



HEALTHIER FAMILIES • STRONGER COMMUNITY

SHARE Food Network Provides
Discounted Nutritious
Groceries Every Month!

DECEMBER 2024

MENU



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

A Value Package: \$26

Whole Chicken
1 lb. Ground Sausage
1 lb. Tilapia

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



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



\$46

B

Holiday Dinner

(All Frozen/Pre-Boxed)

10-14 lb. Turkey; Apple Pie;
Mac & Cheese; Corn or Carrots;
Green Beans; Cauliflower



\$22

C

Ham Special

8-10 lb. Bone-in Ham



\$51

D

Value Package + Turkey

All Value Package Items +
10-14 lb. Turkey

Everyone can SHARE! Will you?

1. Anyone can order online at www.FrederickHealth.org/SHARE.
2. For EBT payments or help with an order, call 240.566.7427 (SHAR).
3. Orders will be distributed from 8:30-10 AM on Saturday, December 21st at Frederick Health Village.
4. Orders are due by 12 noon on Friday, December 6th.

CatholicCharitiesDC.org/Program/SHARE-Food-Network | 301-864-3115 or 800-21-SHARE