



Chess Club @ Farmstand.....2



Congregations & Community...3



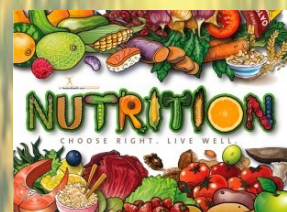
Sponsor a Family .....4



Lunch & Learn.....7



Match Madness.....8



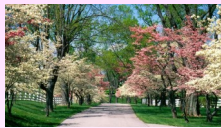
Kitchen Kronicles.....9



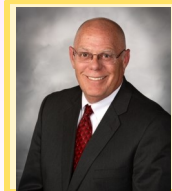
Regular SHARING of photos, videos and information about our mission and related national and global links. Follow us..."Like" us at "Project SHARE of Carlisle"  
 2,900+ followers and counting!

## The Return of Life ... Hope and Spring are Eternal

"Spring will come and so will happiness. Hold on. Life will get warmer." - Anita Krizzan



*"...Awakening Hope" as the Earth begins to respond to the lengthening days and warming sun. We go through cycles and once again resurrection of all that is around...returning again feeding us all in many ways. We live in the expectation of the season of plenty to come.*



**Robert "Bob" Weed**  
 CEO Project SHARE  
**It's Now Official!**

Project SHARE's Board of Directors announced that they have named Robert Weed as their new Chief Executive Officer (CEO). Bob has been serving as Interim CEO since January 2017. He previously served as Treasurer for Project SHARE.

"We're very pleased to have Bob join Project SHARE on a permanent basis," said Diane Baltaeff, Board Chair. "His contributions and his leadership over the past year have been invaluable. He became the natural choice as we conducted our search for a CEO."

Project SHARE is an interfaith cooperative effort, involving local congregations, schools, civic organizations, and businesses. Contributions of food, money, and volunteerism provide essential basic assistance to more than 1000 families each month in the Central Pennsylvania region.

"The Board, and this community, are looking forward to working with Bob as we continue to implement and execute our strategic goals. The future of Project SHARE is strong and promising as our ability to serve the needs of this community continues to grow," added Dr. Baltaeff.

Bob's professional career spans over 35 years with a primary focus on leading teams through organizational change and systems integrations in the banking industry. He personally managed relationships with business owners and non-

Continued page 5

## Change Results in Gains

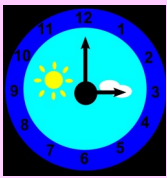
Brian Kane tells how Project SHARE showed him a way towards better health



Brian Kane grew up on a farm in Pennsylvania. He and his family had land and, more importantly, a vibrant 2 acre garden where he and his siblings would work to plant and harvest their meals. He lived a healthy life filled with family grown fruits and vegetables. They grew and picked almost all of their own produce, only going to the grocery store for items not available on the farm like bread and meats. Brian describes his early relationship with food as healthy, diverse, and fulfilling. However, this attitude changed once he went to college.

Continued page 6

**Our Mission:** "In response to God's call to love one another, and bolstered by the spirit of generosity in volunteers, staff, clients, 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."



## DATES TO REMEMBER

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



**Farmers on the Square** Indoors at Project SHARE March 14, 28 April 11, 25. Details on our website: [projectSHAREpa.org](http://projectSHAREpa.org)

**KIDS in the KITCHEN** All at HQ. Sign up at [timetosignup/projectsharepa](http://timetosignup/projectsharepa) or call 717-249-7773.

• **Tots in the Kitchen** (ages 4-8) Basic nutrition and hands on activities. Tots build a healthy relationship with food. Monday after Distribution week from 4:30 to 6pm.

• **Cubs in the Kitchen** (ages 8-12) Culinary skills... measuring, mixing, and assembling...exploring math and science through the lens of nutrition and food. Wednesday after Distribution 4:30 to 6pm.

• **Young Chefs in the Kitchen** (ages 12-17) Geared towards teens who would like to gain independence in the kitchen. Students will learn skills such as proper cutting techniques, sautéing, baking, steaming, and much more. First Thurs 4:30-6pm.

### **Slice of the Month –Adults in the Kitchen**

The 2nd Thursday of each month from 5:30 to 7pm. Like our successful *Kids in the Kitchen*, these monthly classes will give adults a hands on experience preparing recipes based on ingredients available during Distribution days. **Classes held at Farmstand.** NEWCOMERS are our favorite ingredient!

### **CHESS Club @ Farmstand** 4 to 5:30pm

The games began in February and continue **every Monday at Farmstand.** The Chess Club engages young challengers in a game that offers strategy and organizational skills as a reward for mindful competition. If you are interested in helping as a coach or participating as a club member contact, Project SHARE and speak with “David” Hodge or “Joe” Kloza.

**Volunteer Recognition Brunch** March 3rd to dine and thank all of our volunteers from the past year. Enjoy a meal and fellowship from 11:30 to 1pm at our HQ. Sign up by contacting Meagan [msmith@projectSHAREpa.org](mailto:msmith@projectSHAREpa.org) OR 717-249-7773

### **Empty Bowls**

If you haven't been then we recommend these few hours of fun and purpose at Empty Bowls. This annual event, sponsored by CALC, to benefit SHARE, will be held on Monday, March 5th, at the Dickinson HUB from 6 to 8pm. There is entertainment, fun, food and a pottery bowl to stop hunger in Carlisle.

### **Match Madness**

Our generous benefactors at the Partnership for Better Health will be matching donations made from March 1st to 31st that are directed to Project SHARE. We receive 100% of your gift, plus it puts us in the running for additional matching funds! Make your gift online at [projectsharepa.org/donate-match-madness/](http://projectsharepa.org/donate-match-madness/) OR send your check to Partnership for Better Health, 274 Wilson St., Carlisle, PA 17013, payable to PBH, indicating for Project SHARE.

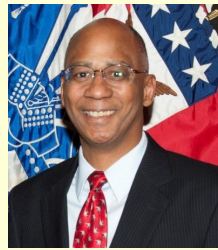
### **Easter Dinner Family Sponsorships**

Continues up to Easter, April 01, 2018. See how you, your firm, organization or congregation can help sponsor a family. See page 4 of this issue.

### **Gleaning Schedule Opens**

[Timetosignup.com/projectsharepa](http://Timetosignup.com/projectsharepa) for this summer's programs. Schedule your group or yourself now!

Sign up for all Project SHARE events @:  
[Timetosignup.com/projectsharepa](http://Timetosignup.com/projectsharepa)



## SHARE Spotlight Column

### Project Share Community and Partners

As we look forward to the

spring, I find the vision of Project Share offers similar expectations. “Nourishing our Community... Awakening Hope” is intentionally aspirational as it requires actions that address need and provide our clients with positive motivation and belief that their

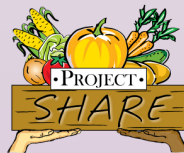
circumstances can be improved. Nourishing requires that we understand, acknowledge, and target food insecurity among the members of our Greater Carlisle community.

The educator in me turned to the Oxford dictionary to find the definition of community as “The people of a district or country considered collectively, especially in the context of social values and responsibilities.” Our community extends well beyond the clients of Project Share to individuals and volunteer groups that engage in food distribution, gleaning and Farm Stand activities, as well as assorted education programs. Our community of “shared values and responsibilities” includes over 36 local farms and food markets that support gleaning and donate fresh produce for distribution at the Farm Stand. Additionally, Project Share has over one hundred partners in area businesses, congregations, non-profit organizations, and national foundations that provide essential resources to fulfill its mission.

The caring and generosity of our Project Share staff, volunteers, partners, and donors are humbling as we recognize that each one of us is subject to the struggles of life that can easily lead to food insecurity for ourselves and our families. From Romans 5: 3-5, “suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame...”

Your Board of Directors is committed to the vision and mission of Project Share. We look forward to developing and implementing programs with the support of our partners that will give us cause for hope within our community. With our Chief Executive Officer Bob Weed, we are part of the journey to freedom from want in Carlisle.

Our Spring Newsletter's Spotlight Column is by “Chuck” Charles D. Allen, Colonel, U.S. Army Retired. He is the Professor of Leadership and Cultural Studies at the U.S. Army War College and is a dedicated member of Project SHARE's Board of Directors.



## VOLUNTEERS of the MONTH



Many volunteers do so much to help Project

SHARE to fulfill its mission. Each one is a blessing to our community, and we are constantly hearing how members of the community appreciate their service and hold them in high esteem. A special recognition goes out to some on a monthly basis. They also accept this honor with humility in the company of their volunteer teams.



DECEMBER



JANUARY



FEBRUARY



# SHARE In Response..

As I contemplate the vision of Project SHARE, "Nourishing our Community . . . Awakening Hope"

Bob Weed, CEO

I'm always mindful that there are two important parts - Nourishment and Hope. We may be best known for the distribution of nutritious food to those who struggle with access. (Nourishing our Community). But living out our vision means more than that. We must also be purposeful about "Awakening Hope".

Hope in today's society has developed a wishy-washy connotation. All too often, it is an unsure kind of optimism. A desire for a different reality combined with a doubt of fulfillment. In reality, true Hope is a forward looking state of mind combined with a **certainty** of better things to come. Without the certainty that true Hope brings, people lose the ability to dream of a brighter future. They fail to see a glimmer of light when darkness surrounds them. They don't realize that their current condition does not define who they are. Without true Hope, eventually, joy is replaced with despair, and confidence is replaced with anxiety.

When Hope is awakened in people I've noticed its impact in very distinct ways. Ray Johnston puts it very simply. To paraphrase, he says, 'Hope liberates people, it frees them from their past. It motivates people by helping them bounce back. Hope is an initiator that lets people dream again. It is the fuel that makes the world a better place.'

When nourishment (spiritually, emotionally, economically and physically) is combined with an awakening of hope possibility becomes positive realities. Thus, like a good recipe, Project SHARE's vision is a combination of flavors. One part, without the other, leaves one wanting. But together, a bright and vibrant new world of possibilities comes to life. I invite you to stop by and partake. You'll be amazed.... as I am on a daily basis.

## COMMUNITY AID & the BINS

Since 2009, Community Aid has focused on raising funds for other nonprofit charitable organizations. Their motto, from James 2:15-16 states, "If a brother or sister is poorly clothed and lacking in daily food,<sup>16</sup> and one of you says to them, 'Go in peace, be warmed and filled', without giving them the things needed for the body, what good is that?" This is the ministry Community Aid strives for daily.

Community Aid now employs more than 200 people and provides funding to 700 partnering organizations. Not limited to cash donations, Project SHARE also receives Community Aid gift cards for clients in need. Community Aid also offers good paying jobs for employees, none

of whom will earn less than \$10 an hour.

A crew of warehouse employees gathers materials from the bins and for inspection. Donations are sorted



Continued page 5

## Congregation Connections



Many thanks go to our congregational supporters. Here are *some* who have blessed us with funds, food and time since our last *SHARE News*. Our supporters have kept us forefront during our Souper Bowl and our upcoming Sponsor a Family for Easter Dinner campaign. On behalf of our community that we serve, many thanks. Let us know if we inadvertently neglected to mention your congregation.

- Bethel Assembly of God
- Big Spring Presbyterian Church
- Carlisle Baptist Church
- Carlisle Church Of The Brethren
- Carlisle Evangelical Free Church
- Carlisle Evangelical Free Church Children's Ministry
- Carlisle Reformed Presbyterian Church
- Carlisle Reformed Presbyterian Church Men's Fellowship
- Carlisle Seventh Day Adventist Church
- Carlisle United Methodist Church
- Christian Life Community Church
- Church Of God Home, Inc. Missionary Fund
- Dickinson Presbyterian Church
- Faith Chapel
- First Evangelical Lutheran Church
- First United Church Of Christ
- Grace United Methodist Church
  - Thelma McCullough Sunday School Class
- Green Spring First Church Of God
- Green Spring First Church Of God Golden Rule Class
- Hickorytown United Methodist Church
- Letort United Methodist Church
- Lighthouse Church Of God
- Middlesex United Methodist
- Mt. Victory UMC
- Otterbein United Methodist Church
- Presbyterian Women In The Second Presbyterian Church
- Second Presbyterian Church
- SpiriTrust Lutheran Life
- St Paul Evangelical Church - Augsburg SS Class
- St. John Evangelical Lutheran Church
- St. John's Episcopal Church
- St. Matthews Evangelical Lutheran Church
- St. Matthias Lutheran Church
- St. Patrick Catholic Church
- St. Paul Evangelical Lutheran Church
- St. Stephen Lutheran Church
- The Meeting House
- Toland Mission
- Tree Of Life Church Inc
- Trinity United Methodist Church
- United Church Of Christ Homes
- Waggoners United Methodist Church
- Wesleyan Church of the Cross
- West Street AME Zion Church
- Young's United Methodist Church

"Healing is impossible in loneliness; it is the opposite of loneliness. Conviviality is healing. To be healed we must come with all the other creatures to the feast of Creation." — [Wendell Berry](#)



## Sponsor a Family for Easter Dinner!

Help provide dinners at Easter



### EASTER DINNER

“Nourishing our Community ...Awakening Hope!”

*Your financial donations are greatly expanded through our leveraging power by wholesale purchases, gleaning and other means making: \$1 = \$10 of buying power!*

Suggested Family Sponsorships	Family(ies)	Total
<input type="checkbox"/> \$20.00 Easter Ham	X # _____	= _____
<input type="checkbox"/> \$40.00 Easter Dinner	X # _____	= _____

Sponsorship Total \$ \_\_\_\_\_

Example: Easter Dinner for 5 families = \$200  
Easter Ham for 25 Families = \$500

*You can send your donation to Project SHARE individually or with your group by check, cash or with a credit / debit card. An envelope is included in this Newsletter or if you prefer go online to: [projectSHAREpa.org](http://projectSHAREpa.org).*



*A typical dinner will consist of:*

Ham, green beans, yams, potatoes, 100% juice, fruit mix, bread or mix, and dessert mix (brownies etc...). For those doing a traditional food drive these items should be delivered by March 9th.

Project SHARE of Carlisle  
5 N Orange St, Suite 4—Carlisle, PA 17013  
(P) 717- 249-7773 [projectsharepa.org](http://projectsharepa.org)



### Easter and Passover



Why do some people serve ham for Easter dinner?

It is fascinating to dig into the origins of our shared traditions. During Spring, the holidays of Easter and Passover are celebrated. These two are closely related in many ways. Geography and rituals are often interconnected. Jesus, the focus of Easter, was born, raised and participated in all of the traditions of his Jewish lineage. Religion often uses food as a way of showing the uniqueness of a group and it serves to solidify their identity. Sometimes certain foods are forbidden while in other traditions, celebrated. According to the *Encyclopedia of Religion*, [MacMillan:New York 1987, volume 5 (p. 558):

"Among Easter foods the most significant is the Easter lamb, which is in many places the main dish of the Easter Sunday meal. Corresponding to the Passover lamb and to Christ, the Lamb of God, this dish has become a central symbol of Easter. Also popular among European and Americans on Easter is ham, because the pig was considered a symbol of luck in pre-Christian Europe." So we find that this time of year plays a very important place in the traditions of those who come to Project SHARE. It is our task to bring that celebration, bound by tradition and expectations, to our community. For those, beloved in our community, that do not consume ham we also have a turkey alternative to suit their needs. Most of us were born into traditions that nurtured us and have given us our "ways" and "beliefs". At Project SHARE we celebrate ALL of our community. It is our responsibility to "Nourish our Community...Awakening Hope!" Please be part of the solution and bring these traditions to the table!

"Do not abandon yourselves to despair. We are the Easter people and hallelujah is our song." — [John Paul II](#)

"I do not want followers who are righteous, rather I want followers who are too busy doing good that they won't have time to do bad." -- Rabbi Menachem Mendel of Kotzk

**New CEO continued from page 1**

profit organizations and has experience in retail and commercial lending, mortgage lending and wealth management. Bob has also served on the boards of Safe Harbour, the New Birth of Freedom Council, BSA, and is an active member of the Hampden Township Veterans Recognition Committee.

The Board of Project SHARE is grateful for the community support, faith, and encouragement it has received over the past year and looks forward to continued success as together we advance our mission and live out our vision of "Nourishing our Community . . . Awakening Hope!"



Bob with staff at the September Farm to Table event

**STAFF OBSERVATIONS**

Since our new CEO is not a self promoter some of us ,on the staff, wanted to SHARE our thoughts at his appointment:

"I have been blessed to have had some very good bosses in my lifetime, but Robert Weed absolutely takes the cake!...I am extremely overjoyed to know that as Project Share moves forward, he will be at the helm guiding this organization to heights here-to-fore unimagined!"

"I never leave his office without a smile and words of encouragement. I feel that he is one with his team and operates this organization with a real sense of commitment to those we serve which includes the clients, the volunteers and the staff. Working here is a joy!"

"Best decision EVER for the sustainability of this organization!! Congratulations to US!!! "

"Being a student, it is really special to be able to witness a Dickinson alum doing such great things right next to campus. Whenever I see Bob, he is notably kind, friendly, and welcoming to all. I congratulate him on his new position and wish him the absolute best!"



**OK, Now its time to get back to the Mission!**

**Community Aid continued from page 3**

into departments examined, tested and cleaned before they are displayed on the sales floor. Clothing is placed on racks, arranged by type, style and color. It's all part of making the store attractive to customers.

At Project SHARE we benefit and receive quarterly donations from our strategically placed Community Aid bins. Business partners have found that allowing a Project SHARE Community Aid bin on their property demonstrates their care while drawing more traffic to their business.

The partnership between Community Aid and SHARE, has contributed to our ability to continue our mission and vision of "Nourishing our Community...Awakening Hope!" Many thanks to our dear friends at Community Aid.

**Support Community Aid Bins Below!  
Cleaning Closets Helps You and Project SHARE!**



**A Special Thanks to Locations  
With Bins That Benefit Project SHARE**

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



Caught in the middle?...Short of food but you make just enough to not qualify with the Federal guidelines for our Distribution Days?

You are welcome to Farmstand where the only qualification is to visit during our service hours!

18% of what we distributed from Project SHARE in February was F R E S H ! Our goal is healthy nutrition for all our community!



**“The truest help we can render an afflicted *person* is not to take *their* burden from *them*, but to call out *their* best energy, that *they* may be able to bear the burden.” - Phillips Brooks**



**Many thanks to the following businesses, foundations and other organizations who support the mission of Project SHARE through their contributions of funds or in-kind gifts. This list recognizes their gifts received between November 24, 2017, and January 31, 2018. If we involuntarily omitted your listing, please let us know.**

A-1 Vending, Inc.  
 AFSCME AFL CIO Local 1022  
 Ahlstrom Nonwovens, LLC  
 Allen Distribution  
 Allsafe Environmental, Inc.  
 Amazon.com  
 AmazonSmile  
 American Legion Post 101  
 Ameriprise Financial  
 Anderson Logistics  
 Back To Basics Western Wear  
 Beeman's Bakery  
 Beta Sigma Phi  
 Big Spring Area Food Bank  
 Big Spring High Class Of '57  
 Bimbo Bakeries USA  
 Blue Mountain Blooms  
 Bogar, James - Attorney  
 Boiling Springs High School  
 Carlisle Aeromodelers  
 Carlisle Area School District  
 Carlisle Barracks Commissary  
 Carlisle Barracks Ladies Golf Group  
 Carlisle Country Club Book Group  
 Carlisle Country Living Agway  
 Carlisle Fire and Rescue Services  
 Carlisle High School  
 Carlisle Truckstop Ministry  
 Carlisle United Methodist Women  
 Casses Chiropractic Clinic, PC  
 Castlerigg Wine Shop  
 Clee K. Morrison Foundation  
 Community Aid, Inc.  
 County Of Cumberland  
 Cumberland County Housing & Redevelopment  
 Cumberland Truck Equipment Co.  
 Cumberland/Carlisle Chapter AARP 4377  
 CVS Pharmacy  
 Darr's Water Treatment  
 Dermody Properties Foundation  
 Dickinson College  
 Dickinson College Farm  
 Distribution, Giant  
 Eco-Tech  
 Emergency Food & Shelter  
 Ethos Fitness LLC  
 FHL Blood & Cancer Specialists, LLC  
 GB Stuart Charitable Foundation  
 Geodis

Giant Food, Inc.  
 Girl Scout Troops 10005, 10555, 11617  
 Hillmount Animal Hospital  
 Home Depot Supply Chain  
 Iron Forge Educational Center  
 Jacqueline L. Powell & Associates, Inc.  
 John Oszustowicz Law Office  
 Juice & Java  
 Keep Perspective - Carlisle  
 Kimberly's Cafe and Creamery  
 Kohl's  
 Manor Care Health Services  
 Martin's Famous Pastry Shoppe, Inc  
 Members 1st Federal Credit Union  
 Menasha Packaging  
 Mock-Mays Associates  
 Moose Lodge 761  
 MotivAction  
 Mount Rock Elementary  
 Nicely Done Sites  
 Nikoli's Pizza and Catering  
 Old Bellaire 375 - Order Of Eastern Star  
 P R Hoffman  
 Panera Bread Co.  
 Penn State Cooperative Extension Office  
 Peppermint Patty Ladies  
 Perry Pest Control  
 Precision Pipeline  
 Pyrotek, Inc.  
 Quality Copy Products Of Harrisburg, Inc.  
 ReciPal  
 Rocks, Inc.  
 Sarah's Floral Design  
 Shetron Auction & Equipment LLC  
 Smokers Express  
 South Middleton School District  
 South Middleton Twp  
 South Mountain American Legion Post 674  
 Spiral Path Farm  
 Spire AVL  
 St Matthews UCC  
 St. John's Lodge No. 260 F & AM  
 Superior Truck Lines  
 Sweaters and Sustenance, Inc.  
 Target Corporation  
 That's What She Said Publishing  
 The Grazery  
 The Residences At Seven Gables  
 Thrivent Choice  
 Toigo Organic Farms. LLC  
 Tornado Freight  
 Tri-M Music Honors Society  
 Truist  
 Two Roads Cross Fit  
 Tyson  
 United Way of Carlisle & Cumberland County  
 United Way of the Capital Region  
 Upstate Farms Product  
 VFW Post 477 Memorial Hall Association  
 Weber Trucking & Excavating  
 Wegmans Food Markets, Inc.  
 Weis Markets Inc  
 Wilson Middle School  
 Women Of The Moose Chapter 235  
 Yellow Breeches Middle School

**Change continued from page 1**

Brian started to realize how much food costs. No longer could he afford great varieties of vegetables that were previously available through his garden. Like many others, he began to eat cheaper, easier, and more processed foods.

“When I started working...the salary was adequate but not enough for fruits and veggies. I would go for the pastas, beans and canned foods on sale...my diet was poor...now, I had to cut back.”

Brian began to see the results of his poor eating habits: type 2 diabetes, high blood pressure, and weight gain. Although he was employed, he had to cut back on certain “luxuries” like fresh produce. He would shop and frequently skip the fresh aisles, and go straight for the pastas, beans, and other discounted can goods. His eating schedule also exacerbated the problem. Eating a large meal once a day and skipping breakfast and lunch altogether took a strain on Brian’s energy levels throughout the day.

Two years ago he found Project SHARE’s Farmstand through sheer luck but once he did, it changed his diet and life forever. Brian began going to cooking classes, picking up fresh fruits and vegetables from Farmstand, and volunteering when he could. “After about six months of participating at Project SHARE, I began to feel whole again.” He was now eating three meals a day at regular times, trying new and



healthy foods, and eating smaller portions. “Before I went to Farmstand, I would sometimes eat once a day...I felt like a train running on bad coal. That led to diabetes and depression. When you eat poorly you start to get down on yourself.”

Brian’s doctors now say that he’s on a great path. In the past two years he has lost 75 pounds and no longer requires many of the medications needed to control his diabetes and blood pressure.

“Project SHARE has definitely changed my life. Brought me into a realization that you're not out there by yourself. There are people that care!”

*The full audio of Brian Kane's interview can be found on our website .*

## Our Vision: “Nourishing our Community...Awakening Hope!”



Just as Project SHARE isn't just about giving food, our summer Lunch & Learn program for children isn't just about providing lunch. Yes, the children eat a healthy meal and snack every day; lunch is planned and prepared by our Nutrition Coordinator Weston Petro-

ski and his volunteers, and delivered to five different sites around Carlisle. Yes, they try fresh fruits and vegetables and enjoy



healthy proteins and whole grains. Yes, they love hearing that their blueberries were handpicked by Weston. Yes, pizza and meatball subs are still the favorites! Finally, yes, they go home with bags of food that are easy to prepare over the long weekend.

But Lunch & Learn is so much more...

The children get to know others in their neighborhoods: newcomers, students from different schools, kids who are older or younger than they. Differences abound, but the levels of acceptance and interest could be a model for some adults.

Each year volunteers create eight different curriculum units under a theme for the following summer. This year, in collaboration with the Children's Department at Bosler Library, we are centering our themes around **Reading Rocks!** Volunteer teams teach the units over three-day periods. Everything is under the watch of a supervisor for the site whose tasks range from checking students in, to recording food temperatures as well as en-



couraging that child who's just having a bad day.

Monday, Tuesday & Wednesday mornings the kids spend time on activities, crafts, reading, outdoor play, snacks, and lunch. Children often work in pairs, groups or on teams, with older ones helping younger ones. Regardless of age, they love to have someone read aloud to them. For example the book *Stella Luna* generated a discussion in which students displayed their impressive knowledge of bats and their understanding of the difficulties faced by a newcomer to a group. They made and decorated bat puppets which they took outdoors to play with, and they were a tad scornful of the several adults who admitted to a fear of bats!

Occasionally, a special visitor will break the routine of the summer or there will be a field trip. Professor Winston Morgan, an astrophysicist at Dickinson College, welcomed a group of children to a planetarium show last summer just before the eclipse.



In addition to being awed by the show, the children asked Dr. Morgan questions about how he came to choose this career path. One girl, aged 10, spotted a classroom full of students from the Johns Hopkins Talented Youth program (<https://cty.jhu.edu/summer/index.html>) on her way to the restroom during the show. These middle school students were engaged in college-level courses while living on a college campus. The young woman was riveted watching them. “How do you get to do that?” she asked excitedly. It was a welcome opportunity to explain some of the choices that may not be provided or seem obvious to all children in our local schools.

Thanks to the generosity of our SHARE donors and that of Barnes & Noble and their customers, we have a treasure trove of beautiful books to send home with the children each week. There is much joy in having new books they can choose to take home.

Teachers know how rewarding it can be to have an impact on a student's life. They also know how much one child can affect them. I will never forget Noeliz, Nasir, Caden, Delilah, Bryan, Sincere, JD, and many others!

**We are now looking for those volunteer teachers and other volunteers to assist with the program in many different ways.**

Inspiring guests are also encouraged to volunteer as we are working to plan a number of guest appearances and some field trips for this summer's Lunch & Learn program. Please contact Joe Kloza at Project SHARE by calling 717-249-7773 ext. 236 or [JKloza@projectSHAREpa.org](mailto:JKloza@projectSHAREpa.org).

# MATCH MADNESS CAMPAIGN

## Addresses Child Weekend Hunger



Students who are disruptive, can't concentrate, or lack motivation may not need a firm hand; they might just need a helping hand!

School administrators across the nation have found that some of the children in their care cannot function well at school – not because they don't want to learn but because they are hungry.

Project SHARE, with the collaboration of the Carlisle and South Middleton School Districts offers help through its Weekend Nutrition Power Packs. The Nutrition Power Pack program is available to eligible students identified through school officials and is provided every weekend while school is in session and also for those children who participate in the Summer Lunch & Learn program.

A study from the Tufts University Center on Hunger, Poverty and Nutrition Policy reports that the effects of child hunger in America also reach out to touch other areas of a child's life, and most notably, their cognitive development.

The study shows there is a link between nutrition and cognitive development, providing evidence that the brain's ability to develop can be negatively impacted when adequate nutrition is not available.

It is no secret that children receiving enough food to fuel their growth and their learning will lead a more productive life. They have a greater chance of higher-achievement and learning how to make good choices and developing positive social interactions.

The Weekend Nutrition Power Pack serves as a "bridge of nutrition" from Friday to Monday. It helps ensure children do not have to worry about food on the weekend, and it offers food that is nutritional, child-friendly, shelf-stable and easily accessed and consumed.

Thanks to The Partnership for Better Health (PBH) foundation in Carlisle, Project SHARE has been invited to tap into their \$50,000 Match Madness stretch fund.

Between March 01st and March 31, all gifts designated to Nutrition Power Packs and made through PBH will be matched by a percentage based on the total dollars raised. The higher the total of contributions, the higher the percentage of the \$50,000 stretch fund Project SHARE will receive.

*"I encourage all who are able, to consider contributing through the Match Madness campaign. This is a fantastic Win-Win initiative where every donation has an added positive impact right here at home. With the Match, the donor's gift is larger, more children are served, and we in turn, contribute to a healthier community." - Bob Weed, CEO*

The Partnership for Better Health will pass 100% of your charitable contribution plus their match to Project SHARE. PBH receives no revenue from this match campaign.

### Fill Weekend Nutrition Power Packs for Children

**All gifts must be made by March 31, 2018 directly to the Partnership for Better Health in one of the following ways:**

1. [projectsharepa.org](http://projectsharepa.org) (you will be redirected to Partnership for Better Health's website)
2. [forbetterhealthpa.org](http://forbetterhealthpa.org) Choose Match Madness PayPal link. Be sure to designate to Project SHARE.
3. Check payable to Partnership for Better Health. Designate donation to Project SHARE and mail directly to PBH, 274 Wilson St, Carlisle, PA.

**\*Gifts of Stock will be accepted and counted toward the matching campaign.** Please contact Deb Hess at Project SHARE 717-249-7773 X233, for specific instructions.



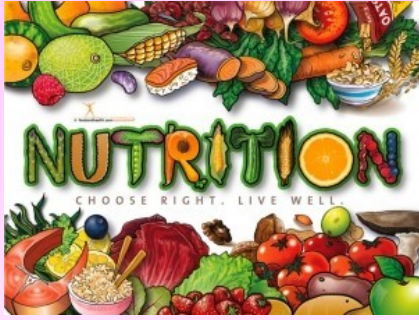
Project SHARE's "new" (to us) refrigerated truck was made possible through generous grants from the Josiah W. and Bessie H. Kline Foundation and the G. B. Stuart Foundation.

Many thanks to the G.B. Stuart and the Josiah W. and Bessie H. Kline Foundations. A component of our mission is to source and distribute foods that promote good health, through fresh fruits, vegetables, dairy and poultry, fish and other lean proteins. 6 to 10 transport runs a week average 13,000 pounds a load from a variety of vendors and donors. It is important that fresh and frozen foods be stored and transported within the required safe temperature ranges. This donation makes it possible!



# KITCHEN KRONICLES

## MARCH National Nutrition Month

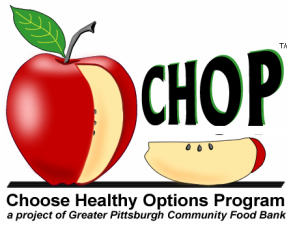


Thomas Edison once said “The doctor of the future will no longer treat the human frame with drugs, but rather cure and prevent disease with nutrition.”

Though Edison lived long ago, this mindset of prevention is becoming more evident as our society becomes sicker with chronic disease. The U.S. Centers for disease control recently estimated that by eliminating poor diet, physical inactivity and smoking, we could prevent 80% of heart disease, 80% of diabetes and 40% of cancer related deaths— which together kills more than 1,700,000 Americans every year. The 48 million individuals (15% of households) in the United States who are unable to acquire adequate nutritional foods are especially susceptible to chronic diseases. This is where Project SHARE comes in—One of our goals is to lessen the large health disparity gaps by providing our clients with healthy, nutritious food.

Many, when they think of food pantries, think of pre-packed bags containing mostly canned items, boxed meals, and other non-perishable items. Unfortunately, these items are also high in sodium, unhealthy fats, and sugar—all of which contribute to diseases such as obesity, hypertension, and heart disease.

**Project SHARE is different however, in that we strive to acquire and distribute the healthiest items possible to improve our clients lives through nutrition.**



As a part of dedication to the distribution of healthy foods, we have started to implement a Nutrient Analysis tool known as CHOP (Choosing Healthy Options Program). This program, developed by the Greater Pittsburgh Food Bank, optimizes the quality of healthy food available by rating food items as: 1. Choose frequently, 2. Choose moderately, or 3. Choose sparingly, based on levels of nutrients found in the food.

It focuses on limiting intakes of sodium, solid fats, added sugars and refined grains and emphasizes nutrient-dense foods like vegetables, fruits, whole grains, low-fat dairy products, lean meats, eggs and beans. We can proudly say that over 75% of our items distributed in February, as an example, ranked ‘1’ or ‘2’ on the CHOP scale. Our goal, at Project SHARE, is that this will continue to improve as we educate donors and partners. Supplementary to our monthly distribution, we also provide the community access to fresh fruits, vegetables and whole grains bread products 3 out of 4 weeks of the month. In February 18% of our entire food distribution was fresh fruits and vegetables.

Providing access to healthy, nutritious food is only part of the battle. In addition, Project SHARE offers cooking and nutrition classes, showing pantry clients how to prepare quick, yummy and healthy meals using ingredients available from SHARE. Classes are available monthly to various age groups—from our Tots, Cubs and Young Chefs in the Kitchen, aimed at elementary age children, to Slice of the Month, an interactive adult cooking series. Look to our website [projectSHAREpa.org](http://projectSHAREpa.org) for more information.

**To eat is a necessity, but to eat intelligently is an art.** *La Rochefoucauld*

**We are grateful** for the many individuals and groups that donate food to Project SHARE. While we can leverage financial donations to buy greater quantities, through our wholesale abilities, we are thankful to those who either purchase or through food drives provide us with assistance.

Since are goal is to provide healthier foods to our clients you may be asking yourself “What kinds of foods should I donate to Project SHARE to ensure my community is eating well?” Look no further! Below is a list of Foods To Encourage. We will be adding more suggestions to our website in the coming days.

### Foods to Encourage

#### FRUITS AND VEGETABLES

- Canned fruit (low- or no-sugar added)
- Canned vegetables (low- or no-sodium)

#### PROTEIN

- Canned (low-sodium) or dried beans
- Low-sodium soups,
- Canned chicken, tuna or salmon,
- Peanut butter



#### GRAINS

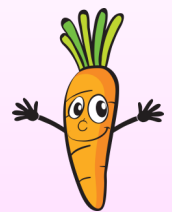
- Whole-grain rich:
- Pastas, Brown Rice
- Low-sugar cereals
- Oatmeal; Granola

#### DAIRY

- Shelf Stable milk and alternatives (rice, soy)

### Foods to Discourage

- High-Sodium Foods  
Chips, Canned Soup, Instant Noodles
- Candy, Soda, Cookies,
- Cakes and Mixes, Pastries,





PLEASE  
PLACE  
STAMP  
HERE

Project SHARE of Carlisle  
5 North Orange Street  
Carlisle, PA 17013  
Phone: 717-249-7773  
info@projectsharepa.org

POSTAL RETURN SERVICE REQUESTED

Website:  
projectSHAREpa.org

Facebook: "Project  
SHARE of Carlisle PA"



Mailing Address Line 1  
Mailing Address Line 2  
Mailing Address Line 3  
Mailing Address Line 4  
Mailing Address Line 5



Gratefully on the campus of:  
**Dickinson**

## Fill "NUTRITION POWER PACKS" for Hungry Kids



### Match Madness

*a matching gift incentive by the  
Partnership for Better Health foundation*

*The More Dollars  
We Raise — the  
Greater the Match!*

**100% of contributions  
help hungry children during the weekends**

**DONATE NOW** before **Saturday, March 31**

- [www.projectsharepa.org](http://www.projectsharepa.org) (you will be redirected to Partnership for Better Health's website)
- [www.forbetterhealthpa.org](http://www.forbetterhealthpa.org) Choose Match Madness PayPal link. Be sure to designate to Project SHARE
- Check payable to Partnership for Better Health Designate donation to Project SHARE and mail directly to PFBH, 274 Wilson St, Carlisle, PA. **17013**

**BOARD OF DIRECTORS**  
DIANE BALTAEFF—CHAIR  
CHUCK ALLEN—VICE CHAIR  
ASHLEY PERZYNA—SECRETARY  
CHRIS FITTING—TREASURER

JOSH EISENBERG  
REBECCA KLINE  
NANCY MELLERSKI  
ROBERT WEED-CEO

**STAFF**  
DARRELL BEAM  
DEB BROWNAWELL  
LAURA ESTEP  
DEB HESS

JOE KLOZA  
STEVE KUHN  
WENDY MURRAY  
WESTON PETROSKI  
MEAGAN SMITH