



HEALTHIER FAMILIES • STRONGER COMMUNITY

SHARE Food Network Provides
Discounted Nutritious
Groceries Every Month!

SEPTEMBER 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

- 2 lbs. Chicken Thighs
- 2 lbs. Catfish Nuggets
- 1 lb. Chicken Hotdogs
- 3/4 lb. Kielbasa

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



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



\$32

B

Seafood Special (Limited!)

- 1 lb. Mahi Mahi; 2 lbs. Tuna Medallions; 1/2 lb. Red Snapper; 1 lb. Imitation Crab; 2 lbs. Haddock Loins



\$24

C

Produce Box

- 10 lbs. Mixed Fresh Fruits and Vegetables



\$31

D

Grass-Fed Mixed Beef

- 1.5 lb. Chuck Roast; 1 lb. Ground Beef; Filet Mignon (2); Strip Steaks (2); Sirloin Steak (1)

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, September 28th at Frederick Health Village.
4. Orders are due by 12 noon on Friday, September 13th.

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