



SHARE News

SPRING 2021

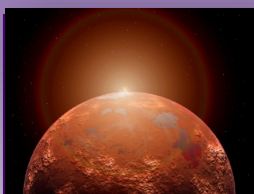
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Look to the Children...Donors SHARE...In Your Kitchen

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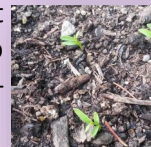
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“We have touchdown. Perseverance has landed on the red planet!”

The search for life, or the remnants of life on other worlds fascinates us. Yet, here we are, on our blue planet connected to every living thing by our DNA. Spring is arriving with a season of rebirth. Seedlings rise, new children and animals join our parade of life. Many are

fascinated by this as well. As we continue on our own personal journeys one of the things that we all understand is the need to feed each other in many ways. We start with bread and fish on a hillside and then expand our feeding to everyone who comes to the table. Renew yourself and SHARE your blessings with your fellow travelers. “Nourish Our Community . . . Awaken Hope!” - JDSMK



Summer Feeding Our Children

2021 = 3 Sites
Fridays 9 to 11am
June 11-August 13



When the pandemic challenged all of us in 2020 we stepped up. When we realized that our summer program for kids was in jeopardy, we focused on our primary mission which is to feed our community wherever there is a need. We did this by opening

2 sites, one at our headquarters in Carlisle and the other in Mt. Holly behind Amelia Givin library. The weather was kind to us through all 11 weeks and we distributed record numbers of breakfasts and lunches for the children in our reach. We served over 52,000 meals in a drive-through model on Fridays from 9 to 11am.

We have learned from our successes in 2020 and as a result we are preparing to roll out an expanded program this summer at 3 sites. We will return to our main building on North Orange and to Mt. Holly while we add another outlying and underserved area centered at the Plainfield First Church of God. We decided, early on, not to move back to our congregant Lunch & Learn program this summer due to the uncertainties at the end of 2020 when decisions needed to be made. Instead we made the decision to continue last summer’s non-congregational model of meal delivery to serve the children in our area. This summer we are also encouraging parents who have children in other programs in the area to come to our Summer Feeding Fridays to fill their pantries for their children’s week ahead.

Although the Summer Feeding Program is funded, in part, by the USDA and the PDE, the waivers for an open drive-through site are only approved through June 30th (as of this writing). However, Project SHARE has decided to move forward with our Summer Feeding weekly to August 11th, 2021



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Continued on page 04

Dickinson

Fraternity Alumni Unite in Service to Carlisle

Different classes and different Fraternity Houses, yet 10 houses came together with a common goal to give back to the community of Carlisle, Pennsylvania that had nurtured them in decades past. Listening to their motivations and memories, in a virtual Zoom room, brought back memories of a time when a generation of Baby Boomers were on a journey through the halls and grounds of Dickinson College. The early 1970s included the Vietnam War, Watergate, Kent State, the winding down of the turbulent 60s. The music of the day

Continued on page 04

Reaching Out

Project SHARE piloted a feeding program to our community aptly named the “French Toast Connection”

by our police Chief Taro Landis. This reaching out, from Project SHARE, had us distribute hundreds of gallons of milk, bread and eggs to our underserved communities in and around Carlisle. On February 5th we began our reach out by arriving at the Plainfield First Church of God where Pastor Jim and his team took responsibility for the unloading of supply trucks, setting up of food bags, traffic management and loading trunks of all the items that one can use to make French toast or other nourishing meals as additions to the food pantries at home.

That day 284 families were served packets of bread, milk and eggs. In addition to those served through the drive-through model supplies went to children in Newville and to others who were unable to find transport, but served,



Continued on page 06



Bob Weed, CEO

Kids!

Vickie and I are blessed with two. A boy arrived in 1993 and then six years later a girl rounded out our

family. Friends told us that children would change our lives. Oh, how right they were and what lessons we have learned on this journey called parenthood.

When our children were little, I had a special phrase I would use every time they did something dumb like all kids do. I would look them square in the eyes and ask **‘What made that seem like a good idea?’** One morning, while fixing breakfast and trying to let mom sleep in, I spilled an entire box of cereal on the floor. Without missing a beat, both kids turned and asked, in unison, **‘What made that seem like a good idea?’** Lesson - Children watch our every move. They do not learn from what we tell them, but rather from what they see us doing.

Wilma Rudolph became a world record holding track and field athlete in both the 1956 and 1960 Olympics. In the 1960 Olympics in Rome, Rudolph became known as **‘the fastest women in the world.’** Not only did she set new world records in sprint and relay, she also became the first American woman to win 3 gold metals. Few people remember that as a child Rudolph battled with polio. With treatment and tremendous support from her family she overcame the devastating effects of polio. In an interview after the 1960 Olympics she told reporters **‘My doctors told me I’d never walk. My mother told me I would. I believed my mother.’**

Lesson – Encourage and support your children.

They are likely to live up to what you believe they can do. With six years difference in age, our children had wildly different groups of friends. In one room we always seemed to have a gang of rowdy boys. They ran, hollered and seemed to never run out of things to throw at each other. At the same time, somewhere else around the house we had a gaggle of girls. Giggling, laughing and trying to talk over each other seemed to be their standard fair. Occasionally, the two groups would cross paths and the noise would escalate to an almost defining roar. At times it was all I could do to not blow my top.

‘It is easier to build strong children than to repair broken men’

Frederick Douglas

As our children got older the noise level seemed to have declined.

Now, our son is off on his own and our daughter seems to be gone most of the time. School work and a healthy social life occupy most of her time. Silence has returned to our home and it’s scary sometimes. **Lesson – Enjoy the noise. It means you are surrounded by life and love.**

As we head into summer at Project SHARE, I carry with me these and other lessons learned from our kids. Fredrick Douglas is credited with saying **‘It is easier to build strong children than to repair broken men.’** Will our programs and interactions help build those strong children? Let me, through my actions, demonstrate a type of character that leaves a positive deposit in the memory banks of the children I interact with. Help me to encourage and nurture all the children and families served by Project SHARE. **Allow me to find joy in the commotion that comes along with distribution and SHARE’s summer feeding program.** In the end, my hope is that we all can deliver on Project SHARE’s vision... **‘Nourishing Our Community . . . Awakening Hope.’**

Thank you all for the support you lend in bringing that vision to life.

The staff at Project SHARE has been stable, over the last years, and the team has served the needs of our community with a strong sense of purpose and collaboration for the best interests of those we serve. But change is inevitable and is happening with the retirement of 2 of our long dedicated staff members.

Wenda Sue Murray joined SHARE in November of 2013, as Front Office Coordinator, having come from Royer’s Garage, where she worked with her father and brother.



Of Project SHARE and her experiences Wendy points to Maya Angelou: **‘I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.’**

My first day at SHARE was the first day of Thanksgiving distribution, typically the busiest distribution of the year! I was told, **‘There is your desk, good luck!’** Volunteers stepped in and helped! I returned the next day, to the surprise of Staff and Volunteers.

I’ve taken calls over the years and assisted clients in person, **I’ll never forget their sincere gratefulness after our encounters. I thought, if all it takes is empathy, then why not go ‘all out’ on every single encounter?** ...This position has changed me in many positive ways.

From the front-office ladies to the vehicle drivers, their faces have become familiar and their personalities loved. Their dedication was always impressive! I considered them as co-workers and friends! With a grateful heart, thank you for all the support, friendship, encouragement, and cooperation you have shown me over the years.



Steve Kuhn has been an ever moving presence at our main building, at Farmstand and in the fields and orchards of our region. Steve reflects: **‘When I think of transitions the first thing to come to my mind are the seasons. With warmer weather on its way, we all are excited to see winter pass as we get ready to enjoy the outdoors as the new season blossoms.’** One of our volunteers just shared that he took his family to see swans, geese and ducks...with his grandchildren. Spring is here!

I would like to thank each of you that have leaned into the lives of Project SHARE’s Clients as you generously volunteer. When I arrived at Project SHARE, 6 years ago, I was looking forward to working at a nonprofit that had active impact on our community. **What I didn’t anticipate was...the amount of love** that I would witness daily through the sacrificial service of so many...that would be returned back ...that would be returned to us by so many of our Clients. My retirement plan will keep me very active in the Carlisle area while supporting various nonprofits. I look forward to serving SHARE as a Volunteer. Project SHARE was a glorious season of my life for which I am grateful! **‘**

‘I know we’ve come a long way; We’re changing day to day; But tell me, where do the children play?’ - Cat Stevens

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.”

Spring is traditionally associated with growth and new life. Picture Easter, baby animals on the farm, and the eagerness we feel at being that much closer to summer. Spring signifies the end of winter and the start of a new season of opportunity and possibility. **Last year, Spring started as it does most years and abruptly morphed into something unimaginable and unpredictable.** A year after the COVID-19 pandemic started, it feels as though we are still in this purgatory between life as it was and life as it should be.

As an adult, the challenges of the last year have sometimes seemed insurmountable. Many of us transitioned from office life to working remotely at whatever space in our home was available. Others on the front lines were forced to pivot and face head on the challenges that this pandemic have created. The burden on those caretakers at home has been equally demanding. We have been limited from social engagements, dining out, or taking that long-planned vacation. In daily life we are required to wear a mask in order to interact with others, something that can be both uncomfortable and irritating. On the days where I find my patience spent and my anxiety skyrocketing, **I like to ground myself by looking to the smallest citizens facing this constant uncertainty, our children.**

Throughout the course of the last year, I have been amazed and lifted up by the constitution and resolve of our nation's children. Ripped away from school, sports, social interactions, and any semblance of what their short lives have normally looked like, our children have stepped into this new landscape with dignity and much less whining than I've seen from grown adults. **Despite all the setbacks, these children move forward –**



Creating

the only direction they know. We told our children that they needed to wear masks in order to go to school and they adapted. We watched as our children were spaced apart from their friends at the cafeteria table, and yet they found joy in still being able to sit with their friends. We as parents collectively sighed at the idea of remote learning, but watched as our children joyfully talked to their friends and teachers via Zoom and turned the kitchen table into their own classroom.

We cannot ignore the fact that some of these children strived forward even in the face of great adversity. For some children, school is the only safe space they know. As our organization knows far too well, sometimes it is the only place they eat a solid meal each day. **The past year has been trying on the most secure of households, but especially on those struggling to make ends meet and put food on the table.** Our client's children depend on Project SHARE's school-based and



Volunteering



Studying

internal nutrition programs for both meals and learning healthy eating habits. We were lucky enough last summer to be able to continue these programs remotely and make sure that no child in need went hungry. The Kids in the Kitchen program has continued with great success, but it does not replace in-person instruction or the comradery of playing and learning alongside your peers.

For months we have been promising our children that some day this pandemic will end and things will go back to "normal." With vaccinations rolling out and positive rates projected to begin declining, for once I feel as though I can speak to this with some level of positivity. While I am excited to return to a degree of normal living, I am most excited for the children. They deserve this. They need this. We owe it to them after their resilience over the past year. Our motto at Project SHARE is "Nourishing Our Community...Awakening Hope," and I am never more hopeful than when I see the optimism behind our children's eyes.

Let us all hope that this year brings the strength and renewal of Spring and the appreciation for the next generation of positive thinkers. I know that Project SHARE will be a part of the way forward!



Our guest columnist is Colleen Baird who serves as Secretary for the Project SHARE Board of Directors. She is a Central Pennsylvania native and an Attorney at Martson Law Offices in downtown Carlisle. Colleen and her family live in Boiling Springs.

Dickinson

included Three Dog Night, Carole King and The Temptations, to name a few. After an era on campus, graduates were then launched and traveled pathways to varied futures.

Fast forward 50 years and this group of alums gathered together to discuss how and who to help in the Carlisle community. Without a question their formative years at Dickinson had ingrained in them a sense of empathy and service.

The helping hand they would extend would come from both the funds available through their individual house councils and from a further appeal to member alumni for a specific outreach.

John Heath, Class of '71 Alpha Chi Rho, lives in Holliston MA and led the cause and began to contact 3 friends from each of the original 10 fraternities. He already knew that a few houses had Chapter House Funds but asked the others if they had such a resource and/or if they could help generate individual donations from interested members. One of those was John Nikoloff, Class of '72 Beta Theta Pi, from Mechanicsburg, felt that "...giving back was part of our fraternity culture at Dickinson. Moving forward we felt that Dickinson and the community had given us so much that we wanted to give back!"

"The area has been very good to me and I think it is your duty, if you are blessed, to give back to the community and Carlisle is our community in many ways." - Dean Chamberlin



Back in the ZOOM room, it was noted that some of the graduates who had settled in Carlisle were directly involved with giving and helping Project SHARE.

Dean Chamberlin, Class of '72 Sigma Chi, settled in Carlisle on his arrival at campus in 1967 and hasn't left. Careers in building, farming beef cattle and growing Christmas trees has given him close ties to the community. "The area has been very good to me and I think it is your duty, if you are blessed, to give back to the community and Carlisle is our community in many ways." Dave Haag Class of '73 Kappa Sigma, returned to Carlisle and has been a resident for 16 years. Dave has and continues to be active at First Lutheran on High Street and has brought together his church service with his volunteering and support of Project SHARE. **"We were early supporters of Project SHARE when we sponsored a golf tournament to benefit them together with First Lutheran."**

Their SHARING has resulted in donations totaling over \$15,000 to be used for the mission of Project SHARE in Dickinson's Carlisle community. Bob Weed, CEO of Project SHARE and graduate of Dickinson class of 1980 from Sigma Chi (the youngster in the group), stated that for each dollar donated to SHARE, when combined with SHARE's resources, can provide 6 meals for those in need. This is partly the result of SHARE's gleaning program which harvested over 150,000 pounds of produce in 2020, plus other resources such as rejected shipments and relationships with local distribution centers.

There are many ways that Project SHARE fulfills their mission to help "...meet the needs of people on their journey to freedom from want." Project SHARE helps the community and adds to their operational efficiency while using monies donated by groups such as the Dickinson Alumni Fraternity Houses to enhance their ability to reach out to the community in need. According to Bob, "The end result of this Dickinson Fraternity House donation will result in 90,000 meals for the community. That is a legacy in better health that we can accept with gratitude."

ardless of government subsidies. We are willing to make that commitment. We are blessed by the community with support and we know that we can take this step on behalf of the region's children.

Preparation for Summer Feeding distributions will occur on Wednesdays and Thursdays. Simple food preparation, such as making sandwiches and wraps, will occur on Wednesdays. Prepackaging food bundles will occur on Thursdays. Volunteers will also be needed on Friday mornings during Summer Feeding distributions. For a full list of volunteer opportunities for this initiative, refer to Volunteer Hub through our website.



Some of our food is sourced directly from local farms through our gleaning efforts.

While the menus are not ready at the time of this printing, they will be posted each week and distributed with sample recipes on Fridays. In 2020 meals ranged from frozen pizzas to cereal boxes, milk, fresh fruits and vegetables of all tasty sorts and more. 2021 is expected to be as, if not more, nutritious and tasty based on feedback from last year.

Another bonus returning in 2021 will be the occasional distribution of books that will occur randomly throughout the summer at the various sites. New book donations are being solicited leading up to the Summer Feeding events.

As we emerge from this period of global societal pauses in our normal activities, we know that we can emerge stronger and wiser. **Project SHARE will ensure that children are well fed in body, mind and spirit!**



Super Supervisors like Janet Kacsur lead the teams that make it happen!

We do not inherit the Earth from our Ancestors, we borrow it from our Children. - Native American Proverb





Many thanks to firms, businesses, foundations and other organizations who, as part of our community donate funds or in-kind gifts received between Dec 01—Feb 28. Although too numerous to list, we also recognize all the individual donors and volunteers who give time and resources to “Nourish Our Community...” while “...Awakening Hope!”

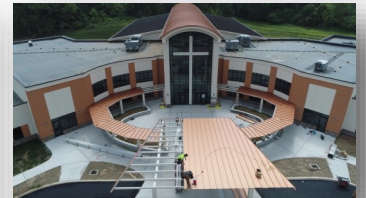
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| Adams Charitable Lead Trust | Diamond Wealth Advisors |
| America's Charities | John Oszustowicz Law Office |
| Apple Valley Creamery, LLC | Kappa Lambda of Kappa Sigma |
| Benevity, Inc (on Line Donations) | Kaye Family Foundation |
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| Dickinson College History Dept. | The Foundation - TFEC |
| Dutchess Bouquets | The Meeting House Youth |
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Congregation Connections

Many thanks to our congregational supporters. In recognition of those who have blessed us with funds or food since our last SHARE News. Although not listed, we thank the many congregations for their gifts of time. We could not serve those in need without all of you. This recognizes donations received Dec 01 - February 28th. . Thanks to all of you and your congregants who remember to nourish our community throughout the year.

- | | |
|----------------------------------|-------------------------------|
| Bethel Assembly of God | Letort United Methodist |
| Carlisle Baptist Church | Lighthouse Church of God |
| Carlisle Barracks Chapel | Otterbein United Methodist |
| Carlisle Reformed Presbyterian | Presbyterian Women in the |
| Carlisle Seventh Day Adventist | Second Presbyterian Church |
| Carlisle United Methodist | Second Presbyterian Church |
| Christian Life Community | St. Matthews Evangelical |
| Congregation Beth Tikvah | Lutheran Church |
| Dickinson Presbyterian Church | St. Matthew's United |
| Doubling Gap Center | Church of Christ |
| First Evangelical Lutheran | St. Patrick Catholic Church |
| First Presbyterian Church | St. Paul Evangelical Lutheran |
| First United Church of Christ | Church Women of the ELCA |
| Green Spring First Church of God | St. Stephen Lutheran Church |
| Green Spring First Church of | The Meeting House |
| God - Golden Rule Class | Trinity United Methodist |
| Hickorytown United Methodist | |



One of many creative ways of supporting our community at Project SHARE through a culinary auction at the plant. Many dishes, many bidders, good food, fun and a purpose for team building! Thank you GSK!

CULINARY AUCTION	
Taruk Patel 2 nd Shift Blend Chicken Curry with Naan	
Kathy Taylor	\$5.00
Wes Cummings	\$15.00
Kathy	\$16.00
Taylor	20.00
Roger Dink	\$25.00
Annie WAREHAM RD	30.00
Danielle Ducharme	40.00
Tara Speck	\$42.00
SHANE MOURE	\$50.00

Many things changed in 2020 but not the support from our dear friends at Bobby Rahal Toyota for our Christmas and Winter Holiday celebrations.



While the pandemic put a temporary end to our holiday theatre and communal eating activity, Bobby Rahal Toyota funded special holiday packets to Clients during our December Distribution that included blankets with the SHARE logo, a family sized bag of popcorn and hot chocolate for a family movie night.



Many thanks to the team at Bobby Rahal Toyota, led by General Manager Todd Swope for their care and generosity during these times.

Please continue to be a solution by returning your envelope today or going on-line to projectSHAREpa.org.

We need your support to “Nourish Our Community...” while “Awakening Hope!”

“Treat the earth well. It was not given to you by your parents, it was loaned to you by your children.”

thanks to church volunteers.

Then on February 15th SHARE went to the community that gave birth to the French Toast Connection. With Chief Landis officiating at Shiloh Baptist Church together with Deacon Fred Jones and the Rev. Marilyn A. Hubbard from AME Bethel they were able to distribute packets to the community. They were ably helped by their community and church teams.



Rev. Hubbard and Deacon Jones on the cold front lines in service to the community.

Church the Rev. Robert Woodhall rallied his church to serve their community. These 2 sites distributed to over 300 families in Carlisle.



Rev, & Mrs. Woodhall dedicated their church site to this community effort.

Simultaneously at Bibleways Hiberner Memorial Pastor Woodhall said that :”Project SHARE has done things for the community that needs telling. ...Bob (Bob Weed, CEO) has stretched out his hand and he does it with joy!” Reverend Hubbard, from AME Bethel added that, "The table is a symbol of coming together and there are empty places at the table...It is our goal to

come together with all people. God created us to live in harmony...to gather as one, not where we were but where we need to be!”

Finally on the 26th we headed Southwest to South Fairview First Church of God where Pastor Kevin Dunlap arranged his congregational team to serve 261 families in their community. South Fairview is in a rural area that we were also pleased to reach out to.

As a pilot program, Project SHARE is evaluating the needs, areas, and our ability to do something similar in the future.

This chart provides a good look into the areas that Project SHARE served as part of our pilot French Toast Connection:

Plainfield area – Population 2,876—Poverty rate 7.94% - ALICE population 33% - Target population 228 + 949 = 1,177

Carlisle Borough—Population 19,116—Poverty rate 15.5% - ALICE population 44% - Target population 2,962 + 8,411 = 11,403

South Fairview—Population 4,458—Poverty rate 9.17% - ALICE population 26% - Target population 409 + 1,159 = 1,568



Help us support our community at projectSHAREpa.org by returning your Newsletter envelope. Many thanks for your consideration in 2021.



Kids in the Kitchen is now **Kids in the Kitchen Cooking Club!**

This name reflects our desire for this monthly class to be a place of fun, friendship and camaraderie for emerging young chefs interested in learning how to cook healthy foods. To solidify its club status, we are giving away customized pins and aprons! To unlock these prizes, here are the steps to follow:

- To get a pin attend 1 virtual Kids in the Kitchen Cooking Club session.
- To earn an apron just attend 3 virtual Kids in the Kitchen Cooking Club sessions *and* take a picture of a Kids in the Kitchen recipe you and your family prepared. Send to Project SHARE.

Children who have been attending Kids in the Kitchen to date will automatically be eligible for these prizes. All children are welcome to be part of the club—we love making new friends and inviting new eager chefs into the kitchen! Register today for the next class on timetosignup.com/projectsharepa.

Next Cooking Club events: Tuesdays March 23, April 20 and May 25 @ 5pm



Many thanks to The GIANT Company and the generosity of their customers for the recent donation of \$33,184 that helps address the ever-present issue of hunger and keeps our community healthy and strong. With a renewed emphasis on their **Bag Hunger Campaign** through a **Round Up at the Register** program from September-December 2020 (replacing the Project SHARE Giant Receipt fundraiser), the increased funds will significantly impact struggling families with the ability to access a variety of nutritious food during 2021.

Considered one of several strategic partners, The GIANT Company assists with other fundraising initiatives, provides quality donated food and offers opportunities for their employees to volunteer.



IN YOUR KITCHEN

“Children who grow what they eat will often eat what they grow”

It is hard to believe that already it has been one year since our lives were drastically altered by the reality of living during the COVID-19 pandemic. Even though we are not yet out of the woods, I have been buoyed by the hope that is in the air. As you all know, the way Project SHARE operates was drastically changed last March. In a quick turn of events, we shifted from families coming into the warehouse and farm stand during Distribution to a contactless Drive- Thru distribution model. At the same time, in-person Slice of the Month (adults) and Kids in the Kitchen classes were put on pause. Food for Life was suspended. We could not continue our nutrition education initiatives the way we typically operated.



derie still present. It is a space to be creative with healthy food, to be part of a community and to nourish our bodies and spirits as we share a meal together. To facilitate cooking together remotely, ingredient bags and recipes are provided prior to the virtual class so that everyone can follow along. We are excited to share that participation in both Kids in the Kitchen and Slice of the Month has held steady and even grown in comparison to attendance at the in-person classes.

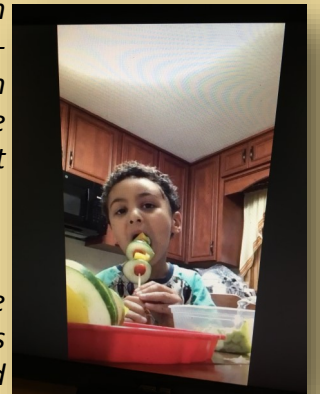
I am eager for the day when classes can resume meeting in-person, but for now I am thankful for the opportunity to continue this program virtually.

If you or someone you know is interested, new participants are always welcome! Kids in the Kitchen meets



each month on the Tuesday after Distribution at 5pm, and Slice of the Month meets the second Tuesday of each month at 5pm. Ingredient bags are available for pick up from Project SHARE’s main

warehouse the day before each virtual demo, so that participants can cook along with me in real time and then enjoy the meal. To register, visit timetosignup.com/projectsharepa



So we pivoted. In September, Slice of the Month and Kids in the Kitchen were re-launched virtually. Once a month we meet over Zoom and cook together. I believe that building connections and relationships over a shared meal is one of life’s simple pleasures, and I have been so grateful to still have this opportunity to do so in a safe, socially distanced way.

I look forward to cooking with you!

Just like we had to pivot how we run Slice of the Month and Kids in the Kitchen, Food for Life had to be adapted as well. As of now, we are not able to provide healthy samples during Distribution. Instead, healthy recipe handouts are being included in the pre-packaged bundles of food given during Distribution. Try the recipe, take a picture, and let me know what you think! For questions or comments, feel free to contact me directly at ewitwer@projectsharepa.org.

Until we can meet again in-person, stay safe, stay healthy and let’s keep cooking together remotely!”

relationships over a shared meal is one of life’s simple pleasures, and I have been so grateful to still have this opportunity to do so in a safe, socially distanced way.

We are separated by a screen, and we join from our individual kitchens- yet connections are still made; camara-



Melanie Charlene



5 North Orange Street
 Carlisle, PA 17013
 Phone: 717-249-7773
 Website: projectSHAREpa.org
 Facebook: Project SHARE of Carlisle

Kids in the Kitchen E-Edition Bonus: Let's Have Some Word Fun!

Eating healthy foods is important. It keeps our body strong and healthy, gives us energy to play and be creative, and fuels our brain fuel to pay attention and learn in school. There are a lot of tasty healthy foods! Check out these two activities to have some fun with healthy food.

Can you find the healthy foods in the word search?

peanut butter oatmeal raisins apple carrots
 eggs yogurt milk hummus banana



SPRING CLEANING
 Support Our
 Community Aid Bins.
 Locations on our website:
projectSHAREpa.org

Gratefully on the campus of:



**Help
 HUNGRY
 KIDS
 this Summer**

- Summer Feeding program
- Weekend Nutrition Power-pack program



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 LAURA ESTEP
 DEB HESS

JOE KLOZA
 STEVE KUHN
 WENDY MURRAY
 MEAGAN SMITH
 EMMA WITWER