



# SHARE News

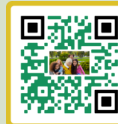
## SUMMER - 2022

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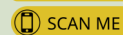
...Feeding More Kids...Congregational Corner...FARE for SHARE

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Sponsor a Hungry Kid This Summer



**“T**ime keeps on slippin’...slippin’...into the future! “ as the Steve Miller Band sang in times past. We all move forward with one path that remains constant, and that is, we are in search of nourishment for our body, mind and spirit. We are a “work in progress.” We were never complete nor perfect, but our lives, our institutions, nations, planet all are a work in progress. Hopefully each day gives us the opportunity to make that difference to be able to say that progress has indeed been made. Knowing that we are on that journey should remind us that everyone else is as well. So “...feed the babies... who don’t have enough to eat...fly like an eagle and set our spirits free...” and by nourishing all of us ...we, a work in progress, will SHARE in the bounty we have been blessed with.

JDSMK

## Summer Feeding More Kids Without Federal Funds



**O**ur Summer Feeding Drive-Thru for Kids up to the age of 18 launched on June 9<sup>th</sup> and 10<sup>th</sup>. This summer, on Fridays from 9 to 11 a.m. we are continuing at Amelia Givin’s library lot in Mt. Holly, Plainfield First

Church of God, and Project SHARE’s headquarters. Farmstand, on Lincoln Street, was added on Thursdays from 4 to 6 pm and, as of this writing, is our most registered site. This program is free and provides a week’s worth of breakfasts and lunches for each child in participating households.

**Children in our community are becoming increasingly vulnerable to the lack of healthy nutritious food in their summer diets.** This is resulting from normal school meals being unavailable during school closings for the holidays. This, combined with dwindling home resources and increasing inflationary pressures, makes the Summer Feeding program more essential.

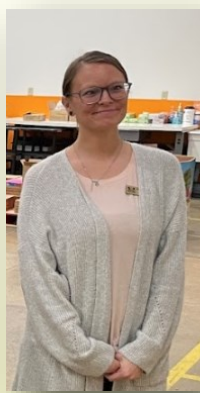
With the dawn of summer 2022, the years of semi-isolation and cautious gathering in groups have led to new and sometimes innovative ways of doing what was normal. **At Project SHARE 2020 and 2021 had us institute a drive-thru model food distribution overnight! This method was also applied to our Summer Feeding for Kids initiative.**

For many years during the summer, Project SHARE had provided 3 morning sessions a week for children to Lunch & Learn with an activity learning program taught by volunteer teachers at 5 different locations. The feeding portion of this program was funded by the USDA (United States Department of Agriculture) together with the PDE (Pennsylvania Department of Education). The program was able to provide a snack and lunch for 3 days for approximately 110 children per week for a total of approximately 5,000 meals. This was a valuable addition to the community, particularly since the program was at no charge to participants. However, there were gaps in the week, other than those 3 days, when food could not be provided

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## Welcome to SHARE

*Nourishing Our Community... Awakening Hope!*”. That Vision is now carried forward with 2 new members of staff.



**N**ATASHA THUMMA grew up in Carlisle, PA, graduating from Boiling Springs High School. She first came to Project SHARE as an intern in 2020 to complete her degree. She has a **Bachelors in Human Services with a concentration in Addiction.** Natasha came back to Project SHARE after graduating and became the Volunteer Engagement & Client Support administrator. What brought Natasha to Project SHARE was **being able to make a difference in peoples’ lives.** She is a helper at heart, and enjoys being able to network with various organizations to get people the assistance that they need.

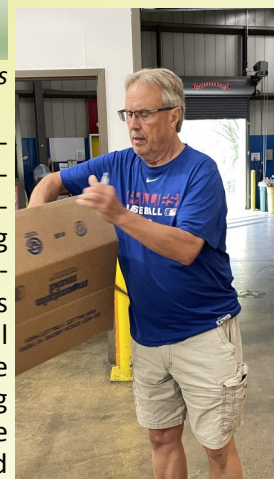
*“I was able to help Clients by reaching out to collaborative organizations to fill in the their need gap. Covid was beginning, and I experienced SHARE’s rapid change over to a new model. I loved the quick decisions and how smooth the team, which included Staff and Volunteers, worked together to make it happen.”*

Continued on page 04

## Volunteers Reflect

*One of many Volunteers who bless Project SHARE, with their service.*

**A**fter 30 years of selling restaurant equipment and supplies for the Singer Equipment Company in Reading PA, Rob Ebersole retired in November of 2020. His first weekend was very relaxing but also very stressful because of the uncertainty of where the next chapter of his life was going to take him. “When I woke up the following Monday the first thing I did was go online and Google ‘places to volunteer’ in Carlisle, PA. Ironically the first place that popped up was Project Share. After browsing



Continued on page 04



**Bob Weed, CEO**

# SHARE

...A WORK IN PROGRESS...



**A** work in progress. That is how I would describe myself and this beautiful organization known as Project SHARE. Me, personally, I'm still not sure what I want to be when I grow up. For Project SHARE, with a well-defined mission and a demonstrated ability to adapt and change, we are able to adjust our programs to meet the evolving needs of food insecure individuals and families in our community.

This year's Summer Feeding program is a prime example. Freddie Wilcox, a notable business man of the early 1900's and a huge baseball fan once said **"Progress always involves risk. You cannot steal second base and keep your foot on first"**. That is what we have done with SHARE's

Summer Feeding program. Rather than follow rules laid out by the USDA which would have limited the number of children served, we opted instead to strike out (pun intended) on our own. This year, our model for the Summer Feeding program will serve over five times the number of children and over eight times the number of meals when compared to the model that the USDA required. Yes, it cost us some funding, and yes, the team had to go through some difficult adjustments to make it happen, but in just one week we served the needs of over 500 children.

Project SHARE's Your Choice distribution model is another example. Combine some creative reimagining, the hard work of a dedicated Staff, and an army of Volunteers willing to try something new, Project SHARE has rolled out a very popular "in-person" model of distribution. This is a model that has been recognized for

its ability to provide grace and dignity during a Client's already difficult situation while at the same time providing access to a much needed resource.

According to **Frank Zappa** **"Without deviation from the norm, progress is not possible."** I would add that it also requires dedication from a committed Staff, the support of a generous community and a team of Volunteers willing to serve others.

For Project SHARE, I'll finish with one of my favorite **Franklyn D. Roosevelt** quotes.... **"The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little."**

For myself, I'll end with a quote from **Aeschylus** **"To learn is to be young, however old"** Or, as **my Dad** would say every time I stubbed a toe or cut a finger **"With pain comes wisdom!"** Continue to learn and grow and progress is never ending.

## MATCH MADNESS CAMPAIGN

### Community Support Pushes Project SHARE to Top Place

Sincere thanks to the 380 generous donors who supported Project SHARE through the recent Match Madness Campaign coordinated by Partnership for Better Health (PFBH). Taking the first-place slot among more than 40 participating agencies, Project SHARE, along with matching funds from PFBH, M&T Bank, the Josiah W. and Bessie Kline Foundation, and the McCormick Family Foundation, received total funds of \$108,574.

These funds significantly and directly impact the nutritional wellness of food insecure families served by Project SHARE's healthy food distributions and nutrition education programs such as Client Choice, Farmstand, Summer Feeding, SHARE Box and Kids in the Kitchen, Drive-thru, and Slice of the Month.

*Thank you Partnership for Better Health and sponsors for this wonderful opportunity!*

*Thank you Donors!*



Helping all kids in the Carlisle area get ready to go back to school

**WEDNESDAY, AUGUST 10**

**NOON to 1PM - Kids with IEPs & siblings**

**2 to 6PM - Kids K-12 & HeadStart 4- & 5-year-olds**

Carlisle Expo Center, 100 K Street, Carlisle

**Child must be present to receive supplies.**

Registration required by Friday, July 29, 2022.

Only those registered will receive supplies.

Register: [www.projectsharepa.org/carlisle-4-kids/](http://www.projectsharepa.org/carlisle-4-kids/)

If you can't register online, please call Project SHARE at 717.249.7773 or United Way of Carlisle & Cumberland County at 717.243.4805.



**Clean closets and support SHARE's Community Aid bins.**



**Locations on our website**

**at: [projectSHAREpa.org](http://projectSHAREpa.org)**

**Shop at Community Aid in Mechanicsburg.**

**Support our outreach to children, through Project SHARE, by [CLICKING HERE!](#)**



## Congregational Corner

**T**he founder of the United Methodist tradition, John Wesley, was well known for creating small groups and reminding the early Methodists that they weren't perfect yet, but always working towards the perfection of Christ. **Since I moved to Carlisle in 2006, Carlisle UMC has been a "work in progress" as it seeks to work towards perfecting how we live, love, and serve like Jesus.** In 2013 Carlisle UMC merged three UMCs in Carlisle after hours of prayer, consideration, and visioning – believing that our best years ahead would be doing ministry together. In 2020 we moved into our new church home on South Spring Garden Street.

**From our founding churches, through today, we continue to work with Project SHARE in a myriad of different ways;** as Project SHARE too continues to evolve, change, and work to meet the needs of our local community.

Throughout the years we moved **from collecting items** – previous beef stew and green bean churches – **to donating funds** for distributions and holiday meals at Thanksgiving, knowing that Project SHARE triples what we give with their buying power. This translates into more food for our neighbors. In addition, many from our church volunteers help regularly with distribution.

**Our young people love gleaning with Project SHARE** through their partnership with local farmers who produce extra food for our neighbors. I have learned how to sign up for apple season and not watermelon weeks!

We also have seen **the impact of Your Choice distribution as we supported two Afghan Refugee families in Carlisle.** This allowed them to pick foods they will eat and ones they realize are empowering and uplifting for our new neighbors. **Bravo on this amazing change, Project SHARE!**



In 2018, 37 community groups came together asking the question how we could best support kids heading back to school knowing that together we could make a larger impact. **Project SHARE and the United Way led the vision for Carlisle 4 Kids** that gives free school supplies each summer; and Carlisle UMC has done the

registration for kids from Head Start – 12<sup>th</sup> grade. Our first year we gave supplies to just over 600 kids; last year we gave supplies to 890 kids. This year we **look forward to August 10<sup>th</sup> as we again work together and make improvements and help more families in need.** (Register at [projectSHAREpa.org](http://projectSHAREpa.org))

Perhaps my favorite adventure with Project SHARE is the pilot program started this year called SHARE Boxes. It's prepacked meal boxes for an ALICE family (those who don't meet distribution requirements but still struggle to put food on their families table). In partnership with Employment Skills Center and others, participants get 12 weeks of 4 meals with all the supplies and instructions on how to make meals. **Our church was able to secure 2 grants this summer to help increase this pilot program.**

**Working towards perfection, as Wesley stated, was about making progress.** Project SHARE isn't the same as when I moved to Carlisle. For our neighbors and community, the progress has expanded how we together feed, educate, and empower others. Carlisle UMC looks forward to the next 10+ years to see how Project SHARE will push us all to meet and serve our neighbors who are hungry. When we do this well, we are working onward towards perfection.



**Rev. Mira Hewlett** is Executive Pastor at Carlisle United Methodist Church and has been in the Carlisle community since 2006.



## In the Delivery Lane

**P**roject SHARE has many moving parts and, an essential cog in our wheel revolves around trucking. Thanks to Darrell Beam and his crew for keeping the warehouse running up to speed every day. Here is a report from June that gives a glimpse into some of activity that makes our Project SHARE work for the community.

- Total SHARE Runs for Food – 46
- Donations from Trucking Companies – 5
- Other Shipments/Deliveries + Farmstand - 8
- Total Truck Shipments/Deliveries – 119
- Number of Days Receiving in June– 22
- Average Shipments/Deliveries per Day – 5.4

**Gleaning**

Mondays @ 5:15 pm (July through September)  
Saturdays in October @ 8:30 am

[projectSHAREpa.volunteerhub.com](http://projectSHAREpa.volunteerhub.com)

**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."**

Over the years, Natasha has been a stay-at-home mom, raising her daughter Isabel in Texas and in Kansas. Since moving home, with her fiancé Scott, she is enjoying being around family and setting new roots for themselves and their children. In her free time Natasha enjoys cooking, hosting family events, watching football, reading and relaxing outside with her family.

Natasha is excited to be an integral part of the SHARE team and looks forward to many years of service to the community. "There are always new challenges with my enhanced responsibilities but, as before, I adapt well with the goal of service to our community."

**J**acob Sultanik comes to Project SHARE and is at the beginning of his journey to help people lead better lives. He is finishing his degree in Economics from Shippensburg University. Jacob is taking over for Gus who has left Project Share to spend time with his family in Delaware. "We are looking to have a



really busy summer at the Farmstand and are seeing record numbers of families we are able to serve." Jacob will also be taking over as field coordinator during the gleaning season. "We want to extend a thank you to all of the farmers who allow us in their fields and, of course, to all of the volunteers that show up to make all of this possible. If you are looking for a fun outdoor activity and

want to help your community at the same time, please feel free to register on our website: [projectSHAREpa.org/gleaning](http://projectSHAREpa.org/gleaning)."

through the website I decided that this was something, and the organization that I thought I should give a try. So I signed up for my first task."

**"When I walked into the building my first day I was amazed how big the facility was and of all the piles and piles of canned goods and other items that were stacked everywhere.** Of course I didn't know what I was getting myself into. Deb Brownawell introduced herself and showed me what I was going to be doing that day. After a couple of pointers and suggestions from Deb (including how to use a pallet jack which I had never done before!!) I was on my own building banana boxes for distribution."

That experience had Rob register for more opportunities and he began to feel more comfortable in his role. **"Thanks to the staff and fellow volunteers answering questions and giving me suggestions I was a work in progress"** Rob signed up for Drive-Thru Distribution, Farmstand work, and other needs.

A new warehouse manager, Asani Mukusa, would ultimately change what I did on a daily basis. "When I was first introduced to Asani we hit it off immediately...I was able to learn more about the distribution side of Project SHARE from him. **It is amazing the number of moving parts on this side of Project SHARE and thanks to Asani I was able to learn much...** I have been made Volunteer Assistant to the Warehouse Coordinator and work between 10 and 20 hours a week, my choice with pleasure."

When asked why Rob Volunteers for so many hours per week he states that there are many reasons. "First of all I have to **thank all of the members of the staff for making me feel at home since day one.** Our CEO, Bob Weed, has put together a great roster of people to run the day-to-day operations. Also, volunteering is very heartwarming. Just getting to talk to the Clients provides us both with valuable exchanges. Volunteering here helps me to realize how many people in the area can use the helping hand that Project SHARE provides. Friendships, companionship, learning new things and insights keeps me coming back to fill my soul. **Call it my working the progress on the road of life's journey!"**

**Robert "Bob" Ebersole** is from Carlisle and is retired from Singer Equipment Co.. He is an avid Phillies fan with an average seasonal attendance at 15 games. He Volunteers at Project SHARE 4 days a week.



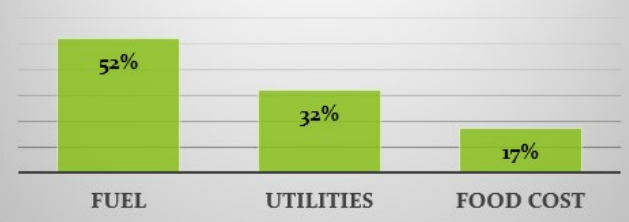
## Congregation Connections



Many thanks to our congregational supporters. Although not listed, also thank the many congregations for their gifts of time. This list recognizes donations received March 1—June 15, 2022.

- Bethel Assembly of God
- Mt. Zion Lutheran—Gardeners
- Carlisle Baptist Church
- Otterbein United Methodist Church
- Carlisle Barracks Chapel
- Salem Stone United Church of Christ
- Carlisle Evangelical Free Church
- Second Presbyterian Church
- Carlisle First Church of God
- Shiloh Missionary Baptist Church
- Carlisle First Church of the Brethren
- St. James Presbyterian Church
- Carlisle Quaker Meeting
- St. John's Episcopal Church
- Carlisle Reformed Presbyterian Church
- St. John Evangelical Lutheran
- Carlisle Seventh Day Adventist
- St. Matthews Evangelical Lutheran
- Carlisle United Methodist Church
- St. Matthew's United Church of Christ
- Christian Life Community Church
- St. Matthias Lutheran Church
- Congregation Beth Tikvah
- St. Patrick Catholic Church
- Dickinson Presbyterian Church
- St. Paul Evangelical Lutheran
- Faith Chapel of Carlisle
- St. Stephen Lutheran Church
- First Evangelical Lutheran Church
- The Meeting House
- First Presbyterian Church
- Toland Mission
- First United Church of Christ
- Trinity United Methodist Church
- Green Spring First Church of God
- West Street AME Zion Church
- Hickorytown United Methodist
- Young's United Methodist Church
- Lighthouse Church of God

## Project SHARE % Increase in Cost 2021 VS 2022





Summer Feeding food being loaded at 1 of 4 distribution sites.

under the USDA program.

In 2020 and 2021, due to COVID, the USDA waived many of the Summer Feeding regulations to make the distribution of food for children more widespread and efficient. Project SHARE setup 3 sites and came forward with a plan to provide 7 breakfasts and lunches distributed to families on one day for the week.

In addition to the *easy to prepare* food, with recipe suggestions, SHARE also provided new books and prizes. Unlike 2019 these years

also allowed for the food to be taken home. In the pre-Covid years children had to be monitored in a congregant setting, and SHARE had to record whether they tried a food or not. However, no left-over food could be tak-



Volunteer Nicole distributes new books to a drive-thru mom.

en home, nor could we provide food for the remainder of the week under the USDA plan.

With the arrival of 2022 and the waivers now removed, the USDA program would have required SHARE to return to the original mode of congregant food distribution. In 2021 Project SHARE was able to distribute over 54,000 meals to an average of 375 children per week. That was a 10-fold increase in the number of meals made available to our kids!

Once the government announcement was made, Project SHARE felt that we could accomplish more of our vision to "Nourish Our Community..." and awaken hope than an overly restrictive feeding program funded by the government. As a result, we launched this summer's feeding program for kids as was done so successfully in 2020 and 2021.

Does this mean Project SHARE is foregoing the government subsidies to accomplish this goal? "Yes!" Bob Weed, CEO for Project SHARE states "...feeding the children in our community is a primary responsibility and role that we take seriously. We were not going to be coerced to return to a method that would feed less children un-

der more restrictions. We know this has some element of financial risk, but we feel confident that this is right for our community."

Regarding the sites selected for the summer of '22 Bob Weed said, "We expanded for 2022 to include another section of Carlisle where the potential to serve that community became an added priority. Our Farmstand at 123 Lincoln is attracting the highest number of families with children. Offering this site at a later hour was also our intent to welcome those on a daytime work schedule."

Emma Witwer, Nutrition Coordinator, administers the program that includes ordering the food, coordinating transport to the sites and providing suggested recipes for the families. "The menu planned for this year is packed with



healthy, kid friendly foods. Families can expect to receive turkey and cheese wraps, make your own quesadilla kits, PB&J sandwiches, along with fresh vegetables, locally sourced fruit, milk and more! It is important to me to plan menus that appeal to children's tastes but is also full of healthy choices."

Other highlights of the Summer Feed are new books for all the kids every other week



starting June 17<sup>th</sup>. Books have been donated and obtained from Barnes & Noble in Camp Hill thanks to their annual Holiday Book Drive and from the Capital Region Literacy Council. Bosler Library and The Bookery are also collaborative partners providing book coupons and books.

In order to be better prepared to serve those in need of SHARE's distribution, households were asked to complete a fast and simple pre-registration by the Friday prior to each Summer Feeding distribution through the website at [projectSHAREpa.org](http://projectSHAREpa.org).

Sponsor  
HUNGRY  
KIDS  
This Summer



Please consider sponsoring a child for the Summer Feeding Program and:

[Click Here!](#)

"Everybody's a work in progress. I'm a work in progress. I mean, I've never arrived. I'm still learning all the time." - Renee Fleming.



**Firms, Businesses, Foundations & Organizations**  
 who, as part of our community donate funds or in-kind gifts received between March 1st—June 15, 2022.

- |  |   |
|--|---|
| 7-Eleven   | Messiah University                            |
| AmazonSmile  | North Dickinson Elementary School             |
| Beeman's Bakery  | Operation Warm Hearts                         |
| Benevity, Inc  | Partnership For Better Health                 |
| Bruce and Andrea Kimmell Charitable Fund                 | Penn State Dickinson School Of Law            |
| Carlisle Area School District                            | Pennsylvania Interscholastic Athletic         |
| Carlisle Arts Learning Center                            | PMI   |
| Carlisle Coatings & Waterproofing                        | Quite Clever Quilting                         |
| Casses Chiropractic Clinic, PC                           | Safe Harbor                                   |
| Community Aid, Inc.                                      | Shetron Auction & Equipment LLC               |
| Community Cares  | Sigma Chi Fraternity Omnicron                 |
| County of Cumberland                                     | South Middleton School District               |
| Fetterman Insurance Agency                               | Spiral Path Farm                              |
| Flight Systems Industrial Products                       | St. Patrick School                            |
| Giant Food Stores, LLC                                   | Target Corporation                            |
| Girl Scout Troop 11657 - 11465                           | The Cindy and Glenn Shope Fund                |
| Greater Carlisle Area Chamber of Commerce                | The Donald B. & Dorothy L. Stabler Foundation |
| Hartzell Eye Specialists                                 | Thrivent Choice                               |
| JD Financial Services, Inc., DBA Diamond Wealth Advisors | Troxell Giving Fund                           |
| John Oszustowicz Law Office                              | Tumbling Run Game Preserve                    |
| Josiah W. and Bessie H. Kline Foundation                 | United Way Carlisle & Cumberland County       |
| KB Kidz Farm, LLC  | UPMC Pinnacle                                 |
| Knights of Columbus Council 13100                        | Wegman's                                      |
| Land O'Lakes Foundation                                  | Weis Markets                                  |
| Land O'Lakes Purina Animal Nutrition                     | Wenger's Meats and Ice                        |
| Land O'Lakes, Inc.                                       | Women of the Moose Chapter 235                |
|  | World Surgical Foundation                     |

## Volunteer Stories

**V**olunteers are our *work in progress*. They are an unending supply of service to our community. We say a “*work in progress*” since the work at Project SHARE is continuous and progress is made every time a family, a child, a senior, or someone in a health crisis or in the midst of an economic downturn can receive a hand up from Project SHARE. It is the Volunteers who make it happen on the front lines.

*Managing the scores of Volunteers is the job for our Volunteer Coordinator, Meagan Smith and our Volunteer Engagement and Client Support staff member, Natasha Thumma. Together they manage schedules and technology, provide training, and work with other staff members to recognize current and upcoming needs.*

Why do people Volunteer? What keeps them returning and what thoughts do they have about their mission and experience? Here are a few insights:



**Jen Retallack** told us that she has been helped by many others in her life, as many of us have. “I love that this is a place that I can bring my kids to volunteer, **I love seeing my kids happy helping to bless others.**” Daughter, **Emma** joined mom packing for our Summer Feeding for Kids distribution.

For **Valerie and Angelica Rios** they were Volunteering for the first time helping on the drive-thru line by placing food items in the shopping carts as the carts headed towards the rear distribution point. Mother and daughter were joyfully moving to the music when I asked them how they came to Project SHARE. They were watching **CBS21** and saw what Project SHARE was doing, so they thought they should Volunteer! Mom, Valerie, told us “I was one who benefitted from free lunch programs during the



summer. **We really felt a food shortage in our family and I often felt hungry as a child.** Our parents were working but poor. Mom was a Nurse Aide and dad worked for a moving company. **I like to give back since now I have plenty of food and time so I share.”** Angelica added, “...when I was younger I often saw kids in my neighborhood that went without food. I really wanted to help those kids and when I saw this on CBS21 I saw it as a sign that I should help.”

*More stories from our Volunteers to SHARE in our Fall issue. We thank all Volunteers for their dedication and for SHARING with our community.*



**Consider supporting our mission through this Newsletter & return the envelope with support appropriate for you.**

Project SHARE participates in the **SWAP** analysis allowing us to monitor our goals to distribute healthy, *nutritious* food.

## SHARE the BOUNTY



**D**uring the summer months at Project SHARE, local farmers, through our gleaning program, community members with gardens and the Central PA Food Bank supply the SHARE with a bounty of seasonal produce. Eating fresh fruits and vegetables that are in season have three benefits:

**Taste** - Fresh fruits and vegetables taste better when they are in season. Imagine how a strawberry tastes in January, compared to the sweet and juicy flavor of a freshly picked strawberry in June.

**Nutrition** - Seasonal fresh fruits and vegetables contain more vitamins and minerals compared to out of season produce. When produce is out of season, it must travel a far distance to get to nearby grocery stores. Some vitamins and minerals deplete over time in storage, specifically vitamin C and some antioxidants, so when produce is fresher, the more nutrient dense it is.

**Cost** - Fresh fruits and vegetables tend to be cheaper when they are in season because of the surplus available.

Beginning in June and available through August, keep an eye out for these delicious seasonal fruits and vegetables in PA!

**Berries:** Blueberries, Blackberries, Raspberries. Berries are rich in antioxidants. Diets rich in antioxidants keep inflammation at bay and can have anti-cancer benefits.

**Stone Fruits:** This type of fruit includes any fruit with a pit inside, such as cherries, peaches and nectarines. Like berries, these fruits have anti-inflammatory and anti-cancer benefits. Cherries specifically are known to help muscles recover after exercising.

**Melons:** Cantaloupe, Watermelon. Because of how juicy melons are, they can help with hydration in the heat of the summer!

**Vegetables:** Lettuce, Tomatoes, Bell Pepper, Yellow and Green Squashes. Because of the health benefits of non-starchy vegetables like these, half of a plate at meal times should include vegetables...like these!

We are all a *work in progress*. To make our bodies work, as best as they can, summer is a great time to take advantage of the bounty that surrounds us. So enjoy the weather and the produce that is SHARED from the earth around us.

Check out this great graphic on PA Seasonal Produce:

[https://www.agriculture.pa.gov/Business\\_Industry/pa\\_preferred/Pages/In-Season-Now.aspx](https://www.agriculture.pa.gov/Business_Industry/pa_preferred/Pages/In-Season-Now.aspx)

...summer is a great time to take advantage of the bounty that surrounds us.



"If you want to progress in your life and grow, act not to react." - Yogi Bhajan.

## Help Us Create A Community Without Hunger

Project SHARE relies on the generosity of friends like you to help maintain SHARE as a crucial partner in the fight against hunger in Cumberland County. By including SHARE in your financial and estate plans, you can help ensure that our efforts to build a community without hunger continue until our services are no longer needed.

To create a legacy that expresses your desire to help your hungry neighbors – even after your lifetime – you will want to carefully consider a number of important factors, including the assets to be used to fund the gift, the gift's timing, effects on income-tax and financial planning, the impact on family members and friends, and the gift's purpose.

A legacy gift is best made with the counsel of your legal, tax or financial advisor. The information provided is for illustrative purposes only and should not be considered investment, legal, accounting, tax or other professional advice.



### Account Transfers

By establishing a "Transfer-on-Death (TOD) or "Payable-on-Death" (POD) provision, you can transfer assets to Project SHARE without expense of a will or trust.



### Beneficiary Designations

Naming Project SHARE as the beneficiary of your retirement plan assets, insurance plans, or savings account is the simplest way to make a legacy gift.



### Bequests and Wills

Consider adding Project SHARE as a beneficiary in your will. You may be able to add a simple codicil for a charitable bequest to an existing will.

Please let us know if you establish a future or planned gift so that we can say "thank you" now. Contact Deb Hess, Director of Development, with questions or for more information. Phone: 717-249-7773 X233.



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

PLEASE  
 PLACE  
 STAMP  
 HERE

POSTAL RETURN SERVICE REQUESTED

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

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Gratefully on the campus of:  
**Dickinson**



**FARE for SHARE**  
 A Project SHARE Event

- DOOR PRIZES
- LOCAL MUSICIANS • KIDS ACTIVITIES

OPEN TO THE PUBLIC

**SUNDAY, SEPT. 18**  
**2:00—7:00 PM**

- |                            |                             |
|----------------------------|-----------------------------|
| Banana Leaf Indian Cuisine | Grappling Crab Shack        |
| Bricker's Fries            | Mac Stack                   |
| CC Funnel Cakes            | Margaret's Lemonade Stand   |
| Chameleon 1648             | Pretzel Spot Café           |
| Falafel Shack Fire Oven    | Rob Smiley's House of Smoke |
| Pizzas                     | The Sweet Patch             |
| Farms Show Milkshakes      |                             |

 **THE MEETING HOUSE**  
 1155 Walnut Bottom Rd, Carlisle

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