

# SHARE NEWS

## FALL 2017

... Gleaning Accelerates ... Holiday Dinner ...



## Another Season...another corner

*"Still round the corner there may wait a new road or a secret gate." J. R. R. Tolkien*

*We need to anticipate and work towards positive change because we attract what we believe. We control what we can, despite occasional diversions. So, as we enter the new changes, that the Fall season has in store for us, let us plow forward with hope, optimism and charity in our hearts as we journey and see what wonders are around the next corner.*

### Farm to Table Harvests a Success!



Project SHARE has now enjoyed its first Farm to Table and Silent Auction. The event is getting rave reviews from those who attended and we are encouraged with the results of our efforts. This event has every indication of developing into our signature event because it combines a meaningful connection between local food sources and the ability to raise funds to service "Nourish Our Community."

The combination of revenue from ticket sales, sponsors, silent & live auctions, and other contributions totaled more than \$15,900 in net proceeds. That is enough to fund an entire Project SHARE monthly distribution to our families. Those who were a part of Farm to Table also conveyed that their participation convinced them to re-enlist for next year's Farm to Table.

Continued page 6

### Food Insecurity in America

*Project SHARE is reprinting selections from this USDA press release because it is most relevant to our mission here in Carlsisle. We welcome your comments on this article and any and all of our offerings.*

WASHINGTON, September 6, 2017 — More than 41 million Americans lived in households struggling with food insecurity — limited or uncertain access to enough food — in 2016, according to a new report released today by the U.S. Department of Agriculture's (USDA) Economic Research Service. The data reveal a small and not statistically significant decline in household food insecurity in 2016 from the previous year, with the rate dropping from 12.7 to 12.3 %.



The 12.3 % household food insecurity rate is still higher than the rate right before the Great Recession (11.1 % in 2007), and considerably higher **USDA** than the low point of 10.1 % in 1999. Indeed, 10 million more people lived in food-insecure households in 2016 than in 1999, and 5 million more than in 2007.

Continued page 7

**Our Mission:** "In response to God's call to love one another, and bolstered by the spirit of generosity in volunteers, staff, recipients, gleaning partners and donors; Project SHARE's food pantry programs and partnerships meet the evolving needs of people on their journey to freedom from want."

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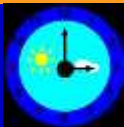
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## DATES TO REMEMBER

**Sundays** (4-5pm)@ the Farmstand. Relax and condition your mind and your body with an expert team. FREE



### Kids in the Kitchen

For November, in lieu of Thanksgiving week, we are changing to a special holiday schedule. Note Wednesdays, November 29th and December 27th (4:30-6pm). Children ages 5-12 will meet @ our main site on N. Orange St. Sign up at [timetosignup/projectsharepa](http://timetosignup/projectsharepa) or call Project SHARE @ 717-249-7773.

### Adults in the Kitchen

Beginning on Wednesday, November 8th, from 5:30 to 7pm, we will be introducing a new class for adults. Much like our successful Kids in the Kitchen, these monthly classes will give adults a hands on experience to prepare recipes based on our upcoming Distribution.

### Gleaning

Mondays from 5:30 PM until 8PM throughout September and on Saturdays, in October, from 8:30 AM until 12PM. Meet in the lobby of Project SHARE for a great experience out of doors!

### Turkey Trot @ The "Y" Thanksgiving, 9am

Bring canned hams or any shelfstable smoked hams or turkeys that do not require refrigeration to deposit on race day to support Project SHARE, and be entered to win a free Massage, Personal Training or Reiki Session. Five lucky winners will be chosen. Register for the "Trot" at:

<http://www.carlislefamilyymca.org/healthy-living/program/centurylink-turkey-trot>

### Holiday Dinner Campaign

As we move towards the winter months, the warmth inside our homes replaces heating we relied on from the sun. Special Holy Days = Holidays, at this time of the year, provide many momentous occasions for our many family traditions.

Let us open our hearts in the spirit of the season as we SHARE our gifts with those whose lives are in need of warmth at this time of year.

*Turn to page 7 for more details!*

### Project SHARE Community Holiday Dinner

The dinner will be held on Thursday, December 7th and is sponsored by Bobby Rayhal Toyota. Check our website, later in October, for further details on the time and place.

### SOUPERBOWL leading to Sunday 2/4/18

January will be a special opportunity for congregations, youth groups, organizations and others planning special parties to consider how they can make it a SOUPERBOWL to benefit their neighbors in need of food security from their efforts. Check out: [superbowl.org](http://superbowl.org) and contact us at Project SHARE as your benefactor.

Sign up for all Project SHARE events from Kids in the Kitchen to Gleaning @:  
[Timetosignup.com/projectsharepa](http://Timetosignup.com/projectsharepa)



### "No Small Thing"

Project SHARE is blessed to have tremendous support from you, our community. By reading this newsletter you are participating in our vision: **Nourishing Our Community . . . Awakening Hope!**

When I think of "Nourishing Our Community . . . Awakening Hope", I think of a young mother of three who I first met this year at a Tuesday distribution on a snowy day. She walked a mile and half through several inches of falling snow to provide for her family. We struck up a beautiful conversation that has continued outside the walls of Project SHARE. While SHARE provided a place of nourishment and hope for this young mother, she too was a source of nourishment and hope to her children, and to me. Every time we meet, her positive attitude and joyful disposition, in the midst of challenging circumstances, is a gift that nourishes my soul and awakens hope. This is **no small thing** in a world where nourishment and hope is dimmed by darkness.

"Nourishing Our Community" is more than providing food. It is a holistic vision where we care for the physical, social, economic, emotional, and spiritual needs of our neighbors. "Awakening Hope" in one another is **no small thing**, because hope changes the way we approach and perceive life. Hope says that tomorrow can be different, that the cycle of my life can be broken; it can be changed. Hope is the sense that my present circumstances do not define me. When hope is awakened a person is more prone to participate in the process of change, to see potential in their life and the life of their family, to not give up.

On behalf of the Board of Project SHARE, thank you for caring for our neighbors in need and joining us to live out our vision of "Nourishing Our Community . . . Awakening Hope!" – it is **no small thing**.

Privileged to serve with you,  
*Diane Baltaeff*, Board Chair

## Collaborating *with* Community

**CARLISLE 4 KIDS** A total of 610 youth attended **Carlisle 4 Kids** 406 from Elementary Schools and 204 from the Middle and High Schools. Project SHARE, together with **United Way's** coordinated effort, worked with many generous Carlisle organizations and congregations. **Carlisle Events** donated their **EXPO Center** venue where tons of school supplies were distributed, insuring children began their academic year on an equal footing with their peers.



Help Project SHARE to make a difference by "Awakening Hope" by returning the enclosed *Holiday* envelope of support. Thank you!



# Congregation & Community Connections



Many thanks go to our congregational supporters. Since its inception, Project SHARE has had a special relationship with those who have seen fit to support our mission to respond to "... God's call to love one another..." A special shout out to many of whom, since our last edition of SHARE NEWS, have blessed our community through their Outreach programs. Just a **few** highlights include:

**Second Presbyterian** embarked on a campaign to raise funds for shopping carts. These carts are of special value to those in the neighborhood who do not drive. It allows them to "wheel" their food home from Distribution. The church raised funds from their congregation as part of a special appeal to the parents and students of the summer Vacation Bible School. We thank them for their generosity.

**St. Matthew in Plainfield** offered a summer gospel concert benefiting SHARE. This is one of many annual events held by churches and organizations for Project SHARE.

**Carlisle Evangelical Free Church** has always been a great supporter of Project SHARE. During this past quarter they gave much assistance to the Carlisle 4 Kids campaign that gave our children a great start to the school year.

**St. Stephen Lutheran Church** is helping our Middlesex neighborhood with the Power Nutrition Packs for school children on weekends.

**First Evangelical Lutheran** and **Carlisle United Methodist** made special undesignated collections in support of our mission as did many other congregations. We list many of them opposite.

We have only highlighted a few and are truly grateful for all of our congregational support that ranged from food drives and small financial donations as well as those congregations that

tithed thousands to Project SHARE on behalf of those in our community in need of greater food security. All of these outreaches show a community that cares about the welfare of our community and truly acts out the parable of the loaves and the fishes where many are served.

- Bethel Assembly Of God
- Big Spring United Lutheran Church
- Carlisle Baptist Church
- Carlisle Church Of The Brethren
- Carlisle Evangelical Free Church (CEFC)
- Carlisle Reformed Presbyterian Church
- Carlisle United Methodist Church
- Christian Life Community Church
- Dickinson Presbyterian Church
- Doubling Gap Church Of God
- Faith Chapel
- First Evangelical Lutheran Church
- First United Church Of Christ
- Green Spring First Church Of God
- Hickorytown United Methodist Church
- Mercersburg Association Pennncentral Conference
- Middlesex United Methodist
- Mt. Victory UMC
- New Hope Church Of God
- Opossum Hill Union Church
- Otterbein United Methodist Church
- Second Presbyterian Church
- St. John Evangelical Lutheran Church
- St. Matthew Evangelical Lutheran Church
- St. Patrick Catholic Church
- St. Paul Evangelical Lutheran Church
- St. Stephen Lutheran Church
- The Meeting House
- Tree Of Life Church Inc
- Trinity United Methodist Church
- Unitarian Universalists Of The Cumberland Valley
- Uriah United Methodist Church
- Valley Christian Academy, Inc.
- Waggoners United Methodist Church
- Young's United Methodist Church

## Support Community Aid Bins Fall Closet Cleaning Helps You and SHARE



<b>Assembly of God</b>	403 Oak Flat Rd. Newville
<b>Carlisle Country Market</b>	1446 Holly Pike
<b>Carlisle E-Free Church</b>	290 Petersburg Rd
<b>Carlisle UMC</b>	45 South West St
<b>Farmstand</b>	123 Lincoln St.
<b>Graziellas Pizza</b>	5 W Main St. Plainfield
<b>New Beginnings Loft</b>	550 Petersburg Rd
<b>Project SHARE</b>	5 N Orange St.

Thanks to **Community Aid** for their continuing support of our mission!

## Collaborating *with* Community

### SHARE Neighborhood Partners



**HOPE STATION** hosted a Community Dinner at our Farmstand. Safronia Perry, Executive Director of Hope Station welcomed guests. Project SHARE staff, led by Farmstand Manager Steve Kuhn and neighborhood friend David Hodge worked to open our space and hearts to the community. We look forward to many more collaborative events there for the community.

"With four people you can create one very strong kind of energy, but if you can get 65 people working together, and swinging together, that's a whole other kind of energy." —Chuck Mangione



**We Built a Better World !**

For our kids!



This summer's Lunch & Learn was better than ever with a daily average of 113 kids taught and assisted by 101 adult volunteers! We were at 5 sites in and around Carlisle that generously provided us with the use of their facilities. The impetus for this program comes from the need to feed children nutritious lunches and morning snacks who are out of school for the summer.

Project SHARE provides the food (see Kitchen Kronicles on page 7) while teachers and site supervisors provide fun yet meaningful learning experiences and activities.

We collaborated with Bosler and Amelia Givin libraries, and the program benefited from curriculum activity boxes. The lesson plans were prepared by volunteer teachers from our theme "To Build a Better World." There was much creativity employed as can be seen from some of the topics including construction, famous buildings, animal habitats, diversity, senses, perceptions and even other worlds!



Kids created constructs, explored the planets and took home books for their personal libraries. Some of the special activities included visits by service dogs and their trainers, a trip to the Dickinson Planetarium, and Snakes at Amelia Givin Library.

We are beginning our planning for 2018's new and improved and hopefully expanded Lunch & Learn program with help from the community. We know that the next program will benefit greatly from the experiences and successes of this year. We need teachers and assistant teachers to enlist early so we can plan to offer 2, 3 or 4 days a week of Lunch & Learn. The children we serve need the kind of dedicated service we were blessed with in 2017. If you are interested in making Lunch & Learn a valuable stepping stone for our kids, please contact JKloza@projectsharepa.org or call us at 717-249-7773 ext. 236. and speak with our Education Coordinator.



**SHARE Power Nutrition Packs**



Project SHARE provided 36 Power Nutrition Packs per week for St. JOHN's Summer SPY program and 32 for HOPE STATION's, insuring added weekend nutrition for their kids. Our Power Pack program is growing towards 2018 with added nutrition and expanded coverage to help more kids get more nutrition in their weekend diets.



**OCTOBER RECEIPT CAMPAIGN**

When you shop at GIANT save all your food and gas receipts dated **between October 1-31**. GIANT, a generous partner with SHARE, will then donate \$1 for each receipt to enable us to "Nourish Our Community..."

Congregations, firms, businesses, and organizations are all welcomed to participate by placing a collection point for their members or clients to deposit their receipts. Individuals and families are also encouraged to participate.

Receipts can then be delivered to Project SHARE for our redemption with GIANT. Our goal is to collect 5,000 receipts.

Contact Project SHARE if you would like a flyer, poster or collection box for your receipt campaign. [JKloza@projectSHAREpa.org](mailto:JKloza@projectSHAREpa.org) or call 717-249-7773 xt. 236.

**Woof! Gone to the Dogs!**

**Hungry Pets Project—CADPA Collaboration**

Carlisle has an amazing pet playground run by the CADPA-Carlisle Area Dog Park Assn. With the cost of pet food and maintenance we are aware that many pet lovers are hard-pressed to feed their families, much less their pets. Thus, came the idea for the Hungry Pets Project.

Each Distribution we are able to supply a modest amount of pet food. Thanks to **Petvalu** and manager, Aspen Claxton, a regular "event" to solicit pet food donations from customers is sponsored. Gina Christensen and Deb Shrock operate a pet pantry and donate regularly. Heather Troupe, another donor, has gone "above and beyond" by delivering generous amounts of pet supplies. Others include **Giant Foods**, who sent us many cases of refrigerated "gourmet" dog food...which would make any pup happy! Our CADPA team includes Pam Fagan, Lynette and Joe Curran, Betsy Walters and Gail Black.

It is not easy to seek help in difficult times, but those in service at Project SHARE are respectful, friendly and polite when interacting with all. The atmosphere is warm and welcoming. We reflect that example in our interactions with clients, as well.

Many stories are shared during our monthly distributions. One elderly client shared that her dog and her husband died last year. When I commented that she heartened me with her cheery smile, she replied that all of us have to keep going, "no matter what!"



It is impossible to be in a bad/sad mood in the presence of such optimism. I look forward to a long, productive collaboration between

CADPA and Project Share. Thanks goes to Linda, Wes, Joe and Deb B, and all the others that are making this program so successful.

Pat Charuhas



### Recipient Witness—Rachel & Lorelai & Christine

*Rachel was born in Chambersburg and two days later was adopted by a loving, nurturing family. Rachel was also blessed with a sister, Christine, who was seven when she was adopted into the same family. They were in a spirit of joyful expectation when I interviewed the three of them in August.*



#### RACHEL GRADUATES CHS

Rachel graduated from Carlisle H.S. in 2009. She was not focused on the future, but by the summer of 2010 she decided to go into the HACC Nurse Aide training certification program at Claremont Nursing Home. She successfully completed the course of study and obtained her state certification, having passed the written and demonstrable parts of the exam on her first try. Shortly thereafter she was employed by a local nursing home.

#### FOCUS

Rachel admits that growing up had not quite happened yet and her less than focused approach led to her dismissal. At that point she was beginning to realize that she was not advancing and needed to try something else. The result was that she was fortunate to be able to study in Troy, NY and eventually completed a degree in Art Therapy. She states that this was a pivotal point in her life when she was on her own and had to learn to cope and fend for herself.

#### BACK HOME

She returned to Carlisle, in part, to help care for her sick grandfather. How she felt about herself was still not completely resolved. Then came the birth of a daughter, Lorelai. "I was still making bad decisions, but now I have this lovely child to care for and I love her so. Life is filled

with contradictions. I thought my life was so messed up."

Now, with the added responsibilities of a little life to care about, Rachel took her certification to another local nursing home and has been successfully working there for over a year. She is now a valued part of that team. "I think my previous mistakes and experiences taught me to value myself and all for whom I care from infancy to the elderly. I still have regrets that it took experience and time to get to the valued place I am now in."

#### LEAVING PROJECT SHARE

Rachel has been coming to Project SHARE for 6 months. She is now going to be resigning from the need for Distribution week. Since Christine, Rachel and Lorelai will be in the same household they will no longer be eligible for the monthly Distribution since eligibility is based on 150% of the Federal poverty level.

#### AUNT CHRISTINE

Christine has been in some special programs, over the years, and is now looking forward to spending more time with her sister and her new niece. They are moving into and caring for grandad's home. In her new role, as aunt, Christine looks forward to her contribution to the household.

Success brings more success and our "graduates" look forward to their "evolving... journey to freedom from want" enabling them to expand their SHARING with others.



We may repeat this often, but often is insufficient for what we receive from our volunteers. A big thank you and expression of gratitude from the staff and recipients goes to ALL of our Volunteers without whom our mission would be impossible. A special thank you to our:

#### VOLUNTEERS of the MONTH :

JUNE

Paula Kendall

JULY

Ron Forry



**Boiling Springs' TRIATHLON** raised \$6,000 for Project SHARE at their August event. We are thankful to the organizers and their corporate sponsors that we acknowledge on our website. It was a great day for all. Pictured is Linda Ballentine of the TRIATHLON presenting a check to Deb Hess, Development Director for Project SHARE.



#### KARN'S—A Big SHARE !

Thank you to KARN'S for their continuing partnership with Project SHARE's food pantry program for their generous donations and drives. A check for \$5,000 hangs in our Distribution room as a reminder of their generosity.



Voted Harrisburg Magazine's "Simply the Best" for 14 years in a row, Bobby Rahal is known for going above and beyond for their customers. Not only does this philosophy carry over to their patrons, but it also reaches into the communities they service. Another huge "shout out" to Bobby Rahal Toyota for again sponsoring the annual Holiday Dinner for Project SHARE Recipients. The Holiday Dinner will be held on Thursday, December 7th. Check [project-SHAREpa.org](http://project-SHAREpa.org) later in October for further details.

"If we have no peace, it is because we have forgotten that we belong to each other." — Mother Teresa



**Kline Foundation** – A special thank you goes to the Josiah W. and Bessie H. Kline Foundation for a recent grant to be used toward the purchase of a medium duty refrigerated truck. On a weekly basis, Project SHARE makes between 6 and 10 truck runs for an average transport load of 13,000 pounds of fresh and frozen fruits, vegetables and meats from a variety of vendors and donors. This addition to our fleet of trucks, allows us to continue transporting food at safe temperatures directly to Project SHARE's cool and frozen storage areas but in a more economical and safe manner.

“The shared meal elevates eating from a mechanical process of fueling the body to a ritual of family and community, from the mere animal biology to an act of culture.” – Michael Pollan

The food was exceptionally sourced while our local chefs prepared tasty offerings that still linger. Lamb, beef and salmon along with vegetables and regional fruits combined to show what culinary delights could be enjoyed.

Once again thanks to our Harvest Sponsors:



Many thanks to all our Food and Beverage Partners, Chefs, Entertainer, Silent & Live Auction Donors, Advertising Donors and Volunteers.

Many listed below:

- |                            |               |
|----------------------------|---------------|
| Castlerigg Wine Shop       | Carlisle      |
| Denim Coffee Company       | Carlisle      |
| Dickinson College Catering | Carlisle      |
| Dickinson College Farm     | Carlisle      |
| Duck Donuts                | Mechanicsburg |
| Grand Illusion Hard Cider  | Carlisle      |
| Keswick Creamery           | Newburg       |
| Oak Grove Farms            | Mechanicsburg |
| Pecan Meadow Farm          | Newburg       |
| Peters Orchards            | Gardners      |
| Prescott's Patch           | Bainbridge    |
| Rhone Brew Company         | Carlisle      |
| Rockledge Farms            | Carlisle      |
| Roots Flower Farm          | Carlisle      |
| Sandi's Breads             | Palmyra       |
| Spiral Path Farm           | Loysville, PA |
| Square Bean                | Carlisle      |
| Talking Breads             | Shermans Dale |
| Toigo Farms                | Carlisle      |
| Wild for Salmon            | Bloomsburg    |

**Chefs:**

- |                         |                          |
|-------------------------|--------------------------|
| Russ Freeman            | Café on Market Creations |
| Chris Heilig            | ShakeDown BBQ            |
| Salim Michel Makhoulouf | Penn Live                |
| Maria Ntzanis           | Grazery                  |
| Bill Seras              | former Back Door Cafe    |

**Entertainment by:** Kevin Neidig

## Farm to Table Photo Gallery



FB=ScarlettLuvPhotography

**Food Insecurity continued from page 1**

“While there has been progress since the peak of food insecurity driven by the recession — 14.9 % in 2011 — it is much too little and much too slow,” said Jim Weill, president, Food Research & Action Center (FRAC).

Study after study show that food insecurity harms health, the ability to learn, productivity, and the nation’s economic strength.

The nation’s largest federal nutrition programs, the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps) and school meals, serve as the first line of defense against food insecurity for tens of millions of Americans. Both the president’s fiscal year (FY) 2018 budget and the House Budget Committee’s FY 2018 budget resolution propose dramatic cuts to SNAP and school meals.

“The federal government should be leading the way in addressing the fundamental problem of households struggling with hunger, but Congress and the president seem headed in the wrong direction,” said Weill. “SNAP and school meals have a proven track record in effectively addressing food insecurity. Without question, cuts to these programs would make food insecurity in this country far worse.”

Other key findings from the USDA report include: The rates of food insecurity were substantially higher than the national average for households with children, and for black- and Hispanic-headed households.

The food insecurity rate worsened for black, non-Hispanic households from 2015 to 2016, while improving for Hispanic and white, non-Hispanic households.

Rates among households with children remain higher than rates for households without children (16.5 % versus 10.5 %).

Households in rural areas are experiencing considerably deeper struggles with hunger compared to those in metro areas, with higher rates of food insecurity overall (15 % compared to 11.8 %), and higher rates of very low food security (6.6 % compared to 4.6 %).

The food insecurity rate in the South census region, already higher than in the West, Northeast, and Midwest, rose from 2015 to 2016, while the rate in the other three regions fell.

Continued page 9



NOAH Helping to Fill Our Pantry



As we move towards the winter months, the warmth inside our homes replaces heating we relied on from the sun. November and December kindle celebrations centered around hot foods on our tables. Special HOLIDAYS (origin Holy Days), at this time of the year, provide many momentous occasions for our family traditions. They remind us to be thankful and expectant of new birth, hope and endurance.

Let us open our hearts, in the spirit of the season, as we SHARE our gifts with those whose lives are in need of care at this time of year.

Enclosed is my gift to sponsor a family(ies) during the holidays!

Item	Sponsorship	#Families	Total
<input type="checkbox"/> Turkey	\$20	X	=
<input type="checkbox"/> Ham	\$20	X	=
<input type="checkbox"/> Thanksgiving Dinner (for 4)	\$40	X	=
<input type="checkbox"/> Christmas Dinner (for 4)	\$40	X	=

**THANKSGIVING and CHRISTMAS DINNER INCLUDES**

(Items in addition to what is received during regular Distribution days)

- Stuffing Mix
- 2 Cans of sweet potatoes
- 5 Lbs. of potatoes
- 2 Cans green beans
- 2 Cans corn
- Bag of oranges
- Bag of apples
- 2 Cans pineapple
- Dessert mix
- Bottle of 100% fruit juice
- Frozen Turkey or
- Christmas Ham
- Gravy ingredients

Our purchasing power and partnerships make your financial donations stretch further than food that you would purchase at retail.

We still welcome and are blessed by those who operate food drives. If you plan to do a fund or food drive, please let us know how we can help by calling Project SHARE @ 717-249-7773.

**If conducting a food drive, please plan to conclude your drive and deliver items for Thanksgiving by November 13th and Christmas items by December 4th.**

**On behalf of those who benefit from your spirit of generosity, we thank you!**

**SHARE this appeal with your family, friends, congregations and groups. Contact us for further information at: info@projectsharepa.org or at 717-249-7773.**

## Thank You G.B. Stuart Foundation

Utilizing funds from a G.B. Stuart Foundation grant awarded in 2016, Project SHARE recently completed a number of upgrades to its warehouse storage and distribution facility.

“Although most people will never see or realize the improvements made, these enhancements are critical to the operations of Project SHARE and our ability to effectively carry out our mission,” explains Bob Weed, Interim CEO. “We care about the well-being of our volunteers, staff and Recipients. We take our role seriously to provide them with a safe, risk-free environment.”

With improvements that include pallet racking, rack protectors and new compression dock seal cushions, Project SHARE is better able to receive, inventory and store product for distribution in an increasingly safe manner.



*Rack protectors already put to good use (above). New dock seals providing protection from weather elements during loading and unloading (below)*



The installation of a new electric transformer, panel and electric lines has taken into account both a current demand and future need for increased power capacity. Also, among the upgrades is the ability for paints and flammable products to be safely stored in a new fire-proof cabinet and vol-

unteers are enjoying the ease of a new adjustable sorting and packing table for processing fresh fruits, vegetables, eggs, etc.

We appreciate our partnership with the G.B. Stuart Foundation and their support of our mission addressing the issue of hunger and food insecurity in the Carlisle community. *Thank you for being a great neighbor!*



*Installation of new electric transformer and panel (above). Volunteers using new packing table (below).*



“I was still making bad decisions but now I have this lovely child to care for, and I love her so. Life is filled with contradictions. I thought my life was so messed up.” *See full article on page 5*

## Sugar Shocker!

**Did you know** the average American consumes almost 152 pounds of sugar in one year?<sup>1</sup> That is nearly 43 teaspoons of sugar per day, equivalent to approximately 700 calories! This far exceeds the recommendation set by the World Health Organization.<sup>2</sup>

**So what's the big deal?** Current research suggests that chronic high sugar intake does not only increase the risk of diabetes, but may also increase your risk of obesity, heart disease, high blood pressure, increased blood triglyceride, and even nonalcoholic Fatty Liver Disease.<sup>3</sup>

**Where does all this added sugar come from?** Hidden sugars are everywhere. They are in beverages, baked goods, candy, breakfast cereals, and are even hiding in items such as condiments and bread. Sugars are especially prevalent in fat-free items, as manufacturers often replace fat with sugar. Sugar may also be disguised under a variety

of names, all of which are sweeteners high in calories and have no nutritional value (aka 'empty calories'). Sugar, Cane sugar, Corn syrup, High fructose corn syrup, Fruit juice concentrate, Honey, Dextrose, Fructose, Maltose and more.

### Tips for reducing sugar intake:

**Check the ingredients**— this is your first 'line of defense'. If it lists sugar, or any of the names listed above, in the first three ingredients, select a different option.

**Read the label**— the nutrition facts label is often overlooked, but contains valuable information such as serving size, servings per container, grams of added sugars, and number of calories per serving.

### Try this...Instead of that:

- Instead of soda, try 100% fruit juice mixed with seltzer water or naturally flavored seltzers.
- Instead of a candy bar, try fresh or dried fruit.
- Bananas or apples with peanut butter make a great sweet treat! If you're craving chocolate, throw in a dark chocolate chip or two with each bite.

Instead of ice cream, try a cold smoothie made with yogurt, frozen berries and/or peanut butter.

Sources: 1. <https://www.dhhs.nh.gov/dphs/nhp/documents/sugar.pdf>  
2. [http://apps.who.int/iris/bitstream/10665/149782/1/9789241549028\\_eng.pdf?ua=1](http://apps.who.int/iris/bitstream/10665/149782/1/9789241549028_eng.pdf?ua=1)  
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5365373/>







## Food Insecurity continued from page 7

The prevalence of food insecurity varied considerably by state, ranging from 8.7 % in Hawaii to 18.7 % in Mississippi (for the three-year period of 2014–2016).

Of the 10 most populous states, five had food insecurity rates higher than the national average of 13 % from 2014–2016: North Carolina (15.1 %), Ohio (14.8 %), Michigan (14.3 %), Texas (14.3 %), and Georgia (14 %) **Pennsylvania (11.5%)**



The Food Research & Action Center is the leading national nonprofit organization working to eradicate poverty-related hunger and undernutrition in the United States. Read FRAC's A Plan of Action to End Hunger in America.

### About the USDA Report

The U.S. Department of Agriculture, using data from surveys conducted annually by the Census Bureau, has released estimates since 1995 of the number of people in households that are food insecure. Food-insecure households are those that are not able to afford an adequate diet at all times in the past 12 months. The report also includes food insecurity rates for each state, but for states, it uses three-year averages to give a better estimate of the number of households experiencing food insecurity.

**Note that in Cumberland County, PA the Central Pennsylvania Food Bank quotes the Feeding America statistics stating 11.5% are food insecure for a total of approximately 27, 240 people. Percentage for children under 18 who are food insecure in Central PA is 18%.**



## Men and Women's Alpha @ Farmstand

Project SHARE welcomes the Carlisle and West Shore Evangelical Free Churches to offer men and women's Alpha sessions at the Project SHARE Farm Stand. What is Alpha? Alpha is a series of sessions exploring the Christian faith, typically running over eleven weeks. Each talk explores a different question around faith and is designed to create conversation. Alpha is offered around the globe, and everyone is welcome. Women's Alpha begins on September 11 at 10AM each Monday at the Farm Stand at 123 Lincoln Street and Men's Alpha starts on September 8 at 10:00 AM every Friday. Please join us for some great conversation and an excellent meal. Please contact the Farm Stand Coordinator, Steve Kuhn at [skuhn@projectsharepa.org](mailto:skuhn@projectsharepa.org) or call anytime at 717-385-0682.

## Childhood Hunger Hurts Us All



Childhood hunger hurts many of life's essential developmental processes. It is all of our responsibilities to insure the best possible beginnings for the children who will be interacting in our community for a lifetime.

Here are some points for consideration:

### Health

- ◇ Hungry children are nearly 3 times more likely to suffer from poor health
- ◇ 1.4 times more likely to be iron deficient
- ◇ 1.3 times more likely to be hospitalized and require long in-patient stays
- ◇ Compared to their food secure peers, children experiencing 4 years of food insecurity have a 209% increase in their likelihood of lower health status

### Poor Job Readiness

- ◇ Adults who experienced hunger as children are ill-prepared mentally, emotionally and physically for the work environment, leading to greater absenteeism and turnover

### Behavior

- ◇ Nearly 2 times more likely to suffer from ADHD
- ◇ 3 times more likely to be suspended from school
- ◇ 5 times more likely to commit suicide as a teen

### Education

- ◇ 1.6 times more likely to miss days of school
- ◇ Twice as likely to repeat a grade
- ◇ Twice as likely to require special education

**Project SHARE** assists our children in varied ways by first helping their families at Distribution and Farmstand. Additionally, we also help through our Power Nutrition Packs delivered to over 250 children in local schools for weekend nutrition. We also provide our annual summer Lunch & Learn program and Kids in the Kitchen. We teach food awareness and provide training and developing activities and programs to better identify and serve the needs for food insecure children in the Carlisle region.

*Thanks to the **Greater Pittsburgh Community Food Bank** for the data in this article.*

# Gleaning Accelerates...Records Fall!



The gleaning season is in full operation as thousands of pounds of cantaloupe, watermelons and corn are picked each week.

Two weeks ago a team of volunteers from Carlisle broke the all-time record for the largest total pounds of produce ever gleaned on a Monday night. They gleaned:

- 2,100 pounds of corn
- 8,400 pounds of watermelons a
- 2,400 pounds of cantaloupe



That is a grand total of **12,900 of produce in a single night!** It was a total team effort.

Project SHARE's gleaning teams continue to visit farms each Monday from 5:30 PM until 8PM throughout September and on Saturdays from 8:30 AM until 12PM. All trips will leave from Project SHARE's parking lot. Volunteers are encouraged to sign up on Project SHARE's web site, [projectSHAREpa.org](http://projectSHAREpa.org), where you can find a tab in the gleaning section that will take you to our [TimeToSignUp.com/projectsharepa](http://TimeToSignUp.com/projectsharepa) page. We can't wait to see you, your family or your group at one of our gleaning trips. Please contact the Farm Stand Coordinator, Steve Kuhn at [skuhn@projectsharepa.org](mailto:skuhn@projectsharepa.org) or call anytime at 717-385-0682.



Project SHARE is so very grateful to the many businesses that collaborate with us to help provide loads of fruits, vegetables and baked goods for our weekly distributions at both the **Farmstand** and at Project SHARE. AHOLD (parent company of Giant Foods), Weis Markets,

Wegmans, Walmart, PA Food Bank, US Army Commissary, Panera Bread, Starbucks, Beeman's Bakery and many truckers / shipping companies all contribute immensely to help provide food to the Carlisle Community. These donors allow Project SHARE's **Farmstand** the opportunity to provide many varieties of fruits, vegetables and baked goods throughout the winter months when local produce is not available. For example this past week at the **Farmstand** produce included; cantaloupe, cucumbers, tomatoes, squash, onions, potatoes, carrots, lettuce, celery, cabbage, apples,

assorted fruit packs, green beans, limes, lemons and lots of baked goods. The lettuce products included heads of lettuce, salad kits, shredded lettuce, baby spinach and bags of blended varieties. All types of salads were very plentiful.

Project SHARE would love to have you help as a volunteer at the Farm Stand. Contact Meagan Smith at [msmith@projectsharepa.org](mailto:msmith@projectsharepa.org) or call 249-7773 Ext 232.



*"Let the earth sprout vegetation: seed-bearing plants, fruit trees of every kind on earth that bear fruit with the seed in it."*

Genesis 1:11

# Summer Reflections on Falling Forward

# KITCHEN KRONICLES



The **Lunch and Learn Program** was a large part of our Nutritional efforts this summer. This program is co-sponsored by the USDA whose goal is to see that all children, normally eligible for free or reduced lunches during the school term, get continuing nourishment during the summer months. Project SHARE works to fill part of that gap. With the help of many hardworking, dedicated volunteers, we served fresh, nutritious meals to an average of 113 kids a day—that is over 2,500 meals total!

As you can imagine, cooking for 100+ kids each day is no easy task. Fortunately, this year Project SHARE had the opportunity to use Carlisle High School's cooking facilities, which allowed us to cook everything 'from scratch'. Even with commercial kitchen equipment, the volunteers and I were up at the crack of dawn Monday through Wednesday preparing the day's meal. Some mornings were busy breading 400 chicken tenders or rolling out 500+ meatballs, while others were spent slicing cucumbers and apples wedges.

Local ingredients were sourced when possible; including blueberries, peaches, nectarines, and cucumbers from Strite's Orchard in Harrisburg, lettuce from Spiral Path Farms in Perry county, and whole-wheat pizza dough from Sandi's Breads in Grantville. Even the applesauce, corn, and tomato sauce were made here at Project SHARE using local products! Some of the kids' favorite meals included whole-wheat baked ziti, chicken wraps, and turkey tacos. Carlisle High School Men's Volleyball Team raised enough money to provide over 1,000 turkey 'pretzelwiches,' which were another fan favorite. Project SHARE is so grateful for the community's support and generosity, as well as the South Side Deli and their excellent sandwiches!

To all the volunteers, families, and friends of Project SHARE who helped, we cannot thank you enough! This program would not be possible without your continued dedication and support. So, as you reflect upon your accomplishments this season, remember — "What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead." – Nelson Mandela


Have a blessed Fall Season!


*Weston*



## GIANT

**Grinding for a Brew**  
Many thanks to manager, Tim Dinsmore of GIANT on Spring Garden Street in Carlisle for a fantastic coffee grinder that is serving us well! Thanks to GIANT for their many other blessings, as well!





### Savory Roasted Root Veggies


**Serves:** 6  
**Time:** Prep - 30 mins, Cook - 45 mins

#### Ingredients

- 1 cup beets, cut into small cubes
- 4 carrots, cubed
- 1 onion, diced
- 2 cups potatoes, cubed
- 4 cloves garlic, minced
- 2 tablespoons oil
- 1 tablespoon dried thyme leaves
- 1 tsp salt

#### Directions

1. Preheat the oven to 400 degrees F.
2. Place the beets, carrots, onions, potatoes, garlic and beans into a 9x13 dish or baking sheet. Drizzle with olive oil and seasonings. Mix well.
3. Bake uncovered for approximately 40 minutes, stirring once midway through.
4. Season to taste and ENJOY!



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As the end of the year approaches, you may be looking for ways to support Project SHARE while saving on taxes. For general information about the most effective ways to make charitable gifts, along with tax and other benefits, request **Your Guide to Effective Giving in 2017**. To receive your free copy, email us at [dhess@projectsharepa.org](mailto:dhess@projectsharepa.org) today!

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