



HEALTHIER FAMILIES • STRONGER COMMUNITY

SHARE Food Network Provides
Discounted Nutritious
Groceries Every Month!

MARCH 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 Leg Quarters
1 lb. Marinated Beef Portions
1 lb. Perch Fish

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



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



\$11

B

Smoothie Special

1 lb. Each of Frozen Strawberries,
Frozen Blueberries, Frozen Pineapple,
& Frozen Spinach



\$20

C

Ham Special

8-10 lb. Bone-in Ham



\$20

D

Turkey Special

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, March 22nd at Frederick Health Village.
4. Orders are due by 12 noon on Friday, March 7th.

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