



# SHARE NEWS

## SPRING 2019

IN THIS ISSUE

EASTER FAMILY SPONSORSHIPS... GROWING HEALTHY KIDS... RECIPES TO SHARE



Non-Profits

### Rise up and SHARE!



**The Miracle** "If you are reading this you woke up today...a miracle! Plants and animals will feed us today through our ability to SHARE...a miracle! So look for the miracles that have been given to us as gifts...Look for the miraculous in the everyday...Do not be afraid of the mystery of the unknown...You may not have, or maybe we are not supposed to have, all the answers because life is a journey of discover. So today discover...engage in the most precious of all that we do know. What we know is love. Love for community, for ourselves and for the miracles we fail to notice every day. Serve and be served. Rise up and be the miracle!" - JDSMK

### Recipes to SHARE

"Nourishing Our Community . . . Awakening Hope!" involves so much here at Project SHARE. The journey begins with food.

Beyond fuel for our bodies, food connects us. It connects us with our own and with other cultures. It connects us to our friends, families, the earth, and most of all it connects us to ourselves. Cooking is a



meditative practice, a form of self-care and care for others. Believe it or not, love is a real ingredient in a dish, and when we infuse love into our food, those enjoying it can tell. This is just one of the many reasons why I believe healthy lifestyles start by cooking meals from scratch using fresh ingredients.

Food, according to Webster Dictionary, is defined as, "material consisting essentially of protein,

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### Community Teaming Collaboration not Duplication



Project SHARE acknowledges that good community serving programs can be created when we are willing to form partnerships with other agencies, schools and businesses. We best serve the Carlisle area not by competing but by working together for the welfare of all!

Our pre-Christmas December shopping trip to Community Aid's store in Mechanicsburg came to fruition thanks to community collaboration. Partners made a difference! Carlisle Evangelical Free Church provided their church bus and Community Aid, Community Cares together with Project SHARE, provided discount vouchers. Residents who could not normally find transport traveled with us for a grand day out at the Community Aid store. Participants were



excited to return to Carlisle with bags full of great clothing and other items. This is a vibrant example of our community coming

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### Discoveries Inside



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Follow us on FB, Twitter and  
Instagram



### Dickinson College Client Survey

Socrates said that "The unexamined life is not worth living". So too, organizations must also look at what they do best while always seeking ways to improve. It that spirit, during October of 2018, we invited Dickinson College to survey our clients to elicit a candid analysis. During the week of distribution, 159 out of 758 client families served by Project SHARE were surveyed by 10 students. This represent a 20.25% sample size of those clients who visited for distribution in October. Thanks to Dr. Christine Guardino's class, in Research Methods in Health Psychology, who conducted the survey.

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**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."

## DATES TO REMEMBER



**Sundays** (4-5pm)@ the Farmstand. Relax and condition your mind and your body with an expert team. First timers are welcomed to join us.



**Kids in the Kitchen** Children ages 5-12 meet @ our main HQ on N. Orange Street  
**Tots** (4-8yrs) participate on the Monday after Distribution week and **Cubs** (8-12yrs) on the Wednesday. /Sign up at [time-tosignup/projectsharepa](http://time-tosignup/projectsharepa) or call Project SHARE @ 717-249-7773



**Slice of the Month –Adults in the Kitchen** Our adult class takes place at Farmstand on the 2nd Thursday of the month from 5:30 to 7pm. These monthly classes give adults a “hands on experience” preparing recipes based on ingredients available through our Distribution days.



**CHESS Club for Kids @ Farmstand** (March 25, April 22 and May 20) Strategy and organizational skills with mindful competition. Help mentor or joining as a player. Contact David Hodge or Joe Kloza. Remember “The real game is not on the field but in the mind!”.



**Match Madness** Help us Grow Healthy Kids in March. Partnership for Better Health is matching donations made **up until March 31st** that are directed to Project SHARE. We receive 100% of your gift, plus matching funds! Make your gift online at: [project-sharepa.org/donate-match-madness/](http://project-sharepa.org/donate-match-madness/) OR send your check to Partnership for Better Health, 274 Wilson St., Carlisle, PA 17013, payable to PBH, indicating Project SHARE in your memo.



### **Annual Volunteer Recognition**

Saturday April 13th to our army of dedicated volunteers. From 11 am to 1 pm at our main HQ.

### **Easter Dinner Family Sponsorships**

Continues up to Easter, April 21, 2019. See how you, your firm, organization or congregation can help sponsor a family. See page 8 of this issue.

### **Lunch & Learn (June 10 to August 7)**

Our award winning summer program for kids ages 5 to 12 is taking reservations for places in our 5 locations on-line now at our website or by contacting our main office. Please see page 4 for details.

### **Gleaning Schedule Opens**

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

To sign up for many of Project SHARE's events and volunteer opportunities go to:

[Timetosignup.com/projectsharepa](http://Timetosignup.com/projectsharepa)



*Bob Weed, CEO*

## Service – a personal journey

My life long journey, towards understanding what service means, did not have a very inspirational beginning. I began to serve because I was told I had to. But almost immediately I noticed a profound change in my attitude.

As a young lad, my dad would drag me to work on projects. At church, the neighbor's house or with one organization or another. There was the opportunity to volunteer to work with him at the Shrine Circus. There was a seemingly endless supply of Boy Scout and DeMolay service projects. As a family, we were always helping that elderly couple who lived next door. Their list seemed endless too – yard work, planting, painting, shoveling snow. Something for every season.

As time progressed, for some strange reason, I began to look forward to these excursions. They always included laughter, food and a sense of accomplishment when we were done. I also began to feel a sense of community, of connection and interconnection with those around me. Somehow each small act became easier and easier to undertake.

Eventually, I began to realize that the most important thing I had to offer was not a thing at all. It was a full range of resources that were at my disposal. It was time, presence, and attention. It was a realization that humble opportunities to serve were everywhere. It was holding the door for someone at the grocery store. It was completing a simple task that seemed insurmountable in someone else's eyes. It was hanging around after the project was over, just to visit. Over the course of time I began to develop a sense of abundance. The world was full of resources to be used to help others.

As our children grew, I began to see acts of service more as acts of gratitude. How blessed I was for the life I was born into. For parents who cared. For opportunities I had growing up. For a wife who is a true life partner. How I strived to give those same things to our children. And for how fortunate our family was to be able to deliver on that desire. Unfortunately, not all those around us have had that ability.

Today, in my little part of the world, the act of serving others has almost become a natural order. I watch in humble awe as people around me give freely of their time, talents and treasures. I'm blessed to be able to join them. Small offerings of service accumulate. Collectively, these individual efforts synergize with one another, multiply, and evolve into something almost completely unexpected. It's a transformational experience, one I hope others get to enjoy.

Wherever you are in your personal journey, my hope is that you are enjoying the same growth and insight I have gained along the way. Whatever role you play please know that you make a difference in the lives of many around you. In giving we are also blessed to receive.

# SHARE Spotlight Column



Even with the last March snowfall in our Carlisle community, we are confident that the sun will shine again, that the snow will melt, and that winter will eventually end. We know the arrival of spring is inevitable and look forward to

the change of season. We do not hope for spring because it always comes.

Such certainty is not available for many of our Project Share customers. Food insecurity is a statement of reality for 1 in 8 Americans. This statistic is markedly true in Carlisle and our surrounding communities. How does it feel to be hungry? How does it feel to be parents who face the daily challenge of feeding their children? How does it feel to not have access to nourishing foods, like fruits and vegetables?

As Project Share board members, we often remind ourselves that most of us are one incident away from experiencing

## Empathy Compels Us to Move Forward

such feelings and needing support. It could be the result of an accident, a medical condition, and other events beyond our control. Regardless of the cause, the board and our community embrace the moral obligation to care for others and meet them at their point of need.

As community members, we must have empathy—“to understand the feelings of others”—during their dark and cold seasons of life. Perhaps most important, we should be empathic to understand the need for hope in distressing circumstances. For our customers, the persistent question may be, “Will tomorrow be better than today?”

The vision of Project Share addresses this question head on. “Nourishing our Community...Awakening Hope” requires us to act and provides our customers with evidence that their future has promise. The season will change and spring will come.

Charles D. Allen, Colonel U.S. Army retired returns this Spring for another Spotlight Column. He is the Professor of Leadership and Cultural Studies at the U.S. Army War College and is proud to serve as a member and Vice Chair of our Board of Directors.



### VOLUNTEERS of the MONTH



Volunteers SHARE their valuable time! They are an integral part of our mission and bring joy to all every day of their service. Each one of our volunteers blesses our community with service that matters. Without them there is no SHARE in Project. Special recognition goes out to some on a monthly basis. They accept this honor with humility in the company of their fellow volunteers.



JANUARY

Marilyn  
Crawley



FEBRUARY

Justyna  
Pulker



MARCH

Paul  
Flickinger

## Volunteer Corner

*Here's the Scoop*

You're Invited to  
Project SHARE's  
Annual Volunteer Recognition  
Lunch, Dessert and Music

**Saturday, April 13**

**11 am-1 pm**  
5 N Orange St.

Please RSVP to 717-249-7773 by April 5



# Lunch & Learn 2019



Set to launch at T minus X days and counting until June 10th arrives! We will be celebrating the 50th year of the moon landing by blasting off into 5 spaces throughout the Carlisle area for another award winning landing that will provide the fuel and the programming to successfully discover new places with our kids!

Lunch and Learn in the Carlisle area welcomes all students from 5 to 12 to a program of fun, activities and learning with award winning healthy snacks and lunches all at no cost. It is easy to imagine the importance of this program in supplying hungry children with a healthy snack and full, hot lunch three days a week. Indeed, it was so successful that we earned a "Turnip the Beet" gold award from the USDA!

Education at Lunch and Learn is equally significant in that it **seeks to reduce the impact of the "summer slide"** by providing lessons organized thematically and developed in collaboration with the Bosler Memorial Free Library, together with working and retired teachers, librarians and reading specialists from CASD as well as other districts and schools. Thanks to contributions from donors and from Barnes & Noble and its customers in Camp Hill, we can send home **brand new books**, appropriate to the children's ages and interests, each week. Their reading habits continue to progress over the course of the summer! Other site collaborators include Letort Elementary, Saint Paul's Lutheran, Carlisle Church of God, New Life Community Church in Mt. Holly as well as our own Farmstand. These are just a few of the many collaborators who make this award winning experience possible for our children.

**Every person who teaches our kids makes a huge difference in their lives.** We are particularly blessed when the best decide to teach on into the next year. This year we are welcoming back a retired Elementary school teacher who has volunteered to teach the entire length of the program at the Farmstand. Note that we

are asking for volunteer teachers to commit to a minimum of 3 morning sessions totaling around 4.5 hours of actual teaching!

A star team from 2018 returns to take all the lessons in Mt. Holly at our New Life site. They are the educators from the Cumberland-Perry Drug and Alcohol commission. Do not let the agency name fool you because they are about a variety of fun games, puppetry, and other activities for the kids on all topics with the emphasis on engagement.

For 2019 all of our sites will be in the spotlight as we look to the best in our community to sign up to participate for as little as 3 mornings or for the entire 9 week program. Lunch & Learn is in need of teachers, assistants, classroom helpers, kitchen food preparation volunteers and drivers to deliver food to each site.

Help make **Lunch & Learn 2019**, 50 years from Apollo 11, a successful landing for our kids by going to: [Timetosignup.com/projectSHAREpa](http://Timetosignup.com/projectSHAREpa)

**Parents can sign their kids up. Volunteers to staff the Lunch & Learn program can also go to this site to select and sign up.** Questions? Call HQ at 717-249-7773. Over and out...

## UNIVERSE OF STORIES

### Theme Weeks for 2019:

- \* Blast Off
- \* Food That is Out of This World
- \* Here Comes the Sun
- \* To Infinity & Beyond
- \* Moving Through Time & Space
- \* Life in Our Universe
- \* My Future in the Universe
- \* Written in the Stars
- \* Visitors from Other Spaces

— Albert Einstein,

We need your HELP as teachers, assistant teachers, classroom helpers, food preparers, and drivers. Please call Project SHARE or go to [timetosignup.com/projectSHAREpa](http://timetosignup.com/projectSHAREpa) and click on Lunch & Learn 2019. Our kids need your dedication!

"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

## Community Working as One Continued from page 1



together and partnering to help make a bigger impact on our community.

Another example of community wide collaboration can be found through our annual **Lunch & Learn** program. Each summer we team up with organizations, schools and congregations in the Carlisle region to provide an opportunity for summer learning and healthy eating. At Farmstand a team of

compassionate educators and community leaders including David Hodge, Becky Kline, David Howell and Sylvia Darby, work to make Farmstand a great part of our summer kids programming. Around 30+ kids participate in this caring and meaningful program in the neighborhood. The Farmstand welcomes children ages 5 to 8 whereas the older children from 8 to 12 are encouraged to sign up at Saint Paul's. All other locations take ages 5 to 12. More details on-line and on page 4.



At the end of 2018 we also teamed up with the Employment Skills Center to offer an **English as a Second Language** class for some of our clients. The sessions were held at the Farmstand and we look forward to continuing ESL opportunities at the Farmstand at a new date to be announced.

A new collaboration with the national organization **YoungLife**, headed by local directors, Mike Barbeta and



Preston Griffin, will be teaming up with Outreach Director Steve Kuhn of Project SHARE to help impact middle school students in our community. A new **Carlisle WyldLife Club** brings an enthusiastic team

of talented and gifted leaders to reach out to middle school aged youth in Carlisle. Middle school is a time when kids make important decisions about who they are and what they believe. WyldLife leaders seek to model and express God's love to our young friends by learning their names, hearing their stories and honoring their God-given desire for a life of fun, adventure and purpose. WyldLife Club is high energy and interactive, fast paced and unpredictable. Leaders use personal testimonies, media clips, popular songs and lots of creativity when planning the club format.

As the new Carlisle WyldLife Club takes shape we are certain that other community partnerships can and will be forged. This way more of Carlisle's middle school aged youth will have opportunities to help build great relationships while they are experiencing profound emotional and physical changes.

Then there is our operations at the **Farmstand** to distributed fresh food to the community twice a week, year round during the weeks when Distribution at our main HQ has completed. Our many community volunteers partner with SHARE the bounty that we have been blessed with from local farms, grocery stores and trucking firms. An average of 150 families a week benefit from these Farmstand days.

**Super Cupboards** is another collaboration with a rich history between Project SHARE, Penn State Extension and the Salvation Army

(TSA). Trinette Ream, Social Services Director of TSA in Carlisle reached out to SHARE for support and thus the program was "born" in Cumberland county eight years ago. Funds were also sought and received thanks to a grant from the Partnership for Better Health

On our part Weston works together with the organizers to secure the available food for preparation. We provide the venue and draw from our client base. Penn State Extension teaches the curriculum, assists with set up of stations, and recruits for the program. The Salvation Army (TSA) helps to secure funding for items that need to be purchased as well as lining up the life skills presenters, purchases items not supplied, assists the day of with setting up the cooking stations and packing the bags of groceries needed to take home. TSA and PS also help to promote the program within the agencies.

Rachelle Womack is the dynamic Nutrition Education Advisor who teaches the class. She recognizes, from experiences, that the seeds she plants grow into more confident, productive lives in her students. She recalls a woman who

# Congregation Connections

Many thanks to our congregational supporters. Here we recognize those who have blessed us with funds or food since our last *SHARE News*. *Although not listed, we also thank the many congregations for their gifts of time. You have kept us forefront for our Thanksgiving and Christmas Holiday needs on behalf of the community we serve. Let us know if we inadvertently neglected to mention your congregation. We could not serve those in need without all of you.*

- |   |  |
|---|--|
| Bethel AME Church                       | Letort United Methodist Church           |
| Bethel Assembly of God                  | Letort United Methodist Church           |
| Carlisle Baptist Church                 | Women's Group                            |
| Carlisle Barracks                       | Lighthouse Church of God                 |
| Mary Queen of Peace                     | Lighthouse Church of God                 |
| Carlisle Church of God                  | Christian Women Connection               |
| Carlisle Church of The Brethren         | Middlesex United Methodist               |
| Carlisle Evangelical Free Church (CEFC) | Mt. Holly Springs United Methodist       |
| Carlisle Evangelical Free Church        | Opossum Hill Union Church                |
| Children's Ministry Kids Cove           | Otterbein United Methodist Church        |
| Carlisle Reformed Presbyterian Church   | Plainfield First Church of God           |
| Men's Fellowship                        | Second Presbyterian Church               |
| Carlisle Seventh Day Adventist Church   | Presbyterian Women                       |
| Carlisle United Methodist Church        | Salem Stone United Church of Christ      |
| Carlisle United Methodist Church        | Sayville United Methodist Church         |
| McCullough Sunday School Class          | Second Presbyterian Church               |
| Carlisle United Methodist Women         | Shiloh Missionary Baptist Church         |
| Christian Life Community Church         | St. John Evangelical Lutheran Church     |
| Dickinson Presbyterian Church           | St. John's Episcopal Church              |
| Faith Chapel                            | St. Matthews Evangelical Lutheran Church |
| First Church of the Brethren            | St. Matthias Lutheran Church,            |
| First Evangelical Lutheran Church       | Sarah A. Heintzelman                     |
| First Presbyterian Church               | St. Patrick Catholic Church              |
| First Presbyterian Church Deacon Fund   | St. Paul Evangelical Lutheran Church     |
| First United Church of Christ           | St. Stephen Lutheran Church              |
| Green Spring First Church of God        | The Meeting House                        |
| Green Spring First Church of God        | Toland Mission                           |
| Golden Rule Class                       | Tree Of Life Church                      |
| Hickorytown United Methodist Church     | Trinity United Methodist Church          |
| Holy Trinity Greek Orthodox Cathedral   | Waggoners United Methodist Church        |
| Knights Of Columbus                     | Young's United Methodist Church          |
| St Patrick's Council 4057               |  |



## Why I SHARE...

I SHARE because I have been blessed in so many ways throughout my life. I was blessed in my Quaker upbringing at school that centered my life. Opportunities and encounters here and abroad have also been a part of my life. As a result I want to "Pay It Forward."-- Pam Lord



## Why I SHARE...

"As an avid reader I have always encountered situations of those in need. That led me to examine my own contributions. I volunteer my time with Project SHARE because I want to show my daughters that it's important to give back to our community by helping those in need."

- Ian Hanford



**TOTS IN THE KITCHEN (AGES 5-8)**  
**CUBS IN THE KITCHEN (AGES 8-12)**  
**WEEK AFTER DISTRIBUTION**  
**4:30 TO 6 PM**  
**MONDAY=TOTS WEDNESDAY=CUBS**



**CLIENT SURVEY RESULTS** Continued from page 1

Gender – 70% of those surveyed were female & 30% of those surveyed were male.

Children – 60% of those surveyed report no children in the home, 40% with children.

Knowledge of Nutrition Education classes:

- 64% of those surveyed were aware of “Cooking Classes” (Slice of the Month)

Of those who were aware of the classes:

- 61% heard from staff / volunteers
- 13% heard thru “word of mouth”
- 8% heard of them thru the Newsletter
- 19% reported “Other”
- 20% Of those who were aware of the programs actually attended (approximately 21 individuals)

Of those who attended Slice of the Month:

- 78% reported increase in knowledge of healthy cooking (what / how)
- 78% reported learning new skills
- 100% knowing the difference between Health and Unhealthy foods

Perceived benefits of attending Slice of the Month:

- 66% said would help prepare healthy meal
- 71% said it would make food taste better
- 72% said it would help improve health
- 94% said it lets them meet others interested in cooking

Barriers to attending Slice of the Month:

- 47% Time and Day class is held
- 25% Childcare • 28% Other

\*Barriers to Cooking Healthy Meals:

- 40% - lack of access to ingredients or supplies such as pots/pans, ovens and stoves
- 17% - time restraints
- 15% - medical issues – can’t stay on feet, dietary restrictions
- 14% - cooking skills – can’t make it edible – can’t cook

Fresh Fruits & Vegetables:

- 97.2% report receiving Fresh Fruits & Vegetables from Project SHARE
- 91.4% reporting eating all or most of the fruit they receive.
- 91.45% report eating all the vegetables they receive

**\*Barriers to Eating Healthier Meals**



- 40% Lack of access to ingredients and supplies
- 17% Time Restraints
- 15% Medical Issues
- 14% Cooking Skills

Full report on: [projectSHAREpa.org](http://projectSHAREpa.org)

Suggestions coming out of surveys:

- To improve participation in Slice of the Month
- To increase Clients’ ability to cook Healthy Meals
- Emphasize recipes that do not require appliances
- Help Clients find small appliances – microwaves, slow cookers.

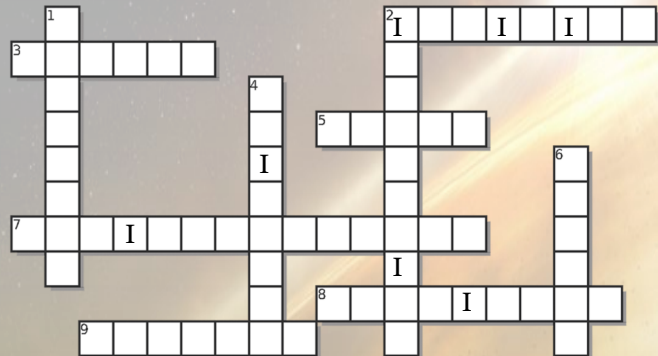
To increase Fruit and Vegetable acceptance/ consumption:

- Make items already offered more visible (signage)
- Product “What’s Offered Today” signage for Clients on the way into distribution
- Educate Clients about the meaning of dates (best by, sell by, etc.)
- Educate Clients about the difference between spoiled and edible with blemishes

# KIDS & FAMILY KORNER

SHARE values our children. At Project SHARE a **For Kids of all ages!** number of programs are designed to benefit our children’s bodies, minds and spirits. Our new Kids & Family Korner provides just a bit of thought and activity to encourage families and kids to engage with SHARE and each other. Enjoy and let us hear from you with your comments and suggestions.

## Expanding Universe To Infinity & Beyond



ACROSS

- Time or space without an end
- Christian holiday celebrating the resurrection
- A game held every Monday at Farmstand that teaches strategy to kids
- Latest videos from our kitchen that premiered on Good Day PA
- The important healthy parts of what we eat and drink to fuel our bodies with the best possibilities of health and success
- Islamic fasting period celebrating the revelation of the Quran

DOWN

- The Jewish feast of the unleavened bread
- Community interacting with different religious traditions and/or spiritual or humanistic beliefs
- Italian egg quiche without the crust
- The capsule sent to the ISS by SpaceX Hint: “You Tube it!”

I Here are a few hints placed in the puzzle above. The letter “I” like in “I am” “I will be” “I love”



Throughout March, May, July and September at S. Spring Garden St. and March & April, on Walnut Bottom Rd., reusable GIANT bags sold will send a \$1.00 donation back to Project SHARE to help us BAG HUNGER in our community.

Go Green and reuse with Bags 4 My Cause at GIANT!



“The gift of food to the hungry is the noblest of all gifts. -Sathya Sai Baba

# EASTER & SPRING HOLIDAY

# HAM DRIVE

Help Nourish Our Client Families!

**\$20** Ham Sponsorship

**\$40** Holiday Meal Sponsorship

**Sponsor One or More Families**

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## DONATE A HAM

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Please use the enclosed envelope or  
make your gift online at  
**ProjectSHAREpa.org**

*Monetary and food donations of any  
amount will be greatly appreciated.*

*Other food items  
needed include:*

- Light Syrup Canned Fruit (pineapple, fruit cocktail, etc.)
- Carrots and/or Peas
- Greenbeans

Groups & Congregations preferring to hold a FOOD Drive, please visit [www.projectsharepa.org/food-drives/](http://www.projectsharepa.org/food-drives/) to register.



*"There is no exercise better for the heart than reaching down and lifting people up."* — **John Holmes**

Project SHARE | 5 N. Orange St., Carlisle, PA 17013 | 717-249-7773 | [www.projectsharepa.org](http://www.projectsharepa.org)



"The care of the coffee in the name of humanity!"  
 Mr. Peter Sivelle  
 of  
 Project  
 Share



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 gifts received between November 18<sup>th</sup> and March 06<sup>th</sup> . If we inadvertently omitted your listing, please let us know.

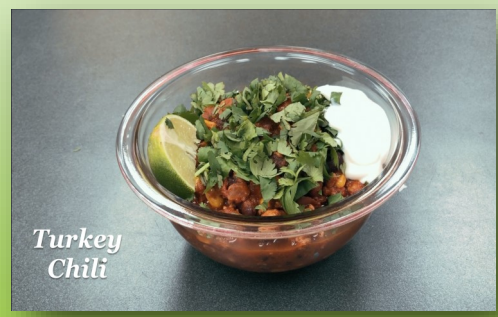
- |                                       |                                     |                                       |
|---------------------------------------|-------------------------------------|---------------------------------------|
| Ahlstrom Nonwovens, LLC               | Cumberland County                   | Mock-Mays Associates                  |
| Allen Distribution                    | Cumberland/Carlisle Chap. AARP 4377 | Molly Pitcher Stitchers               |
| Alliance Sales                        | CVS Pharmacy                        | Moose Lodge 761                       |
| Allsafe Environmental, Inc.           | Delta Airport Consultants, Inc      | Moskel Counseling Services            |
| Alspaugh and Reed Painting            | DHL Supply Chain                    | N.L. Minich & Sons, Inc.              |
| American Legion Post 101              | Dickinson College                   | North Dickinson Elementary            |
| Anderson Logistics                    | Duffield Associates                 | Office Depot                          |
| Army Heritage Center                  | Eaton                               | Operation Warm Hearts                 |
| Back To Basics Western Wear           | EMC-Electric Market Connection      | Panera Bread Co.                      |
| Beeman's Bakery                       | Emergency Food & Shelter            | Patchwork Pals                        |
| Big Spring Area Food Bank             | Ethos Fitness LLC                   | Penske Logistics                      |
| Big Spring High Class of '57          | F&M Trust                           | Residence Inn                         |
| Big Spring School, Mount Rock         | Family Ford-Mercury, Inc.           | Ressler's Bagels                      |
| Bobby Rahal Toyota                    | Fidelity                            | Rite Aid Foundation                   |
| Boy Scout Troop 168                   | Florence & Hilliard Hasenkamp       | S. Middleton School Dist.             |
| Bridges at Bent Creek                 | Frog Switch                         | Select Medical Walnut Bottom          |
| Caitlin's Smiles                      | GB Stuart Charitable Foundation     | Shetron Auction Equipment LLC         |
| Campus Door Holdings INC              | Geodis                              | Spiral Path Farm                      |
| Care Options Rx                       | Giant Food Stores, LLC              | St. John's Preschool                  |
| Carlisle Aeromodelers                 | Gingerbread Man - Mechanicsburg     | St. Matthew's United Church of Christ |
| Carlisle Area School District         | Gobin Guards Association            | St. Patrick School                    |
| Letort Elementary                     | Graham Motor Co.                    | Strickler Agency                      |
| Wilson Middle School                  | Highmark Matching Funds             | Target Corporation                    |
| Bellaire Elementary School            | Hillmount Animal Hospital           | The Center Cut Company                |
| Carlisle Barracks Commissary          | Home Depot Supply Chain             | The Grazery                           |
| Carlisle C A R E S                    | In Faith Community Foundation       | Tiogo Organic Farms LLC               |
| Carlisle Construction Materials, Inc. | Iron Forge Educational Center       | Turner Hydraulics, Inc.               |
| Carlisle Club Book Group              | John Oszustowicz Law Office         | Two Roads Cross Fit                   |
| Carlisle CrossFit                     | Land O'Lakes, Inc.                  | Weber Trucking & Excavating           |
| Carlisle Family YMCA                  | Liberty Tree Farms                  | Wegmans Food Markets, Inc.            |
| Castlerigg Wine Shop                  | Little Sprouts Preschool            | Weis Markets                          |
| CIS/Sunoco                            | M&T Charitable Foundation           | Weis Markets Inc                      |
| Clee K. Morrison Foundation TUV       | McCulloch's Highland Vue Farms      | Wengers Meats and Ice                 |
| Community Aid, Inc.                   | MEF Commercial Services             | Wesleyan Church of the Cross          |
| Community Cares                       | Members 1st Federal Credit Union    | White Circle Club                     |
| Cruise Holidays of Carlisle           | Menasha Packaging                   | Women of The Moose Chap. 235          |
|                                       | Midas Auto Service Experts          | Yellow Breeches Middle School         |

# VIDEO BOX



## Recipes To SHARE

For National Nutrition Month Project SHARE appeared **with Amy Kehm on Good Day PA** to premier our new **Recipes to SHARE** videos from our kitchen to the community. The first release was our Frittata video on the March 4th show followed by the Turkey Chili on Friday March 8th and Apple Crisp on the 22nd. These first 3, in the series, will be followed by Salmon Burgers. All Recipes to SHARE are soundtracked with local musicians. These short videos spotlight nutrient dense, quick, simple, and perfect recipes for people on the go! Videos this season include a potato and vegetable frittata, apple crisp, and turkey chili—just right for the busy winter season! Could Weston be the new go to recipe guy on local



Turkey Chili

TV providing quick, healthy alternatives to the community? He already was! Tune in to see what is coming up next... See all of the videos, mentioned in this VIDEO BOX, at [projectSHAREpa.org](http://projectSHAREpa.org). **Most import is to try the Recipes to SHARE at home and send us the results by photo.**

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**Community Working as One** Cont. from pg5  
 was living at the Domestic Violence Shelter after years of abuse. She had been told that she was not capable of accomplishing anything for most of her life. She had a defeatist attitude. Six months after she completed Super Cupboards she approached Rachelle at a community event and grasped her in a thankful hug. She explained how this class was the first time she had been empowered and that the experience led her to complete her GED and on to college. Rachelle reflected that "It is super to work with the community and see how this can lead to healthier lives!"



**Suor Cupboards goals include:**

1. Improving diets and nutritional health welfare
2. Increasing knowledge of human nutrition
3. Utilizing food items received from SHARE during distributions
4. Increasing knowledge of food safety, sanitation and storage
5. Increasing relational skills by participating in meals around the table
6. Increasing knowledge concerning general life skills
7. Increasing self-confidence and self-esteem
8. Increasing support networks

The program, to date, has shown the following results: 58% of graduates are planning meals ahead of time; 61% of the graduates are considering healthy food choices; 76% of the graduates are eating more fruits and vegetables; and 77% of the graduates are practicing proper food safety skills. These figures come from a measure of success by curriculum based on pre and post tests and 24 hour diet recalls. Client self reporting is also utilized.

**Project SHARE welcomes the opportunity to forge new partnerships** as we seek to fulfill our Mission: "In response to God's call to love one another, and bolstered by the spirit of generosity in volunteers, staff clients, glean-ing partners and donors, Project SHARE food pantry programs and partnerships meet the evolving needs of people on their journey to freedom from want." We look forward to collaborating with other area organizations to benefit our SHARED community.

**This article submitted thanks to the contributions of Steve Kuhn, our Farmstand Coordinator, Trinette Reams of the Salvation Army, Rachelle Womack and the editor.**



Caught in the middle?...Short of food but you make too much to qualify with the Federal guidelines for our Distribution Days?

Welcome to Farmstand where the only qualification is to visit us during our service hours! So welcome!

**Why I SHARE...**

*"As both a donor and volunteer, I SHARE to help others in my community. With all that is going on in the world today, we need to look out for one another." - Wesley Chandler*



**SHARE's Farmstand CHESS CLUB**, with coach mentors from Dickinson Law, Dickinson College, the Army War College and others is led by community organizer David Hodge. Everyone comes to strategize and enjoy the developing of skills in our participants.



Farmstand CHESS is directed towards our Client Kids but we also welcome Volunteer children between grades 3 to 8. Inquire on-line at [projectSHAREpa.org](http://projectSHAREpa.org),

stop by Farmstand to talk with "Dave" or call SHARE HQ at 717-249-7773 and speak to "Joe".

# KITCHEN KRONICLES

**Recipes to SHARE**  
*continued from page 1*  
carbohydrates, and fat used in the body of an organism to sustain growth, repair, and vital processes as well as to furnish energy". If food is as simple as a perfect combination of protein, carbs, and fat, then why can eating healthfully be such a confusing and difficult task for so many?

The truth is that food is much, much more than that. Biochemically speaking, in addition to the three macronutrients, food contains vitamins, minerals, enzymes, as well as thousands of phytochemicals that all work synergistically to support us.

Here at Project SHARE, **our vision is to inspire the community to live healthier lives** through cooking good food using the fresh ingredients we offer. We achieve this in multiple ways, including our Food for Life program as well as our cooking classes such as Slice of the Month and Kids in the Kitchen. Food for Life is a program that occurs during our distribution, in which we prepare simple, healthy recipes for our clients to sample and provide copies of the recipes to take home. Complimentary to this program, **Slice of the Month is an interactive cooking experience** where participants get to prepare these recipes. They hone their knife skills, and cooking techniques while exploring cuisines and spices from around the globe. Our **Kids in the Kitchen** program is similar, but combines **cooking skills with biology, chemistry, and mathematics for 5 to 12 year olds.**

**VIDEO & TV** - In hopes of reaching and educating a broader audience that can benefit from our insights, we have crafted a new series of cooking videos called Recipes to SHARE. They are unique in that they are short, visually instructive and moti-

vating. These videos use simple, fresh ingredients regularly available to our clients to create healthy dishes for the whole family. Recipes to SHARE has garnished interest from our friends at ABC27. Amy Kehm, host of Good Day PA, interviewed our CEO Bob Weed, our videographer Michael Smith and me regarding this video launch which happened on March 4th.



The first to be released will feature one of my favorite meals, a frittata. A frittata is an egg-based Italian dish cooked in a cast iron pan or oven safe skillet using a variety of filling ingredients. My favorite fillings include sweet potatoes, onions, garlic, and greens such as kale, spinach or Swiss chard. However the options are limitless. Eggs are naturally low-fat, high in protein, and antioxidant minerals choline and selenium. Sweet potatoes, onions, garlic and kale all contain healthy carbs, an array of essential vitamins and minerals, powerful antioxidant phytochemicals, and prebiotic compounds to help feed our "good" gut bacteria. Keep your eyes open for new video releases and be sure to let us know what you think!

We were also invited to make a presentation on the **ABC27 News Daybreak with Janel Knight** for the Chamber's annual event, A Taste of Carlisle. Thank you Janel and ABC27 for your commitment to our community!

Bon Appetit!

**Kitchen Kronicles is provided by our Nutrition Education Department, Weston Petroski, Coordinator. Weston is a graduate of Appalachian State University where he majored in Nutrition and Foods. Follow more Kitchen activities on our website: [projectSHAREpa.org](http://projectSHAREpa.org)**



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Carlisle, PA 17013  
Phone: 717-249-7773  
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- Distribution of Healthy Foods
- Weekend Nutrition Power Packs
- Summer Lunch & Learn Program
- Baby Foods
- Chess Club

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[projectSHAREpa.org/planned-giving/](http://projectSHAREpa.org/planned-giving/)

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