



# SHARE NEWS

## SUMMER 2018



**IN THIS ISSUE:**  
FARM TO TABLE...HUNGER ASSESSMENT...READING ROCKS!

### Summer turns up the heat on growth!



"Long stormy spring-time, wet contentious April, winter chilling the lap of very May; but at length the season of summer does come." - Thomas Carlyle  
As plant life continues to absorb the more intense rays of our nearest star the Earth converts this source of energy into fruits, vegetables, wood, oxygen, shade and beauty. With the right nourishment our bodies and minds are refreshed and *hope is awakened!*

### Cumberland County Food Assessment The Hidden Face of Hunger in Our Community

Dr. Heather Bedi, from Dickinson College's Environmental Studies Department and Food Studies Certificate, conducted a survey at Project SHARE from February 15-March 28, 2018. Her students completed focus groups with 27 participants. SHARE and the Archive at the Community Studies Center at Dickinson College received full transcripts of the focus group interviews. Students transcribed the focus group interviews. From the transcriptions, they drew quotes to include in the Cumberland County Food Assessment which is available on Project SHARE's website in its entirety. Students also highlighted select quotes and clustered them into categories. We are sharing a portion of these with the public through our Summer Newsletter. These comments give direct feedback and opinions from some of our Clients regarding the role that Project SHARE has played in their journey to freedom from want.

### Produce Paths Lead to Farmstand



Project SHARE's Farmstand location, at the intersections of Pitt and Lincoln Streets, looks out into a neighborhood that has seen many changes over the past 50 years. Clients often remind us about the times when Masland and Carlisle Tire and Rubber factories were operating at full force and many employees were gainfully employed. We often hear stories about the Police Athletic League building located just across the street where youth hung out with officers from the Carlisle Police Department. We love hearing stories about many of our clients that grew up just across the street. Empty lots where they once played as children are now built upon and older homes have been raised to make way for newer homes. Bob Dylan once wrote "Your road is rapidly agin'. Please get out of the new one if you can't lend your hand for the times they are a changin'". I think it is safe to say that many of us miss those old times, but we feel very blessed that our paths have led us through those times as we embrace the opportunity to lend a hand to those who are building new memories as they travel their own paths.

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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, 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."

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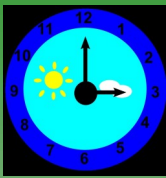
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Regular SHARING of photos, videos and information about our mission and related national and global links. Follow us..."Like" us at "Project SHARE of Carlisle"

2,900+ followers and counting!



## DATES TO REMEMBER



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

### Century Link— June 4 to 17

*The year's most amazing matching donor program is from Century Link.* For the 3rd year Century Link has chosen Project SHARE to benefit from this \$1 million matching fund. The past 2 years have seen us earn a dollar for dollar PLUS match from this campaign. Your donation goes twice as far during this special campaign period. Go to our website at [projectSHAREpa.org](http://projectSHAREpa.org) and click the top slide on the Century Link campaign. Let's break their bank !!

### KIDS in the KITCHEN

Returns in September. Look for the new schedule on our website in August.

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

Keeps on cooking throughout the summer! The 2nd Thursday of each month from 5:30 to 7pm. These monthly classes give adults hands on experience preparing recipes based on ingredients available at SHARE. Classes are held at the Farmstand. NEWCOMERS are our favorite ingredient!

### Lunch & Learn

#### Kids 5-12years -June 18 to August 8

Award winning program from SHARE at 5 different locations from Jun 18 to August 8th. Sign your kids up today at: [timetosignup.com/projectsharepa](http://timetosignup.com/projectsharepa). More details on our website [www.projectSHAREpa.org](http://www.projectSHAREpa.org). Volunteers also needed.

#### TRIATHLON—August 4th from 7am

Sponsored to benefit Project SHARE our friends in Boiling Springs "run" this annual event that has teams of 3 racing to the finish in 3 stages. For more information and for last minute registrations, they sell out by May/June go to our website and click the Triathlon slide at the top of our home page! Many thanks to the Doyle Family for this consistent generosity to our community. Volunteers needed at [bstvolunteers@yahoo.com](mailto:bstvolunteers@yahoo.com)

#### Wayne Powell Benefit Golf Outing

#### Friday July 6th—Mayapple Golf Club

The 41st Anniversary of Summerfair, founded by Wayne Powell will be offering all proceeds from the Mayapple outing to Project SHARE. SHARE has been one of his favorite organizations. Registration, Sponsorship and Donation forms are available at Fiddler's Bar, as well as in the Pro Shop at Mayapple. You can also visit [projectSHAREpa.org](http://projectSHAREpa.org) to register.

#### Gleaning Schedule Is Operational

Gleaning is a wonderful opportunity to be out of doors helping to gather crops left by the farmers and orchards in our area specifically for our clients. It is a meaningful and enjoyable time for individuals, families and groups of all sorts to help in the harvest. In 2017 we gathered more than 120,000 pounds of produce for our community. Pick your date and sign up today! Go to: [Timetosignup.com/projectsharepa](http://Timetosignup.com/projectsharepa) for this summer's gleaning schedule.

Please support Project SHARE through our Newsletter by returning the enclosed envelope with a donation of your choice. The envelope is for your convenience or, if accessing our E-Newsletter just click here! [DONATE](#)

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



## A Nourishing Community!

## SHARE Spotlight Column

Residents of Carlisle and its surrounding areas, including Project SHARE clients, may tend to view the organization in terms of its mission to help "meet the evolving needs of people on their journey to freedom from want". With a focus on

the words "needs" and "want," Project SHARE has done a remarkable job of supporting those who have faced misfortune, either sudden and unexpected or long-standing. However, I have lately become more interested in our clients' "journeys." Nowhere are their myriad and disparate journeys more in evidence than at the Farmstand.

Readers may wonder about the Farmstand's role in fulfilling the mission of Project SHARE. People qualify for Project SHARE distribution if their annual income is below 150% of the poverty level which is \$36,900 for a family of four. If it rises above that amount, they lose any number of benefits -- it must almost feel like a punishment for working to do better! The Farmstand evolved to provide both current clients and others with access to fresh produce, bread and dairy items several times a week. This helps supplement the normal food budget for hundreds of families.

**Farmstand is in a neighborhood with no nearby grocery stores.** Farmstand ensures that the neighborhood is not declared a food desert. Our Nutrition Coordinator and his volunteers create healthy and tasty dishes using the produce available for that given week. Samples and recipes are distributed at Farmstand, so an educational function is served. Finally, Farmstand is one location for our summer Lunch and Learn program, as well as being used for free yoga classes and after-school chess mentoring.

**For several hours each week, I volunteer at Farmstand,** watching the women, men and children -- grandparents, siblings, couples, families -- make their way past displays of potatoes, lettuce, apples, bread, cabbage, eggs, and more. In addition to sometimes sharing the details of their journeys with volunteers, these clients collectively create a tableau that illustrates the varied paths they have taken on their way to Project SHARE.

**I was not aware that our town had become home for Haitians, Puerto Ricans, Sudanese, Russian, Moroccan, Afghani, Egyptian and Dominican immigrants, in addition to the many Bosnians who have been here since the early 1990s.** Residents of Carlisle and the surrounding areas might be equally surprised by the diversity in languages, accents, clothing, and even food choices made by these new community members at our Farmstand. There is such beauty in their smiles, their abayas and hijabs, their willingness to adopt new customs, their strides in command of English, their love of Carlisle, and their trust in raising their children in a place that is often so different from their countries of origin.

**There is also joy in observing people whose journeys have been here in the Cumberland Valley.** Farmstand clients and volunteers raised here share histories that may go back to nursery school. They joke with each other, help each other out, empathize with each other, and adapt together to the changing landscape of our town. As a volunteer, not raised here, I am deeply grateful for the welcome that everyone extends to me in this community. I am unequivocally getting more than I give.

In short, what is found at the Farmstand is community. In nourishing this community, Project SHARE helps meet critical and urgent needs, but the organization also awakens hope in everyone who comes through its doors. Those who support Project SHARE with their dollars, their donations, their ideas, and their hard work are making our community better in ways they may not even suspect.

Becky Kline is a member of the Project SHARE Board of Directors and a volunteer with the organization. Prior to retirement, she was a world language educator and non-profit administrator. She and her husband are long-time Carlisle residents. She has two grown sons, a granddaughter, and a grand-dog.

Each one of us can make a difference. Volunteer the future change. Volunteer. Volunteer.



## SHARE In Response...

**"Summer time, and the living is easy..."** Those are the opening lyrics to the George

Gershwin's classic tune "Summertime". And for many of us it's true. Summer is a season when we get to enjoy a totally different pace of life. Our children are home from school. It's a time when we take vacations with our families. Kids enjoy time away at summer camp. The days are longer and we can relax and enjoy an evening outside at home after work. I am blessed. Many of my family's summers have been spent that way. But for our clients summer time brings on a whole new set of challenges.

**First, school is not in session and children are home all day.** Over 39%, or almost 2 of every 5, of children enrolled in the Carlisle School District participate in the Free and Reduced Lunch Program. That means that those families count on school lunches to help offset their monthly food budget. With no regular school routine comes the loss of a nutritious lunch. And that adds to the burden of an already tight budget. It also adds anxiety and uncertainty to each child's day.

**Many say that education is the great equalizer.** That can be true, but only if everyone has equal access to the same educational resources. This brings me to the second challenge. Anyone involved in education knows that there is academic backsliding that happens over the summer. Thus, it is important for children to engage in enrichment activities throughout the summer months. This helps them keep those academic synapses snapping, thus retaining and reinforcing the knowledge they have gained during the school year. Kids from middle-class and upper middle-class families have those opportunities through camps, play grounds and activities in which their families can afford to enroll them. For many of our client families these type of opportunities seem out of reach.

**Project SHARE's Lunch & Learn Program is a way for our clients' children to receive access to those same type of enrichment activities over the summer.** It is not enough to take care of them as they struggle with hunger and food insecurity. Yes, making sure they continually have access to healthy nutritious food throughout the week, something they may normally get through the school, is important. It is also critical that they have access to enrichment activities in reading, art, music and science. All will help them retain the learning they gained during the prior school year. At the same time, through the Lunch & Learn Program, they will have an opportunity to collaborate with and encounter a variety of individuals and community organizations. Farmers and artists join with musicians, law enforcement professionals and educators in delivering programming that sharpens minds, thereby nourishing body, mind and spirit.

**Upon reflection, I realize how blessed I was growing up.** My summer time living was easy. I enjoyed camping, boating, and going on vacations to new and different places. I got to sleep in each morning. And I never worried about what was for lunch or if we had food for dinner.

**Help us help those in our community who find summer living a bit more challenging.** Join us in building positive memories for the children of our clients and keep the torch of learning lit throughout the summer. Please support Project SHARE's Lunch & Learn Program with your time, money and resources.

Bob Weed, CEO

## Congregation Connections



**Many thanks to our congregational supporters. Here are *some* who have blessed us with funds, food and time between March 01 and May31, 2018. You have helped us to follow the directive to "Feed my sheep!" We thank you on behalf of our community, the one we SHARE and the one that we all serve. Let us know if we inadvertently neglected to mention your congregation.**

- Bethel Assembly of God
- Blue Mountain Charge
- Carlisle Baptist Church
- Carlisle Church of the Brethren
- Carlisle Evangelical Free Children's Ministry
- Carlisle Evangelical Free Church
- Carlisle Quaker Meeting
- Carlisle Reformed Presbyterian Church
- Carlisle Reformed Presbyterian Church Men's Fellowship
- Carlisle Seventh Day Adventist Church
- Carlisle United Methodist Church
- Christian Life Community Church
- Dickinson Presbyterian Church
- Faith Chapel
- First Church of the Brethren
- First Evangelical Lutheran Church
- First Presbyterian Church
- First Presbyterian Church Deacon Fund
- First United Church of Christ
- Green Spring First Church of God
- Green Spring First Church of God-Golden Rule Class
- Hickorytown United Methodist Church
- Lighthouse Church of God
- Middlesex United Methodist
- New Hope Church of God
- New Life Community Church
- Opossum Hill Union Church
- Otterbein United Methodist Church
- Otterbein United Methodist Women
- Plainfield First Church of God
- Second Presbyterian Church
- Shiloh Missionary Baptist Church
- St. John's Episcopal Church
- St. Matthias Lutheran Church
- St. Patrick Catholic Church
- St. Paul Evangelical Lutheran Church
- St. Stephen Lutheran Church
- The Meeting House
- Tree of Life Church Inc
- Trinity United Methodist Church-The Good Samaritan Class
- Unitarian Universalists of the Cumberland Valley
- U.S. Army War College Memorial Chapel
- Waggoners United Methodist Church
- West Hill United Methodist Church Adult Class
- Women Of St Luke's Episcopal Church
- Young's United Methodist Church



Thanks to the 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 March 01 and May 31. If we omitted your listing, please let us know.

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| Allen Distribution                | John Oszustowicz Law Office       |
| Allen Lund Co                     | Kiwanis Club of Carlisle          |
| Beeman's Bakery                   | Lamberton Middle School           |
| Beta Sigma Phi                    | Land O' Lakes Foundation          |
| Bethesda Mission                  | Lily Transportation Corp          |
| Big Spring Area Food Bank         | Lowe's                            |
| Bimbo Bakeries                    | MEF Commercial Services           |
| Carlisle Area School District     | Moose Lodge 761                   |
| Carlisle Arts Learning Center     | Newville Little League            |
| Carlisle Barracks Commissary      | North Dickinson Elementary        |
| Carlisle Barracks Spouses Club    | Our Family Foundation             |
| CC Housing and Redevelopment      | Panera Bread Co                   |
| Challah For Hunger                | Partnership for Better Health     |
| Community Aid, Inc                | Quality Copy Products             |
| CVS Pharmacy                      | Quick Stop Deli                   |
| Delta Sigma Phi                   | Sandy Hollow Arts and             |
| Dickinson College                 | Recreation for the Environment    |
| Dickinson College Farm            | SNPJ Lodge No.223                 |
| Dollar General                    | Target Corporation                |
| Donation Xchange                  | Thornwald Home                    |
| Employees of Campus Door Holdings | Thrivent Choice                   |
| Everglades Express                | Thrivent Financial                |
| Farmers On The Square Inc         | Tyson                             |
| Giant Distribution                | United Way                        |
| Giant Food Stores                 | of Carlisle and Cumberland County |
| Girl Scout Troops                 | of the Capital Region             |
| 15089,10005,10555,11617           | Wegmans Food Markets, Inc.        |
| Great Eagle Logistics             | Weis Markets                      |
| Highmark Matching Funds           | Wenger Meats                      |
| Honest Egg Farm                   | Women of the Moose Chapter 235    |
| J. H. Billman Construction Co.    |                                   |



**The Carlisle Garden Club** adopted SHARE's garden years ago! Members have provided surplus perennials from their personal gardens resulting in the flower bed resembling a crazy quilt!

In 2016, one of CGC's new members was assigned to the garden. Rosemary tended and observed the garden and as fall approached, decided that a makeover was needed. When the garden season ended, Rosemary spent the winter reviewing garden magazines as well as seed and plant catalogs. Her goal was to create a garden that would be self maintaining and offering color, texture, and

movement throughout the year. She wanted to give SHARE a calming, park-like environment.

Today this garden contains plants for both the shaded areas and sun spots such as hostas, camassia, salvia, colorful profusion zinnias, and many varieties of sedum. Tall ornamental grass is planted in front of the green barrier.

Rosemary said she considers gardening as a way to deal with daily stress. The garden is her canvas and provides an opportunity to express her artistic style. It expresses her love of nature. Through gardening, Rosemary hopes the garden offers a calming, relaxing setting for Project SHARE's clients, volunteers and staff.



Cumberland County Food Assessment continued from page 1

Quotes from clients by categories

**Importance of SHARE**

"Oh!...Oh yes, definitely, It's very beneficial to the community"



"...it's laid back...no one's rude everyone says hello and I recognize everybody. I become friends with the people ..."

**Healthy Food Availability**

"...totally awestruck the first time I came to Project SHARE and it was like, 'Oh my gosh,'...the first time I went to the Farmstand, I was just amazed. It's like I can't believe that it's based on nutrition...the betterment of the nutrition instead of filling everybody up with processed garbage, carbs and processed foods..."

"I think, the only time I probably eat healthy is because I come here and get stuff, but sometimes I do eat vegetables..."

"I credit that to Farmstand too...able to have...fresh fruits and vegetables...has really nudged me. Just... having that stuff available...because I'm on...fixed income, and...going to the grocery store, buying (fresh), would put me in the poor house."

**General Food Quality and Availability**

"Depends on the time of...sometimes we can sometimes we can't. Love that we discovered the Farmstand here, that's an amazing thing because I was craving green beans that day and we got to go home with a whole case of green beans, so it worked. I wished it was a little more affordable so that when I did get to the grocery store I could pick out what I want.,,"

**Stigma Considerations**

"For years they didn't have little kids serving us here [Project SHARE]. Now they have all ages and that's good because when they grow up they understand and they don't look at us differently."

"Before when I started coming here I didn't want my friends to see me because I was worried there would be a friend who would see me in line and now, all my friends are in line."

"There are some people when they hand you your food, I get a lot of looks because I am young and I look different -- and I hear kids when they're there with their parents asking why I need food because I'm so young and I've heard people saying she needs to be in college, like you don't know what's wrong with me, I don't have my IV today, like I'm sorry!!"

**Eligibility (The Working Poor)**

"I think that they should change the requirements just a little bit because my husband and I are just on the border line, which they have to take into consideration not just only your income but bills you have to pay because until we pay our car payment, we first pay the mobile lot rent and then until you pay your utilities we have only \$70 to live on after that."

**Family Considerations**

"... I'm from Hamilton...75% percent of our kids are on free and reduced lunches, its really weird to know that, I walk into a classroom where 90% of the kids can't afford lunch. But our school makes sure, and Project SHARE gives them Friday bags. Those actually, they're a big help."



The complete report and focus group comments are at : [projectSHAREpa.org](http://projectSHAREpa.org)

Everyone who thinks that they are too smart to make a difference has never tried to put a hoop in the room. - Christine Good Whisman

June 18—August 8

## Award Winning Summer Program



Project SHARE announces the launch of Lunch & Learn. It is the sixth year of programming for the area's children. Both the Pennsylvania Department of Education (PDE) and the U.S. Department of Agriculture (USDA) have cited the program of learning, activities, events

and healthy eating for outstanding excellence in summer feeding programs for children out of school. SHARE's Lunch and Learn won the coveted from USDA's "Turnip the Beet" initiative for its 2017 summer program. This was one of only two medals awarded in the State of Pennsylvania and one of only 17 granted nationally. In the Lunch & Learn program, children enjoy planned healthy breakfast snacks and a nutritious lunch targeted for both excellent nutrition and taste. Each day participants have fun and learn many new things in new ways. **Reading Rocks** where teachers and other volunteers have planned terrific activities for children from 5 to 12 years. Lesson plans were developed by the Lunch & Learn team under the leadership of many including Gail D'Urso, Becky Kline, Melissa Killinger, Joe Kloza and Weston Petroski and a team of educators who developed the lessons under the theme of Reading Rocks. True to its theme, students will be invited to choose books to take home throughout the summer to nourish their interest in reading.

Thanks to a grant by the **Sandy Hollow Arts & Recreation for the Environment** organization, children will pick blueberries at Paulus Orchards and then make smoothies during the **Nutrition Rocks** portion of the program taught by our Nutrition Education Department. **State Police** will demonstrate some of the technology in their cruisers. **Kayla and her Farm Animals** will tell them about animal husbandry and introduce them to her flocks and herds on site. **Life Rocks** where skills will be illuminated and improved under the CCDA staff and the CASSP will bring more joy to the classes, where they have volunteered with their energy and dedication to teaching.

Children will make masks and get the opportunity to act out scenes using their masks. They will paint rocks and make their own Mancala games in **Art Rocks!** They will learn interesting facts during **Poetry Rocks** about Dr. Seuss, Shel Silverstein, and try their hands at writing their own poems. They will get to freeze dance to the Reading Rocks! theme song. They will learn about percussion, woodwind, brass, and stringed instruments and will make their own harmonicas. **Math Rocks** will look at the idea of symmetry and children will do symmetry drawings and have fun doing exercises by the numbers. They will also get a head start on Savings with *Belco*. Children will learn about how animals hear sound. They will conduct experiments to learn how sound travels through a variety of materials. They will explore sounds in nature and make their own rain sticks. At the end of the summer, SHARE hosts a big picnic for all of the children and volunteers at the Carlisle Pool.



Calling all locavores! SHARE's second annual Farm to Table fundraising dinner will take place on Sunday, September 30, 2018 from 5:30-8:30 p.m. in the Mountain Ballroom at Whispering Pines. Join us for this delightful harvest meal and entertainment! Once again our favorite local chefs are teaming with our bountiful farmers, cheesemakers, meat producers, bread & pastry cooks, brew masters and vintners to create special dishes for the event. Those who attended last year remember fondly Chris Heilig's Shakedown BBQ beef tacos, with their spicy sauces. He'll be on hand again, along with Al Jurado and Dan Dixon of Salt and Pepper Catering, who are planning special tapas for the event. Sarah and Patrick of Mountain Laurel Catering have agreed to supply tasty (and organic, sustainably sourced!) hors-d'oeuvres.



Dining will be accompanied by live music performed by Kevin Neidig. We are planning both a silent and a live auction with offerings from various donors and businesses in and around Carlisle. One highlight of the auction will be a Carlisle Basket of goodies, featuring a weekend stay at the newly opened Smith Steiner Bed and Breakfast on College Street.

Other chefs will participate in the festivities, and our volunteer committee is still busy lining up auction items. Stay tuned for more information on the Project SHARE website.

Tickets are \$75 each, for a maximum of 200 guests, and now on sale. If you missed out last year, you'll want to be with us in late September for the fabulous culinary creations that we know you'll enjoy. Please think about reserving a table for 8 or 10 people so that you can enjoy the evening with friends.

The Farm to Table dinner helps us to implement and execute our strategic goals, as our ability to serve the community continues to grow. All proceeds from the Farm to Table dinner will support Project SHARE's mission to meet the evolving needs of people on their journey to freedom from want. Details and ticket purchase at [projectSHAREpa.org](http://projectSHAREpa.org) or at main location at 5 N. Orange Street.

*"My grandfather used to say that once in your life you need a doctor, a lawyer, a policeman and a preacher but every day, three times a day, you need a farmer."—Brenda Schoepp*

**Farmstand Continued from page 1**

SHARE volunteers travel their own paths as they lend a hand to provide food at the Farmstand. Each day volunteers travel to local stores, companies and agencies as they gather fruits, vegetables and bread from local vendors.

One dedicated volunteer has been traveling the paths leading from local grocery stores and bakeries for the past 15 years.



**Sharon, Les and Gloria welcome clients to choose their produce!**

Currently our volunteers are picking up bread and desserts at Beeman's Bakery, Panera Bread and Weis Markets, fruits and vegetables at the Carlisle Army War College Commissary, Walmart, Oak Grove Farms, and Wegmans. Their daily travels occur regardless of the travel conditions, as they are committed to lend a hand to others in our community.

Project SHARE is also blessed to have a team of truck drivers that travel out to local companies and agencies to bring back bulk deliveries of fruits and vegetables for the weekly Farmstand distributions. Regularly, Giant Food calls Project SHARE to donate pallets of vegetables ready for an unanticipated pick up. The team always steps up to lend a hand to provide delicious produce for our client community.

**Each summer volunteers set off on paths to glean crops from farms and orchards throughout Central Pennsylvania.** Each Monday, beginning on June 18th at 5:30 PM volunteers will be meeting at Project SHARE's HQ to car pool to local farms to glean crops. Each growing season volunteers glean around 120,000 pounds of produce to distribute at the Farmstand.

Many youth, student and adult groups along with hundreds of volunteers have been lending a hand for many years. It is truly an act of love as volunteers bring back produce that otherwise would not make it to the tables of many clients that enjoy fresh homegrown produce.



Please join us during the 2018 gleaning season by visiting our website at [www.projectsharepa.org](http://www.projectsharepa.org) to sign up to be a part of the 2018 Gleaning Team.

Each day that Farmstand is open Project SHARE has an amazing group of volunteers that travel paths from near and far to help set up and distribute bread and produce. Two volunteers travel regularly from the Adams County line to lend a helping hand while many other volunteers walk short distances. Teams of volunteers meet the truck each day to off load the days produce while lending a hand to begin sorting and setting

up the market. Groups of volunteers meet prior to the opening of Farmstand to perform quality control so that each item is inspected before being distributed. Many volunteers arrive an hour before set up to begin to turn the building into a farmer's market for our clients. Please see Meagan Smith at Project SHARE if you want to learn more about becoming a team volunteer at Project SHARE and the Farmstand.

The most important path that leads to 123 Lincoln Street originates from a home in Cumberland County by somebody that is seeking out nutritious produce for them and their families. Project SHARE's Farmstand is here to lend a helping hand to anybody in Cumberland County. Beginning in June the Farmstand will be open on Tuesdays from 3PM until 5PM, Wednesdays from 1:30 PM until 3:30 PM and on Thursdays from 12 until 2PM.

The changes that Farmstand has brought to the community have benefitted many. Consider joining our team of volunteers lending a hand for those in our community. Help us SHARE the bounty of fresh fruits, vegetables and bread. Take the path that leads to Project SHARE's Farmstand!



**VOLUNTEERS Vitaliy, Delroy, Josh and Wayne set new Summer Hour banner in place!**



**VOLUNTEERS of the MONTH**

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. Special recognition goes out to some on a monthly basis. They also accept this honor with humility in the company of their volunteer teams.



MARCH



Jacqueline  
(Jackie)  
Hultquist

APRIL



Gail D'Urso

MAY



John  
Shellenberger

**Editors Note:** This interview with Weston Petroski, Nutrition Education Coordinator, is about our **Food for Life** program that provides a taste of the foods we provide for our Clients during Distribution at HQ and at Farmstand.

**What is the concept of Food for Life?** The concept is based on the quote: *‘Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime.’* Teach people how to eat well and share recipes and education then hopefully clients will take the tools home and use them the rest of their lives. Rather than just giving a meal or just giving food, you can teach folks how to prepare healthy meals!

**How do you decide what to prepare?**

What we prepare relies on what we have at distribution or at the Farmstand in that period... Sometimes we will get a load of mangoes... Last week, for instance, we had a whole load of green beans. I had a recipe planned for a green bean salad but they were bad so I saw we had good cucumbers and I modified the recipe for cucumbers. We did a cold cucumber salad with a vinaigrette dressing.

**Anything else in last week’s mix?**

Last week I did a Tuscan penne pasta dish and a blueberry crisp. We had whole-wheat penne pasta on the line that I used for this recipe. I added cans of diced tomatoes and onions which were also on the line. I also included spinach from the miscellaneous produce line, basic spices, and canned olives.

**What has been the reaction from clients?**

At first, I cooked more international. It was not typical Pennsylvania meat and potato recipes. Clients were a bit apprehensive at first to try my food. However, as I started to form relationships, they started trusting me. People and relationships are the priority and material things do not matter as much. Therefore, you have to build trust and really form relationships with people. They see me and say “What did you cook up today? I always love what you cook!”

**Have people come back to say they have made these recipes?**

They have! ... I hear Brussels sprouts...are not prepared regularly. When people do, they over-boil them...I roast them. Roasting maintains flavors and nutrients. Now, people say, “You got me to eat Brussels sprouts. If you can get me to eat Brussels sprouts, you can get me to eat anything!” I just roast them right from the beginning and add a little olive oil, salt & pepper, paprika, etc. People usually have these spices on hand.

**Differences between Farmstand or Distribution clients?**

Farmstand clients seem to be more receptive because they are aware that produce is what is available at Farmstand and they are shopping for it when they arrive there.

**Is it frustrating when some want no produce?**

I have folks say they will never eat produce and I get them to try it... I will say “Just try one! If you don’t like it then just spit it out. I’m not going to be offended!” The first time I tried to serve smoothies, almost no one tried them. Last week I had people drinking them by the cupful! David Hodge is probably my biggest example of somebody that did NOT want anything to do with smoothies! Last week he enjoyed a good portion. In addition, he said, “If you make this during the Lunch & Learn program, I would be sure to get my students to drink them!” David is a total convert! I haven’t converted him to Brussels sprouts yet, but I’m working on it!

**What was last week’s smoothie?**

I had orange juice and oranges, which were on the line. I added frozen bananas and frozen blueberries, both of which were on the line. Everything was available to clients to make at home if they owned a blender!

**Do you have any hopes for the Food for Life program?**

I am just keeping it simple but I would like to expand it by bringing in more volunteer nutritional interns. Interns can get some hands-on experience in a Social Service setting while serving Project SHARE as well.

**Do you see any benefits from other nutrition programs?**

For example, say a kid tries the smoothie and really loves it I say to that parent, “...sign him up for the Kids in the Kitchen class next week, we are going to be making them.” On the other hand, this summer we will be making that recipe in the Lunch & Learn program. Make sure you sign him up! We will be picking the blueberries to add to those smoothies.” The kid’s eyes light up! “Mom, mom can I sign up?”...I make tuna patties for distribution and I say, “So last month we made these in the adult Slice of the Month class, so sign up where we’ll make these recipes and get active in the mix!”



***Finish Line...***



Project SHARE took place in the Downtown Mile in May as part of our collaboration and partnership with the community. 27 runners, walkers, hoppers, skippers and pacers made their way down High Street with Project SHARE Ts! We showed our support for the good work of the Employment Skills Center and we also SHARED our mission through our Table Top Team’s display. What was as sweet was winning the Gold Medal for Team Competition led by our Intern, Luke Hanselman’s Dickinson Project SHARE team!



**“What if God were one of us, just a stranger on the bus, trying to make his way home?” - Eric Bazilian**



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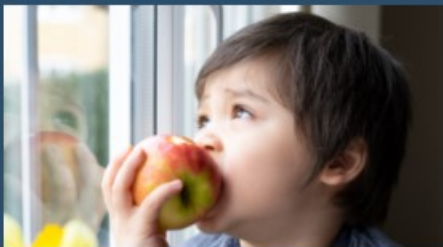
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Gratefully on the campus of:  
**Dickinson**

**Our Vision: "Nourishing our Community...Awakening Hope!"**



## HUNGER NEVER TAKES A DAY OFF . . .

*"Poverty steals children's potential and in doing so steals from all of us."*

*-Marian Wright Edelman*



**Please Help. Don't let hunger be their summer memory. Please donate, volunteer, or give food.**

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