



HEALTHIER FAMILIES • STRONGER COMMUNITY

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

JULY 2024

MENU



Visit www.FrederickHealth.org/SHARE to order.

For more information, call the Frederick Health SHARE hotline at 240-566-7427.

A Value Package: \$26

- 5 lbs. Chicken Leg Quarters
- 1 lb. Whiting Fish Fillets
- 1 lb. Ground Turkey

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



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



\$36

B

Pescatarian Paradise

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



\$24

C

Grill-able Produce Special

- To tentatively include: Pears, Plums, Peaches, Nectarines, Watermelon, Zucchini, Peppers, Corn, Kale
- * Produce variety is not guaranteed *



\$26

D

School's Out Special

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

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, July 27th at Frederick Health Village.
4. Orders are due by 12 noon on Friday, July 12th.

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