



# SHARENews

## AUTUMN - 2021

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Fork in the Road...Fruits of My Labor...Turkeys...Your Choice

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Turkey Drive.....8

"I came to the fork in the road and I took it." Prophetic words from my former neighbor, Yogi Berra. Many of us do just take a path without much thought. It has led us to places and situations that we might change if we had another chance. Yet if we had taken a different path everything would be rearranged, abolished and redirected. Knowing that, would we have taken a different path? It is all past so the focus can only be on the road ahead and the choices and directions which take us into the unknown future. We create our future through the forks in our roads. Choose wisely and make a choice that causes no misery to you or to others along the way. Make it a journey of joy for all by your choosing. - JDSMK

## The Fruits of My Labor

*Life takes us on pathways that we do not chose. Our*

*choices come at forks in the road. Our summer intern, Bekah Becker made choices.*

"This past summer, I had the honor and privilege of being an **AmeriCorps Summer Associate** at Project SHARE foodbank of Carlisle, PA. My responsibilities focused primarily on assisting the Nutrition Coordinator with the planning, preparation, and execution of Project SHARE's Summer Feeding Program – a ten-week program that distributes a week's worth of breakfasts and lunches to children in neighboring communities in a contactless Drive Thru model. Additional responsibilities included weekly menu design, nutrition tip sheet and activity design, SHARE the Health Meal Kit Box menu planning and preparation, and volunteer coordination.

### Beauty in Non-Glamorous Work



One Monday morning, my supervisor gave me the task of sorting through the leftover food from the previous Friday's Summer Feeding Distribution. This job required opening 75 cardboard boxes stored in the cooler and organizing the contents into milk crates to reuse or compost. I began my ascent of the mountain of boxes, fumbling with the cardboard in the cold of the refrigerator and tossing yogurt, carrot sticks, and ranch packets haphazardly into crates. As the task wore on, my cheerful mood slowly faded.

As the task wore on, my cheerful mood slowly faded.

"I thought I was supposed to be helping feed kids, not freezing in a cooler," I thought to myself, after I unpacked a particularly obstinate and sticky cardboard box. I finished the task, reprimanding myself for not having a better attitude.

A few hours later, I found myself working alongside a wonderful volunteer named Rob. We were using pallet jacks to shuffle skids of fruit around the warehouse to make room for an incoming food delivery. He peppered me with questions about my internship, academic interests, and hobbies. I told him about the innumerable set of diverse tasks I had been working on, ranging from supervising volunteers, designing menus or cooking, to taking out the garbage, cutting up cardboard, and preparing foods for compost. Rob nodded with an understanding smile. "Yesterday I found myself elbow deep in a bucket of moldy cucumbers. It's not glamorous work, but it's good work, and someone's got to do it."

*Continued on page 04*

## Welcome to Your Choice



Contemplating **new ideas and strategies** instead of continuing "business as usual" is often the result of being forced to change in the spur of the moment. This is exactly what happened to Project SHARE a

year and a half ago, when out of urgent necessity, the team re-configured Distribution to a Drive-Thru model to accommodate the COVID Pandemic.

Since then, the Project SHARE team has found itself at a *fork in the road*, asking questions such as "Does Distribution continue as a Drive-Thru? Do we invite Clients back inside? Or, is our next step a combination of both? What is best for our Clients? If the warehouse re-opens, what should Distribution look like?" Drive-Thru

*Continued on page 03*

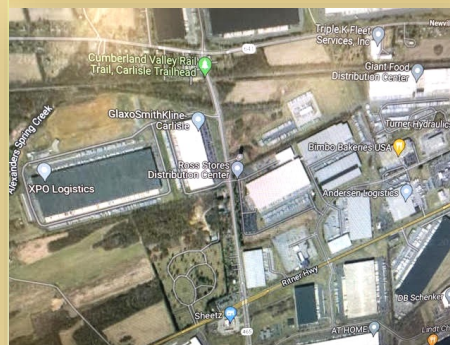
### Pete the Cat Feeds and Reads



This summer Project SHARE fed **54,346 meals to an average of 375 kids a week at 3 sites** throughout the area thanks to the support we received from our donors and the USDA. One family's reaction was

*Continued on page 06*

## Companies Care & SHARE



**Glaxo Smith Kline** has been in the Carlisle region for a decade. A decision was made to move the manufacturing to Puerto Rico. Despite the set closure of GSK in October a

*Continued on page 04*



Bob Weed, CEO

## SHARE WHICH ROAD?



"Two roads diverged in a yellow wood..."

the opening line of Robert Frost's poem The Road Not Taken. Many people link the meaning of the poem to regret. My English Literature Professor worked diligently to convince me of deeper meanings woven throughout the work. The one thing I do remember is that the poem

is about choices. **Often difficult and complicated choices influence our future.** English Lit was a required course and it was not exactly one of my strongest subjects, so sorry for the over simplification Professor B.

**As we look toward the future at Project SHARE, some choices are easy, others more challenging.** Drive through distributions have served us well over the past 18 months. Clients like the convenience. For the organization, it is an effective and efficient model. Yet there are Clients who miss the socialization of in-person distributions and the dignity that comes with choosing what foods best meet their family's needs. **To bring Clients back inside for distribution is one of those difficult and challenging choices** that will shape the future of Project SHARE. To implement a new model of distribution will take deliberate planning. The plan must incorporate safety, security and respect for all with compassion, acceptance and the nourishment of body, mind and soul.



We can combine pathways and offer a choice of inside or outside, depending on our Clients' needs and circumstances. This is one road we are taking.

**We also see that a road to expand our reach to outlying and underserved communities is another fork in the road that we have discovered during these pandemic ridden months.** Developing distribution models that move us beyond the walls of Project SHARE and into the communities and lives of Clients requires us to stretch and challenge some long-standing beliefs and practices. **How do we walk alongside Clients on their journey towards freedom from want without becoming enablers?**

How do we creatively reinforce progress towards self-sufficiency? Providing reliable access to healthy, nutritious food in new and different ways requires new partnerships, which in turn requires the establishment of new relationships built on trust and understanding.

These are but two of the "choices" that Project SHARE will be considering over the remainder of this year. **As we enter the fall of 2021, or that "yellow**

**wood" in Frost's poem, one might say that Project SHARE has reached those diverging roads.**

It is with the support of a generous community, an army of giving Volunteers, guidance from a professional Board and the dedication of an outstanding Staff that enables us to take on these challenges as we continue to Nourish Our Community and Awaken Hope.

# Thank You!

Every year as we approach the Season of Giving, many persons devote their time and resources to Project SHARE. This year has been no different; in fact, it has been exceptional to see people responding to the pandemic's challenges with amazing generosity to help their struggling neighbors in the greater Carlisle area and beyond.

## Because of you . . .

- more than 5,000 food insecure individuals have received healthy foods through monthly & weekly distributions so far this year.
- an average of 375 children received nutritious weekend meals (totaling 15,520 meals for the 10-week summer session).
- 42 struggling working families have more confidence in preparing home made healthy meals and saving money by participating in the SHARE the Health Box bridge program.

# Happy Holidays!

We look forward to your continued support.  
[projectSHAREpa.org](http://projectSHAREpa.org)

*"At its most fundamental, information is a binary choice. In other words, a single bit of information is one yes-or-no choice." - James Gleick*

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Support our quarterly Newsletter appeal by clicking here to make a donation appropriate to your circumstances.

SHARE  
Spotlight Column

SHARE Health Boxes

Students from the Employment Skills Center's pre-Nurse Aide training classes, held in March and June of 2021, were given an added bonus of healthy meal kits from Project SHARE's Health Box program administered by Emma Witwer, Nutrition Coordinator at SHARE. During the 2-week class at ESC and the following weeks of Nurse Aide training, students received meal kits once a week that included fresh ingredients and recipe cards to make two healthy meals for themselves and their families. In addition to the free meals students had a chance to learn about the healthy meal options that were both family-friendly and simple to prepare. The SHARE Health Box program helped to ease the burden that students often face while spend many hours attending training, working, and caring for their families. Students shared that the meal kits helped save them time and helped eliminate the stress of meal planning, which allowed them to focus on their studies. Several of them also shared that they had used new ingredients and recipes for the first time and learned a lot about healthy cooking. In total, 16 students benefited from this terrific collaboration. **SHARE has been a longtime partner and supporter of ESC programs and for that we are grateful.** We have also collaborated in recent years to provide English language lessons to Clients and we look forward to continuing such collaborations in the future. THANK YOU TO Project SHARE for this latest SHARE Box opportunity on behalf of our students. Not only did you nourish our students but you awakened hope!



Mindy Tremblay is the Executive Director of the Employment Skills Center. Further information on how they serve our community at [EmploymentSkillsCenter.org](http://EmploymentSkillsCenter.org)



Your Choice Distribution continued from page 01

Distribution offers ease and convenience for families with small children, for older adults, and those with disabilities. The ability to come inside **allows clients the opportunity to select their own food, much like they would in their favorite grocery store.** Brainstorming potential answers to the above questions and considering benefits of either model has led the team to envision an exciting new program.

During May and June Distributions, more than 600 families were surveyed to determine their Distribution model preference. Two-thirds of surveyed families shared they prefer the Drive-Thru Distribution while **one-third of families prefer to come inside and choose their food.** Based on this feedback and the benefits offered to Clients by both models, we will offer a hybrid model. Clients will have the opportunity to continue with the Drive-Thru Distribution OR they may participate in a newly defined indoor Distribution called **Your Choice Distribution.**

Starting in the last quarter of this year, the **Your Choice Distribution** offers advantages for our Clients that include:

- A sense of **dignity** for clients and their families through choice
- The **satisfaction** to choose the foods that meet their own personal dietary needs and tastes
- **Less waste** at home
- Greater opportunities for volunteers and clients to **interact and build positive relationships**

On a **Your Choice Distribution** day, the warehouse will be designed to mirror a grocery store setting. Instead of receiving a pre-selected variety of food, Clients will have the autonomy to self-select food based on their preference and family size. For example, if a typical Distribution includes 2 cans of sliced carrots, 2 cans of green beans and 2 cans of diced tomatoes, Clients participating in **Your Choice Distribution** will have the option to take 6 cans of diced tomatoes and forego the green beans and sliced carrots, or take 3 cans of sliced carrots and 3 cans of green beans and skip the diced tomatoes. Or maybe they opt for no canned vegetables and choose only fresh. The choice is theirs!

**Your Choice Distribution** will launch during the last quarter of this year and continue each Wednesday of Distribution week. **Drive-Thru Distribution will no longer be available on Wednesdays**, but will continue to be available for client families on Tuesdays 12-2pm, Thursdays 3:30pm-5:30pm and Saturdays 9am-11am during Distribution week. No appointment is required for Drive-Thru Distribution.



**An important note about the Your Choice Distribution is that appointments to shop must be scheduled in advance. Your Choice Distribution will be held 9 a.m.-12 p.m. and 3**

**p.m.-6 p.m.** Clients will be able to make appointments online at <http://www.timetosignup.com/projectSHAREpa> or by calling 717-249-7773.

If you are a client then note that scheduling appointments begins on November 1st for the November 17th **Your Choice Distribution.**

If you are a volunteer or would like to volunteer during this new and exciting **Your Choice Distribution**, keep an eye out on Volunteer Hub for new volunteer opportunities.

The Project SHARE team is excited to launch **Your Choice Distribution** days and looks forward to seeing you then!

That Monday remains as one of the most impactful moments in my internship. Throughout the rest of the summer, I found that **Rob's attitude, toward the more mundane and laborious parts of his volunteer work, inspired me to find a deep sense of fulfillment and satisfaction in all aspects of my responsibilities as a summer intern.** There is nothing glamorous about sitting in a cooler for 45 minutes unpacking food into crates or packing 400 dry good bags. **However, I found a deep sense of purpose in these lengthy and repetitive tasks.** Every hour I spent repacking, composting, or cutting up cardboard was time that would contribute to a successful and smooth distribution day for my volunteers. There was nothing glamorous about preparing 400 turkey and cheese wraps every Wednesday morning, but when we loaded them into the trunks of family cars – often with young smiling children in the backseat – it was beautiful. The least glamorous work very often yields the most beautiful and worthwhile results.

**A Full Circle Moment**

My family has been part of the low-income food insecure community for my entire life. With 8 siblings life is sometimes a challenge. My siblings and I have all learned the ins and outs of using our family SNAP card. We have spent countless hours standing in line outside foodbanks with our mother on distribution days, and we are all familiar with the finicky food requirements of our monthly WIC checks. We have gratefully been receiving food shares from Project SHARE for 13 years, and every share is one less meal my parents must worry about providing and a few less dollars they have to spend.

**Throughout my internship, the uniqueness of my personal situation has been continually apparent.** Every Friday morning, I returned home from my internship to a fridge full of food from Summer Feeding Distributions that I had helped prepare. Every Tuesday evening, I drove to the Farm Stand – the weekly fresh produce arm of Project SHARE – and picked up my family's "biggie" portion. The same volunteers I had supervised earlier in the day would load a box of fruits and veggies into the trunk of my car.

**Teams and Families**

Being a part of Project SHARE's team and a member of a client family has given me a perspective from both sides of the spectrum and has served to deepen my resolve to one day serve in a low-income food insecure community. Though the work experience and skills learned from this internship have been tremendously valuable, the sense of satisfaction and fulfillment I experienced from serving this organization has truly been one of the most impactful and beautiful experiences of my life.

Though it would be difficult to assign a monetary value to **the thousands of pounds of food my family has been given by Project SHARE, the monthly supply of dry goods and weekly share of fresh fruits and vegetables takes a strain off my parents' monumental grocery bills that has in turn granted me the opportunity to attend college.** Today I pursue my dream of earning a degree in Nutrition and Dietetics and becoming an RDN, while acknowledging that children from low-income families often do not make it as far as I have already. Food insecurity is a ruthless and seemingly unending cycle that crushes opportunity for upward mobility. **The support Project SHARE has provided our family has made a difference and an impact that has allowed me to defy all odds.**

So...to the wonderful team at Project SHARE – past and present staff, donors, funders, partners, cleaners, volunteers, and all others that contribute their time and efforts toward serving the community... Thank you.

**Rebekah Becker** is a student majoring in Nutrition and Dietetics at Marywood University in Scranton, PA . She is studying to become a Registered Dietitian Nutritionist serving low income, food insecure families.



**team of employees continued to organize a number of fundraisers for Project SHARE.** Kathy Taylor, a key team organizer shares some words about their commitment to Project SHARE.

"When the *Accountable Together Next Gen* team first formed in our plant, one of the items we wanted to tackle was finding a charity worthy of our efforts. **Our team wanted to give back to our community. We decided that our fundraisers would benefit Project SHARE.** We witnessed that they were not only part of the community but that they were more than just a food pantry. It was something we all believed in. We knew we wanted to help others. We have all needed help in our lives and with the closure, we may need it again. It's nice to know there are great programs out there like Project SHARE. From the first fundraiser, the



feeling that we as a site felt was heart felt satisfaction , knowing we were helping our community. Also, knowing exactly where our donations were going was important to us. **During this time, leading up to our plant closing, it was also a nice change of pace to take our minds off the loss of our jobs.** Being competitive people the auctions made our days more exciting.

Everyone was excited to see how much money we could raise. Even our last fundraiser, the bake sale, had many of us just giving donations. People were very curious as to how much money we were making. As soon as any fundraiser was announced employees were very anxious to help. We are sorry that we didn't have more time to raise even more money.

Many of our team want to volunteer when Carlisle GSK closes. **Giving is a way to not only help the less fortunate but also ourselves.** It gives us heartfelt satisfaction knowing we gave a little of ourselves to help others. We are a family at GSK and most of us are from the community so, Project SHARE and its participants are also family. " -Kathy Taylor

*We wish all the employees of GSK well. We thank you for your commitment to your community and know that you have inspired other firms in the region to adopt a similar spirit.*



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

"...Two roads diverged in a wood, and I— I took the one less traveled by, And that has made all the difference." Robert Frost



**Firms, Businesses, Foundations and Organizations** who, as part of our community donate funds or in-kind gifts received between June 01—August 31.

- |  |  |
|--|--|
| 2H Warehousing LLC                         | KPMG Gives c/o Bergen County United Way    |
| Bartoli's Produce                          | Land O'Lakes Foundation                    |
| Beechwood Orchards                         | Menasha Packaging                          |
| Beeman's Bakery                            | Messiah College                            |
| Benevity, Inc                              | Mountain View Nursery                      |
| Bier Acres                                 | Old Bellaire 375 - Order Of Eastern Star   |
| Bricker's French Fries                     | PA DOE Summer Food Service Program         |
| Bruce & Andrea Kimmell Charitable Fund     | Penn State Cooperative Extension Office    |
| Central Pennsylvania Food Bank             | Penske Logistics                           |
| Clee K. Morrison Foundation TUW            | Peyton Walker Foundation                   |
| Community Aid, Inc.                        | Potteiger Curiosity Shop                   |
| Community Cares                            | Safe Harbor                                |
| Delta Kappa Gamma, Carlisle Chapter        | Samaritan Fellowship Inc                   |
| DHL Supply Chain                           | Schwab Charitable                          |
| Dickinson College - Alpha Chi Rho-Phi Beta | Spiral Path Farm                           |
| Dickinson College Farm                     | St. John's Lodge No. 260 F & AM            |
| Emergency Food & Shelter                   | Subway                                     |
| Farmers On The Square Inc                  | The Cindy and Glenn Shope Fund             |
| GIANT Food Stores, LLC                     | Thrivent Choice                            |
| GiveNkind                                  | Troxell Giving Fund                        |
| Glaxo Smith Kline                          | Twisted Compass                            |
| Gobin Guards Association                   | United Way Of Carlisle & Cumberland County |
| Good Keeper Farm                           | Vanguard Charitable                        |
| Highmark Inc                               | VFW WilliamButtorff Post 7343 Ladies       |
| Impact Assets                              | Wegman's                                   |
| JB Hunt                                    | Weis Markets                               |
| Josiah W. & Bessie H. Kline Foundation     | Whistleberry Farm                          |
| Knights Of Pythias Lodge #299              |  |



**FARE for SHARE**

Great Food from 8 food vendors, beautiful weather, entertaining music, and fun activities were experienced by close to 1,000 community members at the recent FARE for SHARE Food Truck event held at the perfect location, courtesy of The Meeting House. Many thanks to all the volunteers and the following Sponsors and friends who helped to ensure that the event was a huge success:



Carlisle First Church of God  
Beth McKinley-Thrivent Financial  
CALC (Carlisle Arts Learning Center)  
Astronomical Society of Harrisburg

Musicians: **BY THE WAY | MEN ABOUT TOWN | KZ TRIO**



**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 01—August 31.

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| Bethel Assembly of God                | Otterbein United Methodist            |
| Carlisle Baptist Church               | Plainfield First Church of God        |
| Carlisle Barracks Chapel              | Second Presbyterian Church            |
| Carlisle Church of God                | Shiloh Missionary Baptist Church      |
| Carlisle Evangelical Free Church      | St. John's Episcopal Church           |
| Carlisle First Church of the Brethren | St. Matthews Evangelical Lutheran     |
| Carlisle Seventh Day Adventist        | St. Matthew's United Church of Christ |
| Carlisle United Methodist             | St. Matthias Lutheran Church          |
| Faith Chapel of Carlisle              | St. Patrick Catholic Church           |
| First Evangelical Lutheran            | St. Paul Evangelical Lutheran         |
| First Presbyterian Church             | St. Stephen Lutheran Church           |
| First United Church of Christ         | The Meeting House                     |
| Green Spring First Church of God      | Trinity United Methodist              |
| Hickorytown United Methodist Church   | TUM—The Good Samaritan Class          |
| Lighthouse Church of God              | Young's United Methodist              |
| Opossum Hill Union Church             |                                       |



**Appalachian Trail, One Road**

"Living farm life taught me the absolute of "waste not, want not." The free produce that I receive at the Farmstand doesn't change my way of life simply because what I'm getting is "free." I find ways to use it, whether it be to try out a new recipe or even better yet, dehydrate it.

My passion is backpacking. This was self-taught when my sons wanted to earn a backpacking Merit Badge. My first reaction was "Who lives in the woods willingly?!!!"

Yet my passion with backpacking took off. As with everything, my first attempts were quite 'memorable.' Food can be complex while backpacking, especially when you are carrying 4-5 days' worth of it. Imagine carrying everything that you need to survive plus the amount of food that you'll eat in that amount of time. Food is heavy!

I didn't know the farm stand existed until I was working with a home health client and she needed her produce that day. I started picking her produce up and began the process myself. I come on Thursday since we are only able to come once a week. I come when I can.

The Farmstand gave me bags of sweet potatoes and white potatoes. I don't like to waste so I started experimenting with them. Cooked them, then dehydrated them, and ground them into a 'powder' to add later to boiling water to in order to have instant potatoes. They turned out to be a knockout!! No preservatives, less trash on the trail to carry, didn't waste produce to spoilage and it was free.

I have dehydrated beets to use later in pickled red beets; carrots, celery, herbs; onions to add to broth, and I browned onions and dehydrated them to be ground into powder for French onion soup and to flavor many other foods that I received from Farmstand. Many times while in the back country on the Appalachian Trail, I look in my cook pot and think "Thank you!"

**I have completed the Appalachian Trail from Georgia through Massachusetts.** Finishing the trail has been a goal for me for sometime and I'm hoping finishing it which is from VT-ME in the summer of 2023. I will be thanking the Farmstand for many more miles while I'm enjoying my hot meal."

Melinda Howe is a Home Health Aide working towards becoming an R.N..



**SHARE today by means of the Newsletter envelope or online [projectSHAREpa.org/donation-newsletter](http://projectSHAREpa.org/donation-newsletter)**

particularly striking in the impact it had on them. They agreed to allow us to SHARE their story.

“Our family would like to thank you for blessing us this summer through your feeding and reading program! We appreciate the many hours that you put into preparing and coordinating each week’s distribution, and how smoothly it has always gone. **Receiving all of the food was a tremendous help to our tight grocery budget.** The variety of items was wonderful, but pizza was by far the favorite!

**We are a family of readers** and our son, Simeon who is only 1, already shares the love of reading! **New reading material is so exciting for us, and we loved getting new books through your program.** “Books!” is one of his most frequent requests throughout the day.

The “Pete the Cat” storybook collection we received is read on a nearly daily basis in our home! **We especially loved the reading challenges.** They were great for our family to encourage us to get out of reading our familiar favorites and find some new and different books to love.

**The small prizes for completing the challenges have been so fun for us.** One of these prizes we were given was a bathtub sticker toy that has become a favorite part of every bath. Finding out that we have won a grand prize is truly the cherry on top! We’re hoping to be able to use it to get some more books!!!

**Thank you for nourishing our son’s growing body, and thank you even more for nourishing his growing mind!** Our family has been so blessed by your generosity and dedication.

We pray that God would bless each and every one of you as you have done for us.

Many thanks, The Plainfield Family”

Many **Volunteers** this summer were involved in making this happen. Thank you **Emma for coordinating the entire summer feed** together with menus / recipes and clear instructions for all sites together with her trusty intern Bekah (see story on page one). There was her team of packers, Deb B and Darrel B for ordering, loading trucks and scheduling drivers. **The Capital Region Literacy Council, Barnes & Noble** and the book teams at all 3 sites. The behind the scenes librarians included Nancy, Becky, Gail David, Regina, Marie and Melissa. Also were the Volunteers and Supervisors who distributed the food at all 3 sites and

kept the supplies coming and moving. Thank you Rev. Jim Klock and the Congregation at Plainfield First Church of God for inviting us to use their site and who provided us with a team of dedicated and competent Volunteers. Thanks to Janet for books, prizes and supervising with her team at Mt. Holly and to Amelia Givin Library for hosting us in their parking lot. Thanks to Xenia for coordinating, sorting and shopping for many of the prizes. Thanks to USDA and the PDE for their guidance and funding. **Thanks to all** who made a difference for all of the children and families we served this summer. **Whatever 2022 brings we will be ready!**



2021

- ⇒ Carlisle
- ⇒ Plainfield
- ⇒ Mt. Holly Springs



*Nourishing Our  
Community...  
Awakening Hope!*



Lucy Zander, Executive Director of United Way distributes supplies to a child.

### Carlisle for Kids—Supplies for All

Once again the community rallied around our kids and made this year’s school supply event bigger and better than ever. Carlisle4Kids held the event as a drive-thru at the EXPO Center thanks to the generosity of Carlisle Events. **Spearheaded by Project SHARE, in partnership with United Way, Carlisle4Kids distributed back packs filled with school supplies to 890 kids.** No one began school this year without the necessary supplies to help them on the road to success during the school year 2021 / 2022. Thanks to all the organizations and donors that helped make this year’s event a huge success.

To see more photographs from the event go to: <https://projectsharepa.org/carlisle-4-kids/>



**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.”

# KITCHEN KRONICLES

Emma Witwer, RD, LDN Nutrition Coordinator



Has there been a time in your life where you've felt prompted to eat healthier?

Maybe it was a diagnosis of type 2 diabetes, a health scare, a need to lose weight for an upcoming surgery or the desire to have more energy. When this happens to you, you have a choice- it is a fork in the road- do you follow that healthy internal nudge or continue as usual?

In this edition of Kitchen Kronicles, I want to empower you to make changes when you approach this **fork in the road**. Change can be challenging, yet with a few tools and strategies, you can set yourself up for success. Here are three ways to do so.



**Start Small**

When improving eating habits, there is a tendency to make drastic changes, for quick results. But these changes are often difficult to keep up with over a sustained period of time. Instead of biting off more than you can chew, I encourage you to think of your ultimate goal and then consider- how can you break that down into a series of smaller steps? Then, reflect on which step you are most excited about. Start there. As you begin to make a change, you will find yourself succeeding - this is incredibly motivating! And this will propel you forward toward your next step.

### Adapt Your Environment

Do not rely solely on will power and motivation. Consider how your environment is encouraging or blocking your success. Craft your environment in a way that nudges you toward healthy choices and makes unhealthy choices more difficult. For example, re-arrange your pantry so that snack foods and sweets are in hard to reach cupboards, and healthier options like nuts and canned fruit are easily accessible. Keep a fruit bowl on the counter instead of a jar of cookies. Pre-slice raw veggies for a quick grab and go snack.

Do you find yourself setting vague

## Set SMART Goals

*Specific Measurable Achievable Realistic Timely*

intentions and goals- like "I'm going to exercise more" or "I'm going to eat less sugar." Both are admirable intentions, but it is difficult to track your progress. SMART goals are a method to create clearer intentions. SMART is an acronym that stands for Specific, Measurable, Achievable, Realistic and Timely- all five characteristics that a strong goal meets. For example, instead of setting the intention to "eat more vegetables," we can turn that into a SMART goal that says I am going to fill half my plate with vegetables at lunch Monday through Friday.

- This goal is specific- eat more vegetables instead of eat healthier.
- This goal is measurable- You know if you achieved the goal if you ate vegetables at lunch or you didn't.
- This goal is achievable and realistic (hopefully!)- Instead of making the goal to eat vegetables at every meal, we started with one meal- with the possibility of building on this goal in the future.
- This goal is timely- there is a timeframe surrounding the goal.

You could even take it one step further and set the goal for only two weeks or one month. After that timeframe, you can reflect on your progress and edit the goal as necessary.

If you currently find yourself at a fork in the road, and are contemplating making changes to your diet, use these strategies to empower your toward success!



## 10 Healthy Snacks

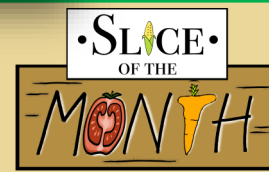
from Emma

1. Applesauce
2. Nuts: Almonds, Walnuts, Cashews
3. Popcorn
4. Diced Peaches in 100% juice
5. 100% Whole Wheat Crackers
6. Dried Fruit (no sugar added): Raisins, Prunes
7. Only Peanuts Peanut Butter
8. Tuna Pouches
9. Yogurt
10. Pick a Raw Vegetable



**Kids in the Kitchen- In-Person** 5-6:30pm at SHARE HQ. Limited to 12 kids!  
 Oct 7, Nov 4, Dec 2, Jan 6, Feb 3, Mar 3, Apr 7, May 5  
 Registration / Sign-up: [timetosignup.com/projectsharepa](http://timetosignup.com/projectsharepa)  
**Virtual Zoom:** Oct 28, an 27, Feb 24, Mar 24, Apr 28, May 26  
 Details at: [projectSHAREpa.org](http://projectSHAREpa.org)

**Adults—Slice of the Month- In-Person** 5-6:30pm at SHARE HQ limited to 12.  
 Oct 7, Nov 4, Dec 2, Jan 6, Feb 3, Mar 3, Apr 7, May 5  
 Registration: [timetosignup.com/projectsharepa](http://timetosignup.com/projectsharepa)  
**Virtual Zoom:** Oct 28, an 27, Feb 24, Mar 24, Apr 28, May 26  
 Details at: [projectSHAREpa.org](http://projectSHAREpa.org)



"If you choose not to decide, you still have made a choice." - Neil Peart



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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# HOLIDAY Turkey & Meal Drive

**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.
- Text TURKEYDRIVE to 44321
- Online at [ProjectSHAREpa.org](http://ProjectSHAREpa.org)
- Visit our *SHARE Shop* to shop virtually at [projectSHAREpa.org](http://projectSHAREpa.org)



*Groups and Organizations, please call 717-249-7773 or visit [projectSHAREpa.org](http://projectSHAREpa.org) for group or virtual food drive information and instructions.*

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