
2. Add in your shredded carrots and cabbage.
3. Add in your bullion, salt, and pepper.
4. Mix all ingredients thoroughly in skillet, allow to cook until desired tenderness
5. Serve and Enjoy!



SHARE Food Network's Nutrition Educator, Ashley Woods preparing the above Sautéed Cabbage Recipe during a cooking demonstration with participants from Host Site—Mt. Jezreel Baptist Church (Silver Spring, MD.).



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
Beef Strips	\$8.49	\$7.99
Salmon Portions	\$5.00	\$5.98
Chicken Thighs	\$4.58	\$5.98
Macintosh Apples	\$3.40	\$3.00
Lemons	\$3.16	\$1.56
Broccoli Crowns	\$1.99	\$1.87
Carrots	\$1.00	\$1.29
Zucchini Squash	\$2.14	\$1.84
Spanish Onions	\$1.56	\$2.98
Russet Potatoes	\$3.99	\$3.00
YOU PAY \$25	\$35.31	\$35.49



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



SHARE FOOD NETWORK PROVIDES AFFORDABLE NUTRITIOUS GROCERIES EVERY MONTH!

NOVEMBER 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!



VALUE PACKAGE \$25

Thanksgiving Dinner

(All Frozen) \$45

- ◆ 10-14lb Turkey
 - ◆ Apple Pie
- ◆ Macaroni & Cheese
- ◆ Crinkled Cut Carrots
 - ◆ Green Beans
 - ◆ Cauliflower

- ◆ Whole Chicken
- ◆ Ground Sausage
- ◆ Beef Portions
- ◆ Elbow Macaroni
 - ◆ Stuffing
- ◆ Plus 10-12lbs of
- ◆ Fresh Produce Items



VALUE PACKAGE + TURKEY \$50

- ◆ All Value Package Items
 - ◆ + 10-14lb Turkey



WHY GET SHARE FOR THANKSGIVING?

- ◆ Great Gift!
- ◆ Time/Money Saver!
- ◆ Convenience!
- ◆ Order as many as you like!



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 for *Holiday Sites*: 11/08
- ◆ Order Turn-In for *Host Sites*: 11/11
- ◆ All Final order changes due 11/18 by 12 PM
- ◆ All payments due 11/19
- ◆ Distribution Days: 11/22 or 11/23