



HEALTHIER FAMILIES • STRONGER COMMUNITY

**SHARE Food Network Provides
Discounted Nutritious
Groceries Every Month!**

JANUARY 2025

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

5 lbs. Chicken Drums
1 lb. Ground Beef
1 lb. Whiting

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



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



\$21

B

Smoothie Special (New!)

2 lbs. Frozen Strawberries; 2 lbs.
Frozen Blueberries; 2 lbs. Frozen
Pineapple; 2 lbs. Frozen Spinach



\$16

C

Superbowl Party Wings

3 x 2.5 lb. Bags of Party Wings



\$24

D

Produce Box

10 lbs. of Fresh Fruits and Vegetables
(Items to be determined.)

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, January 18th at Frederick Health Village.
4. Orders are due by 12 noon on Friday, January 3rd.

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