



SHARE NEWS

AUTUMN 2020

PROJECT SHARE

IN THIS ISSUE:
Produce Bounty...Vision Unmasked...Chief Reflects...Moving forward!



Remotely! How many of us feel this word as we open the door to the cool breezes of Autumn! Each leaf falls to the ground alone but in community. We may be isolated in our homes but blessed we have a home. We may be working remotely but we are working. The kids may be at home more now but they are home. This year continues to challenge us whether we follow science or our own instincts. Yet hunger remains for food, clarity and community. Love each other by realizing we are all bounty from the Earth to ultimately return. What divides us is irrelevant when we consider what unites us. So we move forward with enthusiasm and love for each other through Autumn 2020. Each season in life is telling us to take a moment to enjoy our blessings, SHARE with our neighbors, for we are all neighbors in a worldwide community, and rejoice! Watch the colors change and the leaves fall and be amazed!

JDSMK

Inside Discoveries

- Summer Feeding1,6
- Unmasking the Vision1,4
- The Chief 2,3
- Donor Thanks.....3, 5
- Kitchen Kronicles7

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Summer Feeding Rolled!

By Emma Witwer, Nutrition Coordinator



“**M**om, it’s watermelon week!” the school aged child exclaimed excitedly. She was straining against her seatbelt, twisting her body around so that she could watch the Project SHARE volunteers load her breakfast and lunches for that week into the back of her car. This vignette was a common occurrence during Project SHARE’s Summer Feeding Program for Children and Youth.

From June through August, over the span of 11 weeks, Project SHARE distributed a total of 51,856 meals (breakfasts and lunches) to an average of 337 children a week in our community. At Project SHARE headquarters and in the parking lot of the Amelia Given Library in Mt Holly Springs, dedicated volunteers woke up early on Friday mornings to distribute a weeks’ worth of meals to the children in our region.

The emphasis of the summer feeding program was to provide children nourishing, healthy meals. Each meal included a fruit and a vegetable, a protein, a grain and milk. One client reflected “It was a nice variety of healthy and fun snacks and foods. The

Continued on page 06

Unmasking the Vision



If you’re reading this, chances are good that you’re involved in Project SHARE in one way or another. You don’t need me to sell you on the brilliant staff, the charming clientele, or the efficient, agile distribution and educational practices. **What I hope to do is sell you on selling others, to mobilize our entire community into action for those in need.** We’re facing a disastrous health and economic crisis, and that impact is reverberating throughout the Greater Carlisle area. As unemployment rises and need increases, it’s imperative that we grow our reach, that we rally around the mission, and that we all devote ourselves to dismantling food insecurity, not just now but deep into the future. To ignite the recruitment process, let’s analyze the vision statement.

Why the vision statement? Isn’t that just a catchy tagline that makes for good optics on the SHARE website banner? How could this possibly spark action in our community? At first, I had the same questions. But the more I reflect on it, the more I’m amazed by its profound impact. What might seem like a meager five-word catchphrase is anything but. **“Nourishing Our Community...Awakening Hope!”** It’s eloquent, it’s beautiful, but until recently, I didn’t really know what it meant. But it’s vital that we develop a greater understanding of this vision.

According to Oxfam.org, the global food insecure population was 821 million at the end of 2019. This underscores the scale and breadth of a pre-

Continued on page 04

CommunityAid partnership for Wellness

Project SHARE began a pilot program with CommunityAid—Mechanicsburg that will have our Nutrition Education Coordinator, Emma Witwer designing and compiling Wellness Boxes for employees to experiment with new, tasty, healthy alternative recipes. The boxes will be delivered bi-weekly to a Project SHARE cooler on site in Mechanicsburg. Employees will receive recipes and everyone will be encouraged to take photographs of the fun in prepara-



tion and the results around the table. Steve Sullivan, CEO and Bob Weed, CEO of SHARE both reached this agreement recognizing the need to support essential front line workers at this time and hopefully moving forward.



Bob Weed, CEO

7 Deadliest Words

Someone smarter than me once said, "The seven deadliest words for any organization are **'We have always done it that way'**". The impact of COVID-19 has proven this age-old adage to be true for Project SHARE and for almost every business, organization and family in our community. A rapid need to change affected everything from our method of operation to whom we serve. Without

allowing for a creative, innovative mindset and the courage to try new things, Project SHARE and our community would be in a sad state of affairs.

At Project SHARE, our method of operations changed overnight. From an in-person, client choice model of distribution to a drive thru operation. Volunteers who normally were mainstays of the organization, for their own health and safety, were no longer available to work. Small things like how people enter and exit the building and how we communicate with each other changed. Big things like sources of food for distribution were changed. Long-standing programs like SHARE's Lunch & Learn summer feeding program were no longer feasible under current conditions.

While keeping their eye on the mission and vision of Project SHARE, **Team Members, Volunteers and Community Members all adopted one attitude - "If we can't do it that way, how about trying...(fill in the blank) .."** My Marine Corps friends have a phrase they use – **Improvise, Adapt and Overcome.** This outlook, coupled with grace in the face of the unknown have allowed Project SHARE to meet and in some cases exceed the needs and expectations of our community.

Across the community, organizations went through the same sort of exercise. Sadler Health Center learned how to serve patients through tele-visits and with health care providers working remotely. SPY (Summer Program for Youth) adopted their program to maintain a limited number of youth at each site while upholding the highest quality of cleanliness. Restaurants across town figured out how to run a take-out service and how to expand outside their normal footprint.

Many of these changes have actually resulted in improved outcomes. At Sadler the number of kept appoints increased significantly. At Project SHARE, our re-vamped Summer Feeding Program resulted in increasing the number of children served by 265%. Our drive-thru model at Farmstand now allows Project SHARE to serve over 120 more families per week. Not all of new undertakings have been a success. Some were flops. However, we learned from each new experience.

I take my hat off to the Team, the Volunteers and Community Leaders who did not let those seven deadly words paralyze them



in the face of an unprecedented need to change. Allowing for collaboration, innovation and a spirit of purpose have made the "new normal" a bit more palatable. Over the past six months, I have been

humbled to see so many individuals contribute in so many different ways.

How blessed we are to be part of a community that is not afraid to take action and avoid stagnations in the name of serving others.

SHARE Spotlight Column

Chief On Our Team

My name is Taro Landis and I have been your Chief of Police here in Carlisle since March 2017. Having been in law enforcement for more than thirty years, I have had more opportunities to see people on their worst day than I care to think about.



That being said the Borough of Carlisle is a very unique place. Here in Carlisle our citizens seem to get a long, we feed people, "Project Share", we house people, Community Cares". If someone is looking to improve their skills for employment, we have an organization, the Employment Skills Center, that can do that.

I have noticed from my dealings with the Carlisle Borough Council that unlike Washington DC, Democrats get along with Republicans, working for the common good of our community.

Why, even the Carlisle School District welcomes Officers of the Carlisle Police Department into their classrooms and allow us to interact with students. **CARLISLE YOU ARE SPECIAL!**

I would be remised if during our current climate of distrust of law enforcement, I did not offer you some of my opinions. I have been around this earth for a minute or two and being a Black American gives me a special view of where our country stands.

America is not perfect, however during my service as a United States Marine I had the opportunity to visit other countries that do not even begin to stack up to the United States.

That being said, when our Constitution was created and said that all men were equal, I was not considered a man. The point of this is that our America is and has been different for immigrants that came through Ellis Island and the folks that lived here originally along with involuntary transplants.

I am a proud American. My father served in the segregated Army of World War II and always said "America is the best".

When law enforcement is criticized, the reality is we are criticizing our society because law enforcement is a cross section of our population. Law enforcement can and should do better. We all can do better. It is important to not paint all police with a broad brush. There are good doctors and bad

**We Ask You To SHARE
with Your Community Through
Project SHARE's Mission
by Returning the Enclosed
Envelope !**



SHARE Spotlight Column

doctors, just like any other profession, there are good and some folks that should be in another vocation. Law enforcement is a very noble profession. Any day there are thousands of interactions where officers place their life in jeopardy for citizens.

Whenever there is a video clip of a law enforcement use of force, many times there is much more to the incident than the short clip recorded. The courts state that when judging an officer's use of force that it is judged not in 20-20 hindsight, but in the eyes of a trained officer applying the law to the incident.

Training, policies, supervision and accountability are the key elements that make and keep the public safe. I urge all citizens of the Borough of Carlisle to come out and ride along with our Officers. See what we do, learn who we are.

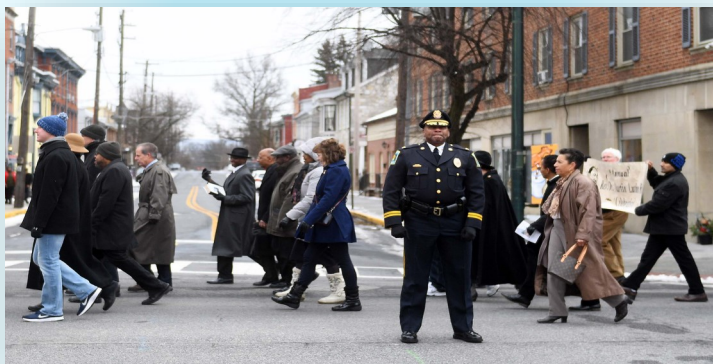
The Carlisle Police Department is a professional organization, it meets or exceeds the best practices for Pennsylvania Law Enforcement Accreditation.

One of the problems as I see it is that people attempt to bring the national media spotlight to Carlisle. As I stated earlier, Carlisle is different. We manage to come together in ways other

Communities either can't or won't. What is the answer? When each of us are in our homogeneous groups and someone speaks ill of a race, culture or profession that is not present, SPEAK UP! Don't allow bad conduct to go unchallenged.

In conclusion there are some things that I tell everyone that will listen. There are three things needed to make it in life, God, Discipline and Respect. God because you are going to see some things especially as a police officer that you will not know what to do with. I say turn it over to God. Discipline, doing the right thing even when nobody is watching. Respect, if you respect yourself and you respect others there are some places that you just can't go and some things that you just can't do if you want to keep your self-respect.

Lastly, do what is right! There is never a wrong time to do the right thing.



Congregation+Connections



Many thanks to our congregational supporters. In recognition of those who have blessed us with funds or food since our last SHARE News. Although not listed, we thank the many congregations for their gifts of time. We could not serve those in need without all of you. This recognizes donations between June 05 and September 01. Thanks to all of you and your congregants who remember to feed the hungry throughout the year.

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|------------------------------------|---------------------------------------|
| Bethel Assembly of God | Lighthouse Church of God |
| Carlisle Baptist Church | Opossum Hill Union Church |
| Carlisle Barracks Chapel | Otterbein United Methodist |
| Carlisle Church of God | Second Presbyterian Church |
| Carlisle Evangelical Free Church | Shiloh Missionary Baptist Church |
| Carlisle Reformed Presbyterian | St. Matthews Evangelical Lutheran |
| Carlisle Seventh Day Adventist | St. Matthew's United Church of Christ |
| Carlisle United Methodist | St. Matthias Lutheran Church |
| Carlisle United Methodist Women | St. Patrick Catholic Church |
| Christian Life Community Church | & the St. Vincent DePaul Society |
| Dickinson Presbyterian Church | St. Paul Evangelical Lutheran |
| Faith Chapel of Carlisle | St. Stephen Lutheran Church |
| First Evangelical Lutheran Church | Trinity UMC - Good Samaritan Class |
| First United Church of Christ | Trinity United Methodist Church |
| Green Spring First Church of God - | Waggoners United Methodist |
| & the Golden Rule Class | |

VOLUNTEER CORNER

Volunteers SHARE their valuable time! They are an integral part of our mission and bring joy to all with their service. Our volunteers bless our community with service. Without them there is no SHARE in Project. We understand that many of our Volunteers are particularly vulnerable at this time. We know that if they could they would also be on our front lines. For those who have been able to join and serve, we collectively applaud your efforts and thank you, on behalf of the community we all serve.

We move forward with safety in mind while we continue to set an example and protect each other through social distancing, masks and hygiene practices. We thank all who have served, continuing or planning to serve in the coming days.

Project SHARE continues to have a multitude of different volunteer needs. To name a few of our greatest needs- Tuesday and Thursday Farmstand and Tuesday and Wednesday Distribution.

Please check out our new volunteer page at:

<https://projectsharepa.volunteerhub.com/>



Fill Up Our Bins and Shop Again at CommunityAid

- ⇒ Project SHARE HQ
- ⇒ Graciella's Restaurant, Plainfield
- ⇒ Assembly of God, Newville
- ⇒ New Beginnings Loft
- ⇒ St. Matthew's UCC
- ⇒ Carlisle Country Market
- ⇒ Carlisle E-Free Church
- ⇒ Carlisle United Methodist
- ⇒ The Farmstand on Lincoln



“Nourishing Our Community...

Awakening Hope! It’s eloquent, it’s beautiful, but until recently, I didn’t really know what it meant. “

pandemic need that existed. More tragically, by Oxfam’s projections, **up to 12,000 people could die of starvation daily once the pandemic’s economic toll comes fully to fruition**. We can fight this, but we must understand how to unify the community around the wisdom of the vision. Embedded in the essence of these five beautiful words is the crucial armor in the ongoing battle against hunger.

Let’s begin with “Nourishing Our Community,” it seems straightforward. Food insecure individuals and families receive nourishment from the healthy variety SHARE offers through its generous donors. But nourishment stretches far beyond the physical need. To be whole, we all require nourishment – not just physical, but mental, emotional, communal and spiritual. Intended or not, the founders’ vision was so prescient because it satisfies each of these needs and extends to the entirety of the community.

Countless times I’ve walked away from serving at SHARE feeling fulfilled –



made whole by the work of serving others, emotionally moved by the gratitude and cheer of clients and staff and touched by fellow volunteers’ devotion and grace. Fulfillment is in the giving,

in the shared laughter, the new friendships forged, the sweat from picking corn in the hot sun and the satisfaction of closing a trunk full of food.

In providing others vital nourishment, we too are nourished.

Through service, we uplift our community in democracy, satisfying the communal ‘nourishment.’ **When we devote ourselves to enriching those in the greatest need, we’re paving the way for a healthier society,** not just through nutrition but through fairness and equity. We emphasize the importance of voting in elections and pull for candidates whom we believe are devoted to the general welfare. But change in politics is slow; even the smallest bill can spend an eternity in legislative purgatory. **The real pace of change is determined by our efforts in between election days.** Someone said, “Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote

every day about the kind of community you want to live in.”

During this pandemic, and a divisive political climate, “Awakening Hope!” may seem very much at a premium. Like the first part, though, I think about the nuance in the notion of awakening; the most important in this is that hope is not lost! Still, we must balance optimism with a distressing reality. Media painfully reminds us about a persistent, corrosive narrative that defines and divides society today, often leaving me feeling hopeless. I see the increased food insecurity and unemployment via news outlets and social media, and **longer lines at the Farmstand.** I see a polarized debate about public health, with people at odds with one another over mask-wearing and business reopening. I see impassioned protests in cities across the nation, cries which carry the burden of centuries of systemic oppression and injustice. I see politicians and news anchors revving up personal attacks, highlighting problems and assigning blame while offering little optimism. I see a world fractured, hurting, confused and, what appears at times, hopeless.

In the wake of hopelessness, I cannot overstate the power in Project SHARE’s vision. **Hope** is that spiritual nourishment. **Hope** is what drives the undeniable feeling of happiness and peace which echoes off the walls of the warehouse and through rows of vegetables. **Hope** offers you a break from the world’s problems, a chance to exchange love through your actions. **Hope** knows no religion, no political affiliation, no background, no personal beliefs. This is the kind of hope that Project SHARE offers to reinvigorate – a chance to lay aside personal differences, forget the world’s



pain, and engage your full self in service. Just as communal nourishment knows no boundaries, the hope you can awaken can take many forms. You could ignite hope in a first-time client, serving a poignant reminder of the **Carlisle area’s leap in unemployment; the rate skyrocketed from 4.7% in March to**

13.3% in April, 11.8 in July and continues to hover in double digits.

It could be hope in volunteers or staff, who may be experiencing fatigue or hopelessness of their own. It could be anyone with whom you make eye contact and exchange a simple smile, albeit with your eyes through a mask. At SHARE, you can very much awaken your own



peace, one that, even if lasting only a few hours, reminds

you of the true goodness of humanity. It is important to pay attention to concerns in our society and understand the grave nature of our reality. But it’s equally important to have hope.

“Nourishing Our Community...Awakening Hope!” is the framework for a stronger, healthier, fully nourished community. These aspirations are not out of reach, and success in our community intertwines with the greater global effort to combat hunger. I recently read a remarkable book called *Enough: Why the World’s Poorest Starve in an Age of Plenty* (2009), in which Roger Thurow and Scott Kilman outline policies and missteps that perpetuated global hunger. They also navigate a way forward, much of which is large-scale political action. But their final suggestion? “Get Involved,” the authors say, adding that “Individuals can make a big difference.” We can do this. But to achieve it, we must implore our family members, neighbors, friends and colleagues to join in the movement. My prayer is that we can bring the Greater Carlisle area to greater heights by amplifying compassion and eradicating food insecurity. But to live the vision requires a team; better yet, it requires a community. **So, I leave you with two questions. Are you in? If so, who are you bringing along?**

- Sources:
- <https://assets.oxfamamerica.org/media/documents/The-Hunger-Virus.pdf>
 - Oxfam.org, 9 July 2020 “The Hunger Virus: How COVID-19 is Fueling Hunger in a Hungry World”
 - https://data.bls.gov/timeseries/LAUMT42254200000003?amp%253bata_tool=XGtable&output_view=data&include_graphs=true
 - Thurow, Roger & Kilman, Scott. 2009. “Enough: Why the World’s Poorest Starve in an Age of Plenty”

Article from Andrew Razanauskas, know as “Raz” is the Lean Manager, Polyurethane Division at Carlisle Construction Materials (CCM). He has been an ardent champion of hunger relief programs and has served Project SHARE as both a Volunteer and as a corporate giving initiator.



“When I let go of what I am, I become what I might be. When I let go of what I have, I receive what I need.” Lao Tzu



Many thanks to businesses, foundations and other organizations who unify as part of our community through contributions of funds or in-kind gifts. This list of gifts was received between June 05 and Sept. 01. Although too numerous to list, we also recognize all the individual donors and volunteers who give time and resources to "Nourish Our Community..." while "...Awakening Hope!"

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| AAAdvantage Insurance Group, Inc. | Howard Hanna |
| Amazon Smile | HSB Management, Inc. |
| Anderson Logistics | J. B. Hunt Transportation |
| Beechwood Orchards | Josiah W. and Bessie H. Kline Foundation |
| Beeman's Bakery | |
| Benevity, Inc | Kimberly's Cafe and Creamery |
| Bobby Rahal Toyota | Knights Of Pythias Lodge #299 |
| Boiling Springs Triathlon Inc | Lark Rise Farms |
| Capital Area Head Start | Menasha Corporation Foundation |
| Carlisle Area Educators Association | Mondelez Global LLC |
| Carlisle Barracks Commissary | Morgan Plant & Associates |
| Carlisle Kiwanis Club Foundation | Old Bellaire 375 - Order Of Eastern Star |
| Carlisle YMCA | PA DOE Summer Food Service Program |
| Central Pennsylvania Food Bank | Pop Marketing |
| CenturyLink ClarkeM.Williams Foundation | Rich Valley Golf |
| Challah For Hunger | Samaritan Fellowship Inc. |
| Community Aid, Inc. | Spiral Path Farm |
| Community Cares | Stan Sheffer Construction |
| Cumberland County Domestic Relations | Subway |
| Cumberland Valley PA Chapter Harley Davidson | TOPS 868 of Carlisle PA |
| Dickinson College Farm | United Way Of Carlisle & Cumberland County |
| Dr. William J. Phelan | United Way of Southwestern PA |
| Eaton | United Way of the Capital Region |
| Farmers On The Square Inc | Wegman's |
| G.B. Stuart Charitable Foundation | Weis Markets |
| Giant Food Stores, LLC | YourCause |
| Girl Scout Troup 534 | |

Farmers' fields and gardens are made ready for winter by mowing off this year's old plants Project SHARE will be taking our teams of gleaners into the orchards of Adams County for delicious apples. Generous orchard owners welcome us for another banner crop of healthy, tasty apples.

Just as SHARE's summer gleaning season is dependent on our local growing season cycle, teams of volunteers began the year gleaning lettuce and proceeded beans, hot house tomatoes, zucchini, squash, cucumbers, peppers, corn, cantaloupe, watermelons and outdoor tomatoes. It has been a terrific summer as 10s of thousands of pounds of crops made their way to Project SHARE, to the Shippensburg Food Bank, to families in the SHARE Summer Feeding Program for Children and Youth, the Mt Holly Food Bank, to visitors at Community Aid, families participating in the South Middleton Summer Food Program and to the Newville Food Bank.



SHARE is so very thankful to all that helped make this summer's gleaning program a big success, but we are not finished yet. Project SHARE is recruiting many volunteers to help bring back tasty Adams County apples each Saturday morning. After meeting at Project SHARE at 8:30 AM, we will hand out direction to help groups safely caravan to each gleaning site in Adams County. Just like the growing cycle of summer crops, our October gleaning season will start with Honey Crisp apples, then proceeding to Gala,

Yellow and Red Delicious, Ida Red, Yorks, Granny Smith and finally Fuji apples later in October. Doesn't that sound scrumptious! We ask gleaning teams to practice safe social distancing and safe Covid-9 practices while gleaning. Our gleaning partners have 100s of acres of trees and land for us to harvest apples off of so distancing will be easy for you and your group to adhere to. SHARE will provide hand sanitizer and one bucket each to use throughout each day's gleaning experience. Project SHARE sends out a BIG thank you to all who participated this summer and those who will be with us this Fall. You are incredible! Steve Kuhn



🥕 FARM to TABLE 🥕 vs. 🍷 FARE for SHARE 🍷

Project SHARE continues its mission throughout this crisis to ensure that its neighbors have access to healthy food and support services. In an effort to provide an environment that is in line with state and federal mandates for keeping COVID-19 exposure risks down, our signature fundraising event, *Farm to Table & Auction*, scheduled for September 27, has been cancelled. But WAIT! Mark your calendars for 2021.

Save the Date
FARM to TABLE & Auction
 Sunday . September 26 . 2021
 The Barn at Creek's Bend

Because of the cancellation of the FARM to TABLE event, SHARE wanted to offer an occasion to gather where we could say "hi" to all our friends while practicing effective social distancing activities. Hence . . . the FARE for SHARE Food Truck event was held on Sunday, September 20. Many thanks to all the participants who came out to support Project SHARE and the following vendors who co-hosted the event. Special thanks to 2nd Presbyterian for the use of their parking lot!



- Uncle Moe's Soul Food
- Italian Job
- Banana Leaf
- Farm Show Milkshakes
- Bricker's Famous Fries
- The Sweet Patch
- Say Chees
- P & B Southern
- Smoke Summer BBQ

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."

“My children love the fresh fruits and veggies, but we can’t always afford them, so this has been a blessing for our family,”

watermelon was the best we’d eaten all year!” Another chose to remain anonymous, shared “It’s a good balance and mixture- between the milk, the pizza and the fruits. It’s been well balanced and they [grandchildren] like it very much.”

During the summer months, many families experience an increased grocery bill because their children

are no longer receiving breakfast and lunch from school. This additional financial strain is challenging. Here at Project SHARE, we are happy to be able to support our community by providing children breakfast and lunches throughout the summer. “My children love the fresh fruits and veggies, but we can’t always afford them, so this has been a blessing for our family”, one client shared. Another client said “The food helped out the food bill at our house. With a lot of grandchildren it financially helped us.”

It is said that to raise a child it takes a village, and the community of Carlisle certainly understands that to feed a child, it takes a village. From the teams who packed more than 400 bags of frozen items in under 2 hours in preparation for the weekly distribution, to the volunteers picking fresh cantaloupes and watermelon from local fields, to the volunteers loading cars in 90°F weather- an army of volunteers spent their summer dedicating their time and energy to make sure the children in our community did not go hungry. **“I like the teamwork-that everyone in the super hot weather just pitched in to help out people that need help, because we all need help sometimes,” shared volunteer Mark Laser.** Additionally local libraries and churches gave their time and space to support this program. The fire police and security guards directed traffic. Principals and teachers helped spread the word, and local food establishments, like Chick-Fil-A, Kimberly’s Café, Mickey’s Pizza and GIANT foods, supplied and donated food. It certainly took the village of Carlisle to make this program successful!

Like so many other plans in 2020, the plans for the Summer Feeding Program evolved and adapted to ensure safety due to COVID-19. Historically, Project SHARE has hosted an onsite Lunch and Learn program for school aged children, where children receive a hot breakfast and lunch and participate in morning summer camp three days a week. For safety concerns, the in-person camp was shifted toward a drive through distribution. Despite the change in model, volunteers still had the opportunity to connect with students from the past. Volunteer Melanie Hoffman said “All I can say is when I see the kids come



through with their parents that I had at Lunch & Learn [last year], and they still wave and are happy to see you, as their teacher, it just makes your heart full.” To add an educational component to the food distribution, **new books from Barnes and Noble** were given to each child every other week

throughout the summer. **The Bosler Library** also donated activity kits for children which were distributed throughout the summer.

Thank you to all who made the Summer Feeding for Children and Youth a successful program over the 2020 summer!

Up to the Task at Mt. Holly Springs

Lunch & Learn Supervisor and SHARE Volunteer Janet Kacsur changes course to continue to serve the children. Here is her story together with her husband Chip who with our Volunteer team brought us out to Mt. Holly this summer.

How do you distribute nourishing food to children during a time of social distancing? That was the question the Project Share Lunch and Learn Team had to answer and put into action quickly. Our Lunch and Learn summer programs usually held in 5 locations, were not going to be possible due to all the social distancing requirements. When asked to serve as a volunteer site supervisor for the Mount Holly Springs



location for 9 Fridays, I initially balked at the idea. Would I want to be committed to something every Friday all summer long? After some thought and discussion with my supportive husband, Chip, I said YES. I signed on as supervisor and Chip assisted each week.

Let the drive thru fun begin! The summer sun offered a warm welcome



as we set up our drive thru distribution in the Amelia Givin Library parking lot. Neighboring New Life Community Church was also a great part of the team. Thankfully a terrific group of volunteers

showed up each week to direct traffic, count and record the number of children in each family, distribute new books, load food into cars and provide smiles behind masks.

The **initial expectation was to provide breakfast and lunch food for a week to 100 children at the Mount Holly Springs location.** By the way that means 700 meals a week to include fresh produce and dairy. **By week 3 we had surpassed the 100 number and were providing meals to over 130 children at our Mount Holly location.** Week 8 we learned area schools were delaying the start of school by two weeks and families were anxious about the end of our program and the absence of school meals. Project Share quickly made the decision to continue the program for a two additional weeks. Prayers were answered and the families were always so very grateful.

Eyes lit up each week as books and other surprises were placed into open trunks and tailgates. If we do this again next summer, I will practice my roller-skating skills so I can be a real car hop!

“Life is like riding a bicycle, to keep your balance, you must keep moving.”

Albert Einstein

Maximizing an Abundance of Produce

Living in Central Pennsylvania, the summer and fall months offer us a bounty of fresh produce- from squash, to cucumbers, melons, corn and tomatoes. Using fresh ingredients is a delicious treat during these months- as well as good for our health. Eating fruits and vegetables is linked to healthier body weights as well as lower risks of heart disease, blood pressure, diabetes and cancer.

While a bounty of fresh fruits and vegetables is healthy and delicious, it can also be overwhelming because of its short shelf life. It is frustrating to watch that vibrant green bag of spinach wilt and rot in the fridge because it was not used in time or to watch those leeks slowly decay because it is not a familiar ingredient so we let it go to waste before it is used. More often than not, we may find ourselves throwing that healthy fresh produce away or adding it to the compost pile.

But there are strategies to make those fruits and vegetables last longer and help your family minimize food waste. Here are five of my favorite ways to use a surplus of fresh fruits and vegetables:

1 Roast vegetables: For vegetables that are beginning to wilt, chop them up into 1 inch cubes. Drizzle with olive oil, sea salt and pepper- for additional herbs add rosemary and thyme, or cumin. Place vegetables on a single layer on a sheet pan, making sure to not overcrowd the veggies. Roast in the oven at 400°F for about 30



minutes. This method works well for hearty vegetables like radishes, carrots, broccoli, cauliflower and potatoes.

2 Use Meal Templates: Meal templates are loose recipes in which you can mix and match ingredients based on what you have on hand. Meal templates include egg bake, stir fry and grain bowls. Start with the base recipe and then mix and match ingredients with whatever vegetables you have on hand. For example, one week your egg bake may include onions and broccoli, the next week it may include zucchini and bell peppers.

3 Freeze what you can: One of the simplest strategies for preserving fruits and vegetables is make your own frozen food. Some fruits and vegetables- like blueberries, strawberries, onions and bell peppers- can be washed, chopped, portioned and put straight into the freezer. Other vegetables require a quick blanching process. The National Center for Home Food Preservation has a helpful and extensive guide on how to freeze fruits

and vegetables to preserve the best quality. For more information, visit <https://nchfp.uga.edu/how/freeze.html>.

4 Make Your Own Quick Pickle Vegetables: One simple and quick way to preserve vegetables is to quick pickle your bounty. For quick pickling you will need equal parts water and vinegar (feel free to use any vinegar you have on hand- such as white or apple cider vinegar)



and fresh vegetables- such as cucumbers, carrots, summer squash or cherry tomatoes. Chop vegetables into your desired shape. In a small sauce pan, bring to a boil 1 cup vinegar, 1 cup water, 1 tablespoon salt and 1 tablespoon sugar. This is your brine. Divide the chopped vegetables between 2 one pint mason jars. Add fresh herbs like rosemary or dill and 1 clove of fresh garlic to each mason jar (this step is optional). Cover the vegetables with the brine. Fill each jar within ½ inch of the top. Place the lids on the jar and let cool to room temperature. Once cooled, place in the fridge. Let the vegetables pickle for at least 48 hours before enjoying. These pickled vegetables can be kept in the fridge for up to 2 months.

For more adaptations of this recipe, check out [thekitchn.com](https://www.thekitchn.com/how-to-quick-pickle-any-vegetable-233882) (<https://www.thekitchn.com/how-to-quick-pickle-any-vegetable-233882>)

5 Make your own stock: If you have a pile of vegetables that are wilted and you cannot cook with, making stock is a great option. Gather a variety of vegetables- like carrots, celery, onion, leeks and mushrooms- use whatever you have on hand. Roughly chop the vegetables. Add vegetables and water to a slow cooker. For every 1 cup of vegetables, use 4 cups of water. Add salt, pepper, bay leaves and any desired herbs. Heat on low for 8 hours, or high for 4 hours. Once broth is done, separate into jars or freezer storage bags.



Label and place in freezer for future use. Homemade broth will last in the freezer for a few months.

Use these strategies to make your fresh produce last months! Check Project SHARE's Facebook page for healthy recipes that include seasonal ingredients for more ideas on how to use fresh fruits and vegetables distributed at SHARE's Farmstand and monthly Distribution.

Prepare any of these suggestions and send us a photo(s) and win a prize!



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