



# SHARE News

## AUTUMN - 2022

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Planting Seeds...SOUPERbowl...Turkey Drive...Kitchen Kronicles

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"Every stone ripples through the water and vibrates across to the other shore. A butterfly's wings flap and currents are changed. Every seed has the chance to grow into what it can be. Every seed we plant, whether for good or ill effects everything . We matter and our actions have consequences well beyond our short lifespans. The good and bad that we do lives on in others. How often I have been approached by former students to hear how their lives were changed and how one comment that I made lifted someone up and made a positive difference. So plant good seeds of caring and sharing. They will germinate, in time, and grow beyond your time." - JDSMK

## 3 Sisters Are Plants

*"Our land is not our land but a legacy from those who were here before, and a treasure to leave to those who will follow."-JDSMK*



When I was a kid, every spring I eagerly awaited the day that my dad would drag the rototiller out of the garage, gas it up, and prepare our vegetable garden for planting. My mom would put on her sunglasses, plop my baby brother into the stroller, and pull our family's collection of vegetable seeds from our refrigerator in the garage. My older brother and sister peeled back the rubber tarps from the soil that had prevented weed growth over the winter, and my dad would start tilling while my mom and I sorted and orga-

nized the seeds and decided what we were going to plant. After tilling, my dad staked out the rows, and used twine rolled around an old PVC pipe to hoe out straight trenches in the soil which my siblings and I dropped corn, green bean, lettuce, radish and squash seeds into. Afterward, we would shuffle down the rows, pushing the freshly tilled soil on top of the seeds with our bare feet. Once our crops sprouted, my siblings and I would spread the grass clippings from our freshly mowed lawn around the base of each plant to stave off the weeds. **To me, the process of planting a garden was a kind of magical ritual that left me in awe of God's universe.** I remember turning to my mother in wonder many springs as I plopped seeds into the ground, exclaiming, **"Isn't it just amazing that you can plant this tiny seed in the dirt and then it grows?"**. When I was older, I grew less interested in the labor that went into the actual planting of the garden, but I often spent my evenings seated atop a 5-gallon drywall bucket reading or journaling amongst the prickly leaves of the surrounding squash plants. Before lunch, I would harvest lettuce straight from the ground and pluck tomatoes from the plants, breathing in the intoxicating smell of the soil and the sunned vines. Even today, **I derive an immense amount of comfort and peace from walking through our rows of corn or pruning the "suckers" off our tomato plants when I return home from school each summer.** In a busy world, the simplicity and beauty of gardening brings me

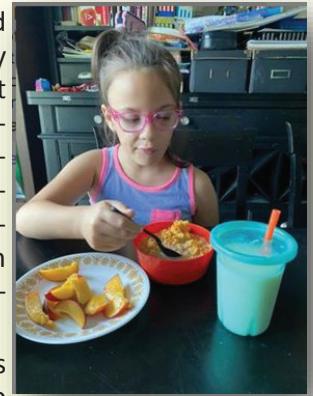
*Continued on page 04*

## 59K+ Meals Later

Going boldly where few have gone before, Project SHARE

decided that we could feed more meals to our children by cutting the red tape and going it alone. But never alone, because we are part of a community that believes in our mission. Donors came to the forefront to help feed the children for 10 weeks at 4 sites like never before.

An army of Volunteers stretched from Mt. Holly to



Plainfield and back to Farmstand, and to our general HQ in Carlisle.

SUMMER FEEDING for our children provided **59,892 meals**, far surpassing the needs from 2021. An average of 430 *Continued on page 06*



We are in search of teams to create their own fundraisers for this year's SOUPERbowl. Last year we put, on our field, business firms, church groups and others who raised the roof on all stadiums to score big against hunger and food insecurity in our area.

Hunger is not a game!

Now all we ask is for your team to score! Make a game plan today!

Contact "Joe" at JKloza@projectSHAREpa.org





Bob Weed, CEO

## SHARE Seeds in FALL?

When I think of "planting seeds" I generally think of

spring time rather than fall. Then, as I sat on my porch, enjoying my 5th cup of coffee the other morning, **the squirrels arrived.** Three of them. Gleefully, they went about the task of cleaning out my bird feeder. Then they were off to the



neighbor's yard. Our neighbor has an oak tree. One at a time the squirrels grabbed a nut from the ground, scampered across the lawn, and rammed the acorn into the mulch in my flower bed. They were planting seeds on a cool September morning.

Now, my coffee habits, my neighbor's oak tree and our shared squirrels may not sound like they have anything to do with Project SHARE.... But I beg to differ. **On a year round basis I get to see seeds being planted as Volunteers, Staff Members and Clients interact.**

In November of 2021 **Project SHARE saw the fruits of a seed planted several months earlier.** The *Your Choice* distribution was rolled out. At the time, based on feedback from Client families, we anticipated a needed to offer that

model on one of the four distribution days at the warehouse. To-

day, the popularity of Your Choice has grown to a point where Clients are able to choice in-person distribution on two of the four traditional distribution days. In September we began offering appointments for Your Choice on every Wednesday of the month.

During the "dog days of summer" at Project SHARE we ran our annual Summer Feeding Program. As families drove thru to gather health, nutritious breakfast and lunch items for their children, each family received a menu for the week. **Seeds were planted that will build healthy eaters (and cooks) for years to come.** In addition, every other week, each child received an age appropriate, brand new book. **The seed of education and a healthy mind were planted on a hot summer morning.**

My list of examples could continue, but I'm sure you get the point. There is **never a bad time to plant a good seed.** Someone wiser than me once said **"To plant a seed is to believe in tomorrow"**. Just as I will keep an eye on my flower beds, where our local squirrels were busy planting, so too will I watch to see the fruit appear where those good seeds are planted here at Project SHARE.

**Thank you for being part of the "planting team". You bring our Vision to Life!**

**"From a small seed a mighty trunk may grow." - Aeschylus**

*On behalf of the Clients we serve, the Board of Directors, and Staff of Project SHARE...*

# Thank You

for all that you do!

One of the greatest principles in life is the concept of planting seeds. This concept teaches us that if we give, something bigger will be received in return. Project SHARE accepts your "seed" gifts, whether through food, time, or treasure; and then waters, feeds, and grows those gifts to reap something bigger and greater. As sowers of seed, we often don't put much thought into how our actions are received or the impact they have on others' lives. We sometimes think that just because we don't see the fruit immediately, that there is none. Please know that because of the seeds you sow with us, our impact is significantly felt in our surrounding communities on a daily basis. Imagine that: a single seed you plant with us not only nourishes our community with bountiful blessings but also awakens hope with the potential to influence the future.

So far this year, the seeds you planted with us have produced a harvest of blessings, some of which include:

- *Nearly 60,000 meals were served to a weekly average of 430 children through the SUMMER FEEDING program.*
- *Struggling working families are able to supplement their weekly food supply with fresh produce, eggs, bread and dairy through Farmstand distributions.*
- *With the introduction of Your Choice shopping, Clients can now shop in a "grocery-store-like" setting and choose their preferred foods.*
- *More than 432 adults & children benefited from various nutrition education programs such as SHARE the Health food boxes, Kids in the Kitchen, and Adult Slice of the Month.*
- *More than 1,200 families are served each month through a combination of Your Choice, Drive-Thru, and Farmstand distributions.*

Not my problem; I just kept planting. Just like a farmer." — Hank Henley (coach of Tiger Woods)



Support Project SHARE by clicking here to make a donation appropriate to your circumstances.

“My feeling was, you plant some seeds. If they grow, great; if they don't, you don't take it personally.”

## SHARE Spotlight Column

### The United Way of Carlisle & Cumberland County

cultivates many, many seeds in our community.

We do it through our annual campaign, which each year **raises funds to support our 23 partner agencies (including Project SHARE)** and 35 of their programs. We do it by supporting and highlighting not only our partner agencies but all of the good being done locally. We do it by being advocates for those in need. And we do it by always keeping in mind the core of our mission: To unite people and resources to build a stronger, healthier Carlisle and Cumberland County.

We love working with our partner agencies, and there is no better example of this than the recently completed **Fill the Bus/Carlisle 4 Kids collaboration we hold each year with Project SHARE**, helping to provide more than 600 backpacks to area students.

We realize the **Fill the Bus/Carlisle 4 Kids** names can be confusing. In reality, it's one event, with a separate name for each key part of it. Fill the Bus is heavily driven by the United Way and does what the name implies: We (metaphorically) fill a bus with school supplies. **We coordinate donation boxes at area churches, business and other agencies and organizations**, and we held a two-day solicitation July 15-16 outside of Walmart, where you were able to buy items on the school supply list and donate them as you came out of the store. Your generosity was overwhelming, and we loved seeing everyone in person.

**I was touched by one youngster who was very excited at Fill the Bus. He received birthday money, \$10, and had used it to help support the cause.** I was so moved by how excited he was about it that I gave him \$10 out of my wallet and told him that good deeds do get repaid. Another shopper said she donated supplies because she had been helped through the program when she was younger and she wanted to give back. What a couple of days of generosity they were!

Carlisle 4 Kids is the event where we give away the items collected. More specifically, **Project SHARE drives the giveaway, with its many**

**volunteers helping to organize both the backpacks and the distribution of all those school supplies.** Of course, neither of these evens happens without support from individual volunteers and businesses that support both the United Way and Project SHARE, and for your support you have our heartfelt thanks.

I started out early, 4:45 a.m., on August 10th, the day of Carlisle 4 Kids, along with Bob Weed, CEO of Project SHARE, and Mira Hewlett, Executive Pastor at Carlisle United Methodist Church

“All of the hard work pays off when we get to see young people pick out a backpack of their very own and fill it with supplies.”

who was one of C4K's main volunteer organizers. Joe Kloza, Communications Coordinator for SHARE directed the early morning choreography with Megan Magensky, our reporter for **live television spots on CBS21 to help raise awareness of our great effort.** Coffee and adrenaline for the day kept us (mostly) alert.

The scene at the Carlisle Expo Center on August 10th was wonderful. All of the hard work pays off when we get to see young people pick out a backpack of their very own and fill it with supplies. Seeing the sense of pride and ownership among all these youngsters provides us with a warm feeling. **For many families living under the federal poverty level, school basics such as backpacks, pencils and paper are financially out of reach.** When these supplies are not available, homework often goes undone. Area youths should not face barriers that affect their performance in school. Families should not be forced to choose between school supplies and other basic necessities.

Many of the families who came that day fall into a category that is very important to the United Way. It is known as **ALICE – Asset Limited, Income Constrained, Employed.** **For many families, the cost of living outpaces what they earn.** This is especially a challenge with rising costs on the basics.

Those who came also had the opportunity to learn more about some of our partner agencies as well. Of course, Project SHARE was there! But other United Way partner agencies on hand that day were **Big Brothers Big Sisters of the Capital Region, Bosler Memorial Library, CPARC/The Arc of Cumberland & Perry Counties, Domestic Violence Services of Cumberland and Perry Counties, the Employment Skills Center, Sadler Health Center, the Salvation Army, UCP Central PA and the UCP Tech Owls, and YWCA Carlisle.** See an entire list of our partner agencies at [uwcarlisle.org/community-impact/partner-agencies](http://uwcarlisle.org/community-impact/partner-agencies).

We live in a very giving community, and it takes so many people to make such an event a success. **Keep planting, watering and cultivating your seeds. The United Way of Carlisle & Cumberland County has been helping them grow for more than 100 years.**



**Jason Maddux** is the Community Impact Coordinator for the United Way of Carlisle & Cumberland, a post which he took over in June 2021. He previously served as a journalist for nearly 30 years, including as editor of The Sentinel/cumberlink.com. Reach him at [jason@uwcarlisle.org](mailto:jason@uwcarlisle.org).

## Carlisle for Kids—Supplies for All

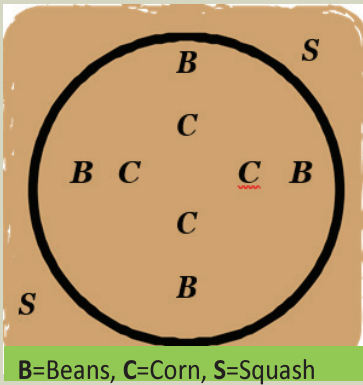
**BACK INSIDE** for the 2022 Carlisle 4 Kids school supply event

thanks to the generosity of Carlisle Events. **Project SHARE, in partnership with United Way, had Carlisle 4 Kids distribute backpacks filled with school supplies to 706 kids.** Thanks to all the organizations and donors that helped make this year's event an important part of a successful beginning to the school year primarily in Carlisle, South Middleton and Big Spring school districts.



so much joy and peace. Only later in life did I learn that the same joy and peace I experienced each growing season in my garden had originally been cultivated and articulated by Native Americans. **Native Americans have been gardening intentionally with mindfulness and joy for centuries, specifically through the phenomenon of the 3 Sisters Garden** - a gardening technique that emphasizes the harmony, coexistence, and interdependency of nature and life. **The "3 Sisters" are corn, beans, and squash. When planted in a specific way, the three plants coexist in a self-sufficient fashion.**

The origins are with the Chickasaw and Iroquois Tribes, and is grown by making a mound of dirt in the ground about 4" high with a slight well in the middle. In this well, four corn seeds are planted. When the corn sprouts to about 6", a pole bean is planted at the base of each corn stalk. A week after the beans sprout, two squash plants are planted on opposite sides of the mound. As the plants grow, they coexist together in a perfect harmony. The corn provides a pole for the beans to climb up, the beans contribute nitrogen to the soil, and the squash shades the ground to prevent weed growth and give moisture to the mound.



When the 3 Sisters are harvested, a 3 Sisters Stew is often prepared – a centuries old dish rich in Native American Culture and heritage. Today, many Chickasaw Tribe members enjoy 3 Sisters Stew

– a flavorful dish made from the harvested corn, beans, and squash, as well as other ingredients such as buffalo, hominy, potato, onion, barley, and tomato. The veggies simmer down to produce a rich tomato-flavored broth accompanied by soft but chewy yellow and butternut squash, onion, corn, and potato. As it cooks, the barley absorbs some of the liquid, producing a thick and hardy broth. **Meat such as buffalo or pork is occasionally added to the stew, but it is traditionally a vegetarian meal.** Even without the meat, the beans and corn combine to produce a complete protein by providing all the essential amino acids needed in the diet. Additionally, the colorful array of veggies provides a wide variety of micronutrients, vitamins, and minerals, including vitamins A, C, and B6, as well as dietary fiber, with over 7g found in each serving. Traditionally, Native Americans prepared stew by digging a hole in the ground, lining it with animal skin, and adding water, chopped veggies, meat, and heated rocks to create a stew. While 3 Sisters Stew today is not usually prepared to this degree of authenticity, it can be noted that the following recipe does not use broth, olive oil, or any spices besides black pepper.

This take, though lacking in extravagant or strong flavor, is rich in authenticity and the heritage that many Chickasaw Tribe members pride themselves on today. The stew is simple, but to many Chickasaw Tribe members, preparing it is a way that heritage can be passed down from generation to generation and the traditional gardening methods remembered and respected. The stew serves as a reminder of the harmony, peace, and joy to be found in life. The 3 Sisters method emphasizes that bringing peace and interdependency into our lives - whether in a 3 Sisters Garden, a homegrown corn patch, our outlook on life, or other aspects of our busy lives - is a beautiful thing.

# Summer Swim+

## The Boiling Springs Triathlon

inspires participants and financially benefits Project SHARE. We thank them for their commitment to the community served by SHARE and for their generous donation of **\$7,000.**

*18 years of running, swimming, biking and SHARing!*



**Sponsors:** Casey Williams Dentistry; LifeGuide Financial; Faulkner Subaru; Quality Care Pharmacy; Holly Pharmacy; Sundek; Carlisle Construction Materials

## 3 Sisters Stew

2 cups diced white onion  
6 cups water; 2 cans (14.5oz) diced tomatoes; 6 cups red skinned potatoes, cubed 1 (15oz) can tomato sauce; cup corn, frozen; yellow squash, diced; 1 (15.5oz) can light red kidney beans, drained and rinsed; 1 (15.5oz) can black-eyed peas, drained and rinsed; ½ cup pearled barley 4 garlic cloves, minced; 1 ½ teaspoon black pepper



*In a large stockpot, add all ingredients. Bring to a boil, then lower heat and simmer for 30-45 minutes until the potatoes are soft and the barley begins to thicken the stew. Serve immediately.*

- ◆ Recipe adapted from Chickasaw Nation. [www.chickasaw.net/Our-Nation/Culture/Foods/Three-Sisters-Stew.aspx](http://www.chickasaw.net/Our-Nation/Culture/Foods/Three-Sisters-Stew.aspx)
- ◆ For more information on Three Sisters Gardening, visit [www.nativeseeds.org/blogs/blog-news/how-to-grow-a-three-sisters-garden](http://www.nativeseeds.org/blogs/blog-news/how-to-grow-a-three-sisters-garden)



**Rebekah Becker** is majoring in Nutrition and Dietetics at Marywood University, Scranton, PA to be a Registered Dietitian Nutritionist serving low income, food insecure families. She interned at Project SHARE for the 2nd time paired with her supervisor, Emma Witwer, Nutrition Coordinator.



**Support SHARE's Community Aid Bins. Locations on our website at [projectSHAREpa.org](http://projectSHAREpa.org)**

in my children and grandchildren that they will continue.” —David Robinson



## Firms, Businesses, Foundations and Organizations

who, as part of our community donate funds or in-kind gifts received between June 16—Sept. 14.

Alliance Financial	Levine Enterprises, Inc
Andy Towne Memorial Endowment	LifeGuide Financial Advisors
Beechwood Orchards	Lions Club Of Carlisle
Beeman's Bakery	Lions Clubs International 14
Benevity, Inc	Mount Holly Springs Lions Club
Beta Sigma Phi	NAZUN
Beth Pohlman Jewelry	Partnership For Better Health
Big Spring Kiwanis Club	Penn State Cooperative Extension Office
Blue Mountain Veterinary	Penn State Master Gardners of Cumberland County
Boiling Springs Triathlon Inc	Penske Logistics
Bruce and Andrea Kimmell	R David Crouch and Rebecca J Hammell Charitable Fund
Charitable Fund	Samaritan Fellowship Inc
Carlisle Area Education Association	Shetron Auction & Equipment
Carlisle Rotary Club Foundation	Spiral Path Farm
Colyott & Watson Insurance	Strickler Agency
Comcast Cybergrants	The Cindy and Glenn Shope Fund
Community Cares	Thrivent Choice
Constellation	United Way Carlisle Cumberland Cty
County of Cumberland	Upstream Rehabilitation
Cumberland Cty Domestic Relations	Volvo
CV-MOAA	Walmart Spark Fund Wegman's
Dickinson College Farm	Weis Markets
Emergency Food & Shelter	Wentzel-Weitzel Gifts
Gateway Health Plan, Inc.	Wilson Burkholder
GBU Life	
JB Hunt	
JD Financial Services, Inc., DBA	
Diamond Wealth Advisors	
Land O'Lakes Foundation	



## Congregation Connections

Many thanks to our congregational supporters. Although not listed, we thank the many congregations for their gifts of time. This recognizes donations received June 16—Sept. 14.

Bethel Assembly of God	Hickorytown United Methodist Church
Bibleway Church of God	Lighthouse Church of God
Carlisle Baptist Church	Mt. Holly Springs UMC
Carlisle Church of God	Opossum Hill Union Church
Carlisle Evangelical Free Church	Otterbein United Methodist
Carlisle First Church of the Brethren	Shiloh Missionary Baptist Church
Carlisle Reformed Presbyterian Church	St. John's Episcopal Church
Carlisle Seventh Day Adventist	St. Matthews Evangelical Lutheran
Carlisle United Methodist	St. Matthew's United Church of Christ
Chestnut Grove Lutheran Church	St. Matthias Lutheran Church
Christian Life Community Church	St. Patrick Catholic, Vincent DePaul Society
Dickinson Presbyterian Church	St. Paul Evangelical Lutheran
Faith Chapel of Carlisle	St. Stephen Lutheran Church
First Evangelical Lutheran	The Meeting House
First Presbyterian Church	Trinity United Methodist
First United Church of Christ	Waggoner's United Methodist
Green Spring First Church of God	Young's United Methodist



## SHARE Today

[Click Here !](#)

## CHANGES TO HOLIDAY FOOD DRIVES

The holidays are a great time for businesses, congregations, organizations, clubs, and family/friend groups to organize a physical food drive to benefit Project SHARE clients for the November and December distributions. Project SHARE welcomes food drives and has developed a specific program with new guidelines that will assist those interested in conducting a Drive.

- The dates for Client holiday distributions are the weeks of November 14 and December 12. In order to have food delivered, sorted, inventoried and stocked, **it is important that Food Drives be completed and delivered to Project SHARE no later than the dates of November 1 and December 1.**
- Project SHARE is **unable to accept foods that are opened and that have "Expiration", "Best By" or "Sell By" dates less than 2 months after your food drive is completed.** Valuable time is lost when volunteers and staff have to sort and dispose of expired items. SHARE cannot and does not distribute foods with past dates. Please be sure to notify your team and make arrangements for outdated food to be disposed of prior to delivery.
- **Food drives must be registered with Project SHARE so we can prepare for your donation.** Register at [ProjectSHAREpa.org/food-drive-registration-form/](http://ProjectSHAREpa.org/food-drive-registration-form/) or by phone at 717-249-7773.
- **Please make arrangements for a date & time for your food delivery.** Project SHARE receives many scheduled deliveries during the week. By calling, we can plan for your arrival, assist you with unloading, record the weight of your food items and properly thank you for your donation.

Items needed for November & December Distributions include:

12-15 lb. Turkey (Nov)	10 lb. Fresh White Potatoes
Turkey or a Ham (Dec)	5 lb. Fresh Sweet Potatoes
Stuffing Mix	Canned Mixed Fruit (Light)
Frozen Green Beans	100% Fruit Juice
Canned Corn	Canned Pineapple (Light)
Dessert Mixes	Spices (pumpkin, all-spice, etc.)
Dinner Rolls	



- Without the date restrictions and in lieu of a Physical Food Drive, **your group might also consider a Virtual Food Drive** by using our online *SHARE Shop*. We do not fill orders in the traditional way. Your group's "purchases" are online shopping donations that allow us to leverage our deeply discounted purchasing power. View our SHARE Shop at [ProjectSHAREpa.org](http://ProjectSHAREpa.org) and click on SHARE Shop under the DONATE menu. **Questions?** Please call 717-249-7773 and ask for Deb Hess or Joe Kloza.

# FARE for SHARE Has Taken Root

Our FARE for SHARE ,has become an annual, outdoor food truck event, pandemic or not! With 13 of the best food trucks in our region, September brought us well over 1,500 people including families, kids, and adults of all ages to taste the offerings and enjoy the festivities on a sunny Sunday afternoon.



*A great time was had by all. Many thanks to our sponsors, LifeGuide Financial, M&T Bank, Highmark Wholecare, LAMAR, Aetna BetterHealth, McDonalds and Alliance Financial, the wonderful food vendors, all those who volunteered to help, and those who came to enjoy the event.*



FARE for SHARE featured great food, live music, a fun Kids Zone, and Shakespeare roving actors from Carlisle High School's Shakespeare Page to Stage.

Gross proceeds from the event totaled more than \$17,000. These funds will

directly support Project SHARE's vision: Nourishing Our Community...Awakening Hope!"

More photos on-line at: [projectSHAREpa.org](http://projectSHAREpa.org)

59K—continued from page 01

children were served weekly with the

highest week serving 504.

Since we are always concerned on **how our efforts are received and are effective**, an extensive survey was conducted, under the auspices

of our Nutrition Coordinator, Emma Witwer. The results will help us and encourage us to move forward serving our community.

**The respondents represented 10% of the recipients.**

97% said they would recommend to family and friends

91% said the times and locations were convenient



75% were pleased with the health and variety of food items

65% stated that the receiving of books and reading challenges encouraged their children to read

Most **helpful aspects** of the program were:

Saving money; Convenience; Healthy meals; Easy meals for kids to prep themselves.

The **favorite food** was the Quesadilla Kits followed by the meatball subs and the Un crustables!

The **comments from parents were both inciteful and inspiring.**

• *"I'm a mother of six and I work the night shift and these were easy meals for the kids to prep on their own without having to worry about turning on the stove a lot and the days they had to turn on the stove (the pizzas), I just help them with but very convenient little meals and snacks for them to just grab throughout the day while I'm trying to sleep for work that night!! Very helpful and handy. "*

• *"It helped more than you know. My whole house got COVID and my youngest has major medical concerns and nutrition is huge for him right now. This kept things simple and stress free."*

• *"Your awareness that some of us are desperately searching to make ends meet. If you ran the summer program according to federal funding guidelines or target populations & sub-groups who are the most needy, my children wouldn't have been in your carline. One day, I'll be at a place where I can share my story to support and give a voice to others, and I'll give back and can't wait to help. In order to get there mentally, emotionally, physically and with any type of clarity and determination, we have to get out of survival mode. The children and I are in a tough place. Your Summer Feeding Program offered stability and hope."*

• *"I love that you paired it with a Summer Reading program / challenges / learning for the children. The scope of this summer program and kindness of your volunteers/staff made the pick-ups a pick-me-up that the children looked forward to in a variety of ways."*



**Kids will continue to be in our focus as we move through 2022 and into 2023!**

*Project SHARE is a faith-based food pantry founded in response to God's call to love one another.*

## Our Mission:

*to reduce food insecurity for neighbors in the greater Carlisle area by offering access to nutritious food, programs, and a support network that promotes self-sufficiency, fosters dignity, and instills hope.*

“Don't judge each day by the harvest you reap but by the seeds that you plant.” —Robert Louis Stevenson



## Planting a Seed

We planted many seeds this past year. Some actual, with our farmers in the land as well as the many home gardeners who planted and donated their harvests. Plus we also planted nutritional seeds to help

grow our children during our Summer Feeding program. Finally, metaphorically, we planted new ideas for both young people and our adult community to prepare and cook more nutritious meals for their better health. The seeds were planted and now the harvest, and the planting continues!

**Fall has always been my favorite season.** The chill in the morning air, the world vibrant with deep colors, changing back to hot coffee after drinking cold coffee just to name a few have all been small moments that make Fall a favorite. But now I have a new reason to love Fall- and it is because Fall is when **Project SHARE's Kids in the Kitchen cooking classes re-launches after a summer hiatus.**



It is a joy to facilitate cooking classes for kids- **to see their eagerness, to watch them courageously try new foods,** to guide them through expanding their cooking skills, and to see them navigate how to work well as a team.

Research has continually shown the positive impact cooking classes have on children. In a study published by the journal Preventing Chronic Disease, kids who take part in cooking classes are more willing to try new foods, are more confident in their cooking skills and are indeed more skillful at cooking.

- Kids also eat more vegetables after participating in classes. Plus, when children begin to change the way they eat, their excitement passes over to their families resulting in positive changes.
- For this reason, each family leaves a Kids in the Kitchen cooking class with a meal kit bag in which they can make the recipe again at home with their family, for all to enjoy.

“What are you planting today to harvest tomorrow?” — Lailah Gifty Akita

Cooking classes for children plant a seed for healthier children and healthier families.

**Kids in the Kitchen will resume in October**, with one in-person and one virtual option each month. In-person classes will be held on the First Thursday of each month from 5-6:30pm and virtual classes will be held the Fourth Thursday of each month from 5-6pm. Pre-registration is required on [timetosignup.com/projectssharepa](https://timetosignup.com/projectssharepa).

If this article has you eager to cook with your children, try out this recipe!

**Slice of the Month** will also be returning to our great Farmstand kitchen setting where we gather to chop, spice, simmer, boil, bake and broil our way into preparing some great dishes to eat on site and to take home to prepare for our households. Nutrition and good tasting foods are always on the menu. Join us on the first Tuesday of each month.

**A FALL TREAT for you to prepare and enjoy!**

### Apple Pie Energy Bites

#### Ingredients

- 2 cups old fashioned oats
- ¼ cup ground flaxseed
- 1 ½ teaspoon pumpkin pie spice
- ½ cup natural peanut butter
- ¼ cup honey
- ¼ cup applesauce
- 1 teaspoon vanilla extract
- 1 medium apple



#### Directions

- ◊ Wash your hands.
- In a large bowl, mix the oats, ground flaxseed and pumpkin pie spice together.
- ◊ In another bowl, stir together the peanut butter, honey, unsweetened applesauce and vanilla extract.
- ◊ Grate the apple. Careful for your fingers!
- ◊ Combine the oat mixture with the peanut butter mixture, and stir until everything is combined.

◊ Add the grated apples and stir. You can use your hands to finish mixing!

◊ Before mixing, make your hands slightly wet. Roll the mixture into 20 energy bites and this will help prevent the energy bite mixture from sticking to your hands.

◊ Add the grated apples and stir. You can use your hands to finish mixing!

#### Resources

- [https://www.cdc.gov/pcd/issues/2014/14\\_0267.htm](https://www.cdc.gov/pcd/issues/2014/14_0267.htm)
- <https://fooddignitymovement.org/podcast/episode-34-ruby-k-payne-phd/>

### Kids in the Kitchen-



**In-Person** 5-6:30pm at SHARE HQ.

Limited to 12 kids!

Oct 6, Nov 3, Dec 1, Jan 5,

**Virtual Zoom:** Oct 27, 22 Nov, and Dec 22,

Registration / Sign-up:

[timetosignup.com/projectssharepa](https://timetosignup.com/projectssharepa)

### Adults—Slice of the Month

**In-Person** 5-6:30pm at Farmstand

Limited to 12 adults!

Oct 11, Nov 8, Dec 13, and Jan 10,

Registration / Sign-up:

[timetosignup.com/projectssharepa](https://timetosignup.com/projectssharepa)





5 North Orange Street  
 Carlisle, PA 17013  
 Phone: 717-249-7773  
 Website: [projectSHAREpa.org](http://projectSHAREpa.org)  
 Facebook: Project SHARE of Carlisle

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# THANKSGIVING & DECEMBER HOLIDAY Turkey & Meal Drives

*Sponsor 1 or more Families in Need*

\$20 Sponsorship: one turkey

\$40 Sponsorship: one turkey with all the trimmings.

- Return your sponsorship gift using the enclosed envelope.
- Use QR Code to make gift.
- Make gift online at [ProjectSHAREpa.org](http://ProjectSHAREpa.org)
- Visit *SHARE Shop* to shop virtually at [Project SHAREpa.org](http://Project SHAREpa.org)



**If your group wishes to conduct a Physical Food Drive, please note the following changes for this year:**

- *Schedule and complete Food Drive by 11/1/22 and 12/1/22, respectively for November & December Distributions.*
- *Register your Food Drive at [projectsharepa.org/food-drives](http://projectsharepa.org/food-drives) or call 717-249-7773.*
- *Food Items with Expiration, Best By, or Sell By dates before 12/31/2022 are unable to be accepted.*
- *Check out preferred food items in this newsletter, in the article on page 5.*



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