

Light Dims...Others Twinkle With Hope

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." — Edith Sitwell



The cold weather should be a time to gather around a fire to warm the spirit with friends and family. For some it is a time to suffer through the darkness. Together, we can SHARE the light with each other. Look to the stars and experience the wonder!

A Walk on Her Road



Joni Mitchell wrote: "I came upon a child of God / She was walking along the road / And I asked her, where are you going / And she told me". Okay, I changed the gender but the story is universal.

Doris was, and is, this lyric. Not only did she tell me where she was going, but more telling, where she had been.

Continued page 4

Hunger in Our Home Food Deserts in Carlisle

The greater Carlisle area is a place thousands of people call home. However, many community members experience food insecurity. Food insecurity occurs when a family or individual does not have access to enough food, at all times, for an active, healthy life often because they have insufficient money or other resources for food. Besides resulting in poorer health, food insecurity has no-



table effects on all ages of people ranging from social and behavioral issues in children, higher rates of depression and anxiety in adults, and higher rates of chronic health conditions in seniors.

In the US, 12.3% of households are food insecure as of 2016 with 41.2 million people being affected. In 2015, **13.1% of Pennsylvanian residents were food insecure, and 10.3% of Cumberland County was food insecure.**

The USDA identifies three regions of "food deserts" in Carlisle as of 2015. Food deserts are areas without easy access to fresh fruit, vegetables and other healthful whole foods, largely due to a lack of grocery stores, farmers' markets and healthy food providers.

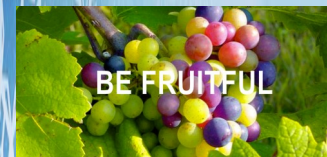
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Our Mission: "In response to God's call to love one another, and bolstered by the spirit of generosity in volunteers, staff, recipients, gleaning partners and donors; Project SHARE's food pantry programs and partnerships meet the evolving needs of people on their journey to freedom from want."

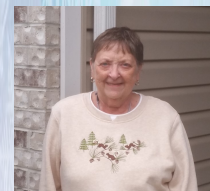
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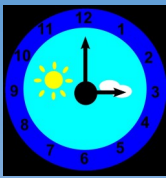
The food for one Distribution week weighs between 85,000-109,000lbs. Our largest truck holds 13,500lbs. which means 6 to 7 truckloads!

BARNES & NOBLE

HOLIDAY BOOK SALE

For the Kids of Project SHARE. Sale continues in Camp Hill through Christmas.





DATES TO REMEMBER

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



Project SHARE Community Holiday Dinner

The dinner will be held on Thursday, December 7th, beginning at 5:30 pm at the Carlisle EXPO Center on K Street. Our client community is welcome to register for this free event by contacting our head office at 717-249-7773. The celebration is made possible thanks to our sponsor, Bobby Rahal Toyota.

Farmers on the Square Comes indoor to Project SHARE for January—April. Details on website.

Kids in the Kitchen

For December's Holiday Schedule, the date is December 27th from 4:30 to 6pm. Children ages 5-12 will meet @ our main site on N. Orange St. January will usher in 3 *Kids in the Kitchen* classes by age: Tots 4-8yrs. / Cubs 8-12yrs. / Young Chefs 12-17 yrs. Sign up at timetosignup/projectsharepa or call Project SHARE @ 717-249-7773.

Slice of the Month –Adults in the Kitchen

In January a new class for adults will meet the 2nd Thursday of each month from 5:30 to 7pm. Like our successful *Kids in the Kitchen*, these monthly classes will give adults a hands on experience preparing recipes based on ingredients available through our Distribution days. Classes held at Project SHARE.

CHESS Club @ Farmstand

Calling all coaches and mentors. In January the Farmstand Chess Club will begin to engage young challengers in a game that offers strategy and organizational skills as a reward for mindful competition. If you are interested in helping, contact Project SHARE and speak with "David" or "Joe".

Souperbowl is a nationwide fundraiser for hunger that leads to the "game" on Sunday, February 4, 2018. January will provide a special opportunity for congregations, youth groups, organizations and others to plan and operate special parties or fundraisers to be a part of SOUPERBOWL, and benefit our neighbors in need of food security. Go to: souperbowl.org to register your event for Project SHARE of Carlisle and also contact us to let us know.

Empty Bowls

This annual event, sponsored by CALC, to benefit SHARE, will be held on Monday March 5th at the Dickinson HUB. More details online. Fun, food and a pottery bowl to stop hunger in Carlisle.

Match Madness

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

Volunteer Recognition Brunch March 3rd with further details to follow.

Gleaning Totals for the 2017 Season

Congratulations and many thanks to all the teams and individuals who gleaned.

Over 120,000 pounds for our community!

Sign up for all Project SHARE events @:
Timetosignup.com/projectsharepa

SHARE Spotlight Column



A Life of Gratitude

We recently celebrated Thanksgiving Day, a day where we intentionally pause and reflect on the things in our life for which we are grateful. What if we were intentional to approach everyday in the spirit of Thanksgiving Day? How would it affect our life and our community? What if thanksgiving and gratitude became a daily rhythm and expression of our heart and life? How might a life of gratitude nourish our soul and nourish others? What might that rhythm and expression look like?

It might look like "Jane," a new friend I met last year through the ALPHA program that meets at Project SHARE's Farm stand. "Jane" has on-going health challenges and isn't always sure how she will pay monthly bills. But in the midst of these challenges, "Jane" has expressed to me how grateful she is that she can walk, that she has fresh produce from the Farmstand to eat, that she has people who care about her, and that God continually provides for her needs at just the right time. "Jane" lives a life of gratitude. *A life of gratitude focuses on what is present rather than focusing on what is absent.* A fruit of focusing on what is present rather than what is absent is an increased awareness of others and their needs. This fruit is evident in "Jane's" life through the various times she has, with no mention of the difficult circumstances in her life, texted me to pray for someone else.

Project SHARE exists because of your generosity of time, skill, and monetary contributions. These things are what "Jane" focuses on in her life as she lives a life of gratitude. Thank you for your many expressions of caring for our neighbors in need and joining us to live out our vision of "Nourishing our Community . . . Awakening Hope!"

Privileged to serve with you,

Diane Baltaeff, Board Chair

How blessed I feel this morning. As I write this there's a crispness



in the air that reassures me Thanksgiving is just around the corner. Project SHARE volunteers are gathering and preparing for our last distribution of November. I've had an opportunity to greet over a dozen clients as they patiently wait for the doors to open. The staff, all in early this morning, are focused on staging their areas for the day. The coffee is being served. Life is good. Yet I wonder... what have I missed?

Then I hear it. There is music playing in the distribution room. People are greeting each other and catching up on what's happened over the past month. Hugs and handshakes are being exchanged. Someone is singing. Children are laughing and running down the hall. Prayers are being offered for an ailing family member. A serious conversation is happening about a housing situation. People are talking about Weston's latest recipe.

"Nourishing Our Community . . . Awakening Hope" is not only Project SHARE's vision, but also, its operational mission. All too often, when we talk about nourishment, our thoughts turn to food. At Project SHARE it is more than that. It's more than putting food into a basket. It's about spiritual, emotional, and economic nourishment as well.

Yes, I feel blessed this morning – Project SHARE's vision is coming to life around me and I am humbled to witness it firsthand. I haven't missed it at all.



VOLUNTEERS of the MONTH



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

SEPTEMBER

**101 Members of the
Lunch & Learn Team**

OCTOBER

**Tom
Kelly**

NOVEMBER

**Taylor
Miller**

Congregation Connections



Many thanks go to our congregational supporters. Here are *some* who have blessed us with funds, food and time since our last *SHARE News*. You have kept us forefront for our Thanksgiving and Christmas Holiday needs for which we are thankful on behalf of the community we serve. Let us know if we inadvertently neglected to mention your congregation.

- Bethel Assembly Of God
- Big Spring United Lutheran Church
- Carlisle Baptist Church
- Carlisle Barracks Chapel
- Carlisle Church Of The Brethren
- Carlisle Evangelical Free Church (CEFC)
- Children's Ministry (CEFC)
- Carlisle Reformed Presbyterian Church
- Carlisle Seventh Day Adventist Church
- Carlisle United Methodist Church
- Faith Chapel
- First Evangelical Lutheran Church
- First Presbyterian Church
- First United Church Of Christ
- Green Spring First Church Of God
- Hickorytown United Methodist Church
- Lighthouse Church Of God
- Middlesex United Methodist
- Mt. Victory UMC
- New Hope Church Of God
- Opossum Hill Union Church
- Otterbein United Methodist Church
- Sayville United Methodist Church
- Second Presbyterian Church
- Shiloh Missionary Baptist Church
- St. Matthews Evangelical Lutheran Church
- St. Matthias Lutheran Church
- St. Patrick Catholic Church
- St. Paul Evangelical Lutheran Church
- St. Peter Lutheran Church
- St. Stephen Lutheran Church
- The Good Samaritan Class, Trinity UMC
- The Meeting House
- Tree Of Life Church
- Trinity United Methodist Church
- USAWC Memorial Chapel
- West Hill United Methodist Church
- Young's United Methodist Church

Support Community Aid Bins Cleaning Closets Helps You and SHARE



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



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

Thanks to **Community Aid** for their *amazing* continuing support of our mission!

GIANT



Receipts overflowing with support from the community leads to GIANT donation of \$5,000 towards our mission. Many thanks to all who collected close to 10,000 receipts and, as always, to GIANT for their generous operation of this October campaign.

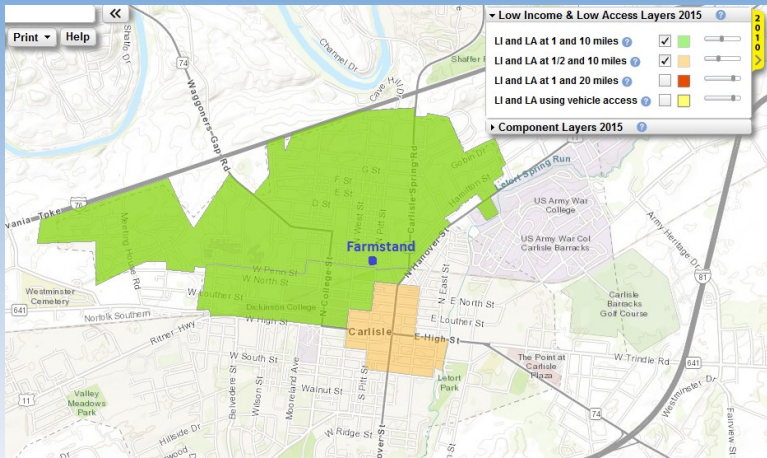
Take a photo and submit your recreation of a recipe on page 7 and send it to Project SHARE or by email to WPetroski@projectsharepa.org so we can feature it on our website.

A drawing will be held from all submitted recipe photos. For a \$10 GIANT card.

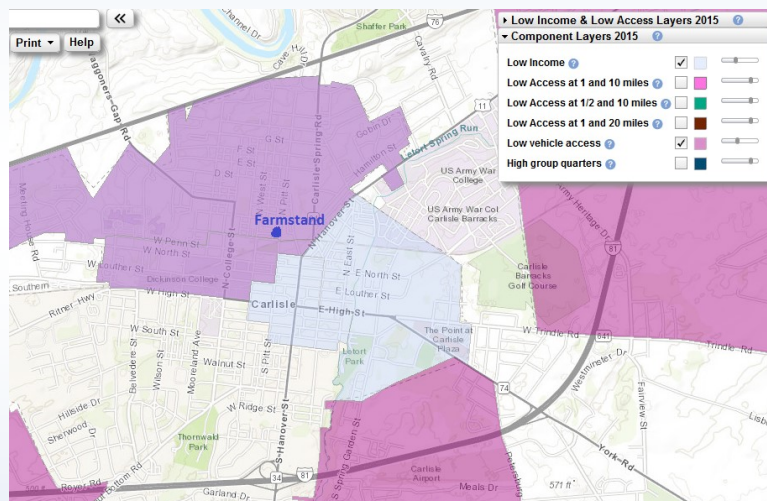




Diagram / Map Explanation The green region is a low-income area where many residents are at least 1 mile away from the nearest supermarket. Orange represents areas at least 1/2 a mile away.



In the second map, **low income** and **low vehicle access** filters were applied, and there is clear overlap with the low access areas. Project SHARE's Farmstand is located right in the middle of this region!



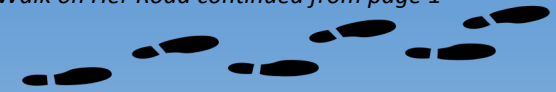
Being born into poverty is difficult to rise out of. **Low income employment** requires working more than full time just to make ends meet. **Health problems** can become mountains of debt. **Psychological problems** and **stress caused by abusive relationships** is also a cause. **Veterans** with difficulties associated with their military service sometimes fall into low-income situations. **Senior citizens and disabled** people can be unable to afford a healthy, productive life.

Lack of opportunities are often denied to the poorest of our children. **Developmental activities**, such as summer camp, music and dance classes, or extended summer vacations, which are both mentally and physically stimulating, are lost. Project SHARE engages with our children in various ways through our Kids in the Kitchen, summer Lunch & Learn program, distribution of books, Chess Club, collaborations in the area and other activities we consider engaging to **provide our communities children with an assist** towards success.

It is our purpose to meet people where they are in their journey and help them "...meet the evolving needs of people on their journey to freedom from want."

Thanks to Kendra Beaver, Project SHARE Intern and Environmental Science major at Dickinson College for her research and writing of this article.

For the full article with more explanation and relevant sources, be sure to check out the "Hunger Stats" page on projectSHAREpa.org



The walk began when she arrived in an orphanage, as an infant, and remained an "orphan" for 40 years. Born on Long Island in August of 1930 she spent most of her childhood and youth in a state institution. Longing to find "her" family, she eventually arrived in our region where she enlisted the help of Dave Lehman, a local attorney at the time, who located her two brothers living in Texas. She stayed for a time in Texas with her one brother but found his life and hers to be too different so she continued back on the road and returned to Pennsylvania.

Doris has remained single her whole life. She had many jobs, as many as 22, that she was unable to keep due to epilepsy. Although it is unknown, she believes that the epilepsy was a result of her treatment in the orphanage. When she was given hope through surgery that could be performed at the National Health Institute, she tried to get transportation through a government welfare office. Once that was denied **she was determined to walk to D.C.**, which she claims to have done in 4 weeks and 4 days. She was accepted for surgery and states she has not had epilepsy since.

An article from the New York Post, dated 1969, tells about her **heroic efforts to save 9 people** from a burning building in New York City. She entered the building 6 times in her efforts before the fire department arrived. She was honored by the City of New York for her heroic deeds. The original article can be found on our website.

Doris regrets that she "...did not have a chance for schooling" yet she is **an engaging conversationalist** to those who take the time to journey a few steps with her.

Doris had much to say about Project SHARE including that "people here are very friendly and they have a lot of activities...they are careful to make sure if you are diabetic...they have open hands to people here...all kinds of help...volunteers very friendly here...office staff checks that everyone is doing well with a lot of services."

Doris, a client of Project SHARE is **"A child of God walking along the road."**

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

Then you are welcome to Farmstand where the only qualification is to visit us during our service hours!

Fresh Produce Year Round!

"We don't see things the way they are, We see them the way we are." - The Talmud



A Bequest to Further Good Work



Ann Herr recently shared that she has named Project SHARE as a beneficiary in her estate plans. Ann explains that she and her late husband, Dale, always planned to do something special for Project SHARE. "Being involved with Project SHARE through our church, and as volunteers and donors, we witnessed first-hand the struggles of Carlisle's most vulnerable neighbors. We both recognized hunger as one of the most basic

needs in our community and felt strongly that no one should go hungry in this country, let alone in our own community."

After serving a long career in human resources, Ann began volunteering with the Cumberland County Office of Aging. Familiar with benefits and services such as PACE, rent rebates, Medicare supplemental insurance, etc., she would refer Clients to various agencies for services. She remembers one particular instance when she assisted an elderly client and discovered that she didn't have food.

A connection was made with Project SHARE and Ann began to volunteer at Project SHARE by determining eligibility of Clients for services. "There were times when my heart would ache," said Ann as she discussed how hard it was to explain to Clients that they were ineligible because they were just a few dollars above the eligibility threshold.

Ann acknowledges that she and Dale were blessed. "Our goal was to retire

at age fifty-two and travel – we did that". She further explains how she and Dale would sit together every New Year's day and make a list of the upcoming year's goals, "We would decide where we would travel, purchases and repairs for the house, and even our intentions for contributions to charitable organizations. Project SHARE was always a priority for us."

"The decision to include Project SHARE in our estate plans through a Will was never a question. It is a legacy of Dale's and my time together. I know that through this bequest, we will have a substantial impact on the future of Project SHARE and its fight against hunger here in Carlisle."

You too may want to make it easy and convenient to have a bequest included in your will. The link below directs you to our website where you will find how a bequest can very easily be included in your will. Please visit: <https://projectsharepa.org/bequests-and-living-wills/>



"There are people who make things happen, there are people who watch things happen, and there are people who wonder what happened. To be successful, you need to be a person who makes things happen.." - James A. Lovell

"We are stardust...we are golden...and we got to get ourselves back to the garden!" - Joni Mitchell

Put a CAP on Hunger for \$20



Also available at the Dickinson College Bookstore. If your organization or firm would like to help Project SHARE put a Cap on Hunger by selling our caps in your place then contact SHARE SHOP at 717 249 7773 ext. 236.



<https://projectsharepa.org/shop/>



Wear your Project SHARE colors or buy a gift for a friend or someone in need.



Then take a picture of you, friends, family with your Project SHARE colors for inclusion in a future Newsletter.



Thank You for Supporting the Mission of Project SHARE.



Many thanks to the following businesses, foundations and other organizations who support the mission of Project SHARE through their contributions of funds or in-kind gifts. This list recognizes their gifts received between September 1, 2017, and November 24, 2017. If we involuntarily omitted your listing, please let us know.

Allen Distribution
 American Legion Auxiliary, Unit 674
 Beechwood Orchards
 Beeman's Bakery
 Bethesda Mission
 Big Spring Area Food Bank
 Bimbo Bakeries USA
 Carlisle Barracks Commissary
 Carlisle Barracks Spouses Club
 Carlisle Construction Materials, Inc.
 Carlisle High School
 Carlisle Sunrise Rotary Club
 Carlisle Syntec Incorporated
 Carlisle Truckstop Ministry
 Castlerigg Wine Shop
 Colyott & Watson Insurance Agency
 Community Aid, Inc.
 Consolidated Scrap Resources, Inc.
 Cumberland/Carlisle Chapter AARP No. 4377
 CVS Pharmacy
 Dickinson College
 Dickinson College Farm
 GB Stuart Charitable Foundation
 Giant Food, Inc.
 Girl Scout Troop 10559
 Karns Foods

Kimberly's Cafe and Creamery
 Kohl's
 Land O'Lakes
 LeTort Trust
 Lowes
 Martin's Famous Pastry Shoppe, Inc
 Menasha Corporation Foundation
 Molly Pitcher Stitchers
 Moose Lodge 761
 Nikoli's Pizza and Catering
 Oak Grove Farms
 PA DOE Summer Food Service Program
 Panera Bread Co.
 Partnership For Better Health
 Peters Orchards
 Rich Valley Golf
 Rocks, Inc.
 Spiral Path Farm
 St. John's Preschool
 Strickler Agency
 Toigo Organic Farms. LLC
 United Way of Carlisle & Cumberland County
 Wegmans Food Markets, Inc.
 Weis Markets
 YWCA Carlisle

Heartfelt thanks to the more than 260 generous individual / family donors who rallied to provide Project Share with funds and food to serve our food insecure neighbors during the September, October and November food distributions.

Individual giving impacts the lives of many. During the last three months, cash and in-kind contributions were used to help:

- Distribute food to over 2,960 families, representing 8,492 individuals.
- Secure 1,200 turkeys for the Thanksgiving distribution.
- Provide more than 1,100 families with items for a traditional Thanksgiving meal.
- Provide 280 children with weekend power-packs containing an average of 15 nutritional kid-friendly food items that can be easily prepared by school-age children.



"When a poor person dies of hunger, it has not happened because God did not take care of him or her. It has happened because neither you nor I wanted to give that person what he or she needed." — Mother Teresa

KITCHEN KRONICLES



The holy-days = holidays, are a time of joy, festivities, and lots of delicious food. Despite race, religious creed, and ethnicity, food has the ability to transcend our trivial differences, bringing family, friends and neighbors together to celebrate life. Faint memories of childhood nostalgia still linger in my mind of golumpkis (Polish cabbage rolls), pierogis, latkes (also Jewish) and a variety of pies cooking in my great-grandmother's wood-fired oven. Although she has since passed, we carry on these traditions—minus the wood-fired oven and copious amounts of lard of course!



**SHARE
Kitchen**
Classes · Recipes

Potato Latkes

Believed to have first originated in Eastern Europe, latkes, or potato pancakes, have been a Jewish tradition for centuries and were made to celebrate the Miracle of Oil. This is also a traditional polish recipe, using onion, eggs and a spoonful of wheat flour with the potatoes.

Directions:

1. Peel potatoes and grate on a fine grater directly into a large bowl.
2. Set bowl aside for 10 minutes.
3. Using your hand, squeeze and pour out any excess water from the potatoes.
4. Add flour, finely chopped onion, egg, and two pinches of salt. Mix well.
5. Heat up a large pan, and pour in oil. Place 1 spoonfull of the potato mixture at a time into the heated oil.
6. Fry over medium heat for 2-3 minutes (or until golden in colour). Flip and repeat for other side.
7. Let cool and enjoy.

Ingredients:

- 1lb potatoes(preferably yellow)
- 1/2 tablespoon wheat flour
- 1/4 onion, diced
- 1 egg
- Salt (to taste)
- Oil for frying

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Holiday Eating Tips

With all the nostalgia, joy and pleasant scents floating in the air, it is easy to get carried away during the holiday seasons. Nevertheless, by following some of these simple tips and tricks, you will still be able to enjoy your traditional family favorites without the guilt.



Eat Mindfully- Take your time to enjoy each bite. By slowing down it allows your body to 'catch up' with your brain telling you when you are satisfied (and not stuffed).

Eat Small Meals- Don't hold out all day for the big feast. Eat small meals and snacks throughout the day. This will lessen your urge to overindulge on the mashed potatoes, stuffing and pies.

Use Smaller Plates- More often than not, our eyes are bigger than our stomachs, leading to mile-high plates. By using a smaller plate you will be less likely to overstuff yourself on the first round. Fill your plate with healthy items such as veggies and lean protein first, leaving the high-carb stuffing, potatoes and desserts for later.

Ordering the people to sit down on the grass, He took the five loaves and the two fish, and looking up toward heaven, He blessed the food, and breaking the loaves He gave them to the disciples, and the disciples gave them to the crowds...- Matthew 14:19



**SHARE
Kitchen**
Classes · Recipes

Vegetarian Southern Collard Greens



Collard greens are a broad leaved vegetable related to cabbage. Packed with vitamins A, C, K, calcium, and fiber it is grown around the world. In America it is a Southern staple. Collard greens veterans will even use the leftover broth to dunk cornbread in!

Directions:

1. Heat oil in a large pot over medium heat. Add onions and cook until tender. Add garlic and red pepper flakes and cook for 1 more minute.
2. Add collard greens and fry until they start to wilt. Just a few minutes.
3. Pour in broth, cider vinegar, salt and pepper. Reduce heat to low, cover, and simmer for 45 minutes or until greens are tender.
4. Enjoy!

Ingredients:

- 1 tbsp olive oil
- 1/2 large onion, chopped
- 1 1/2 tsp red pepper flakes
- 3 cloves garlic, finely chopped
- 1 lb collard greens, chopped
- 3 cups veggie or chicken stock
- 1/4 cup cider vinegar
- 2 tomatoes, chopped
- Salt and pepper to taste.

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**SHARE
Kitchen**
Classes · Recipes

Apple Crisp



This healthy apple crisp is super sweet and easy to prepare. You'll be sure to impress the whole family with this yummy treat!

Directions:

1. Mix first four ingredients and place into 9-inch baking dish.
2. In a small bowl, mix topping ingredients until crumbly. Sprinkle over the apples.
3. Bake at 325 degrees F until apples are soft and topping is golden. About 30 minutes.
4. Let cool and enjoy.

Ingredients:

- 3-4 medium baking apples, cored and sliced thin
- 2 tsp cinnamon
- 2 tbsp sugar
- 2 tbsp flour

Topping:

- 1 cup oats; 1/4 cup flaxseed meal; 1 tsp vanilla extract;
- 1 tsp cinnamon; 1/4 cup brown sugar; 3 tbsp butter

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Healthier Holiday Cooking Tips

Use whole grain bread for your stuffing. Including things like dried fruit and nuts can also increase nutrient density and decrease added sugars. Instead of white flour, try using *whole-wheat white flour*. This type of flour still contains the same amount of beneficial fiber and nutrients as whole-wheat flour, but is sweeter and softer in texture making it a great substitute for all-purpose white flour. Gold Medal, King Arthur and Bob's Red Mill all make a good quality whole-wheat white flour. Use butter or oil instead of margarine, which contain harmful, artery clogging trans fats.



We invite you to use these tips as a step for an even more joyous, tasty and healthy holiday that will extend into 2018.
Weston Petroski, Nutrition Coordinator



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

Website: projectSHAREpa.org Facebook: "Project SHARE of Carlisle PA"








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

Gratefully on the campus of:
Dickinson

HUNGER CONTINUES AFTER THE HOLIDAYS

“The most effective way to help your neighbor is to begin at the local level. While troubles and need abound globally and nationally, we cannot forget the needs close by. The phrase ‘Think globally, act locally’ sums up why it is important to look around at the needy in our own community and ensure that they and their children are in our focus of caring.”

Please Help.

Donate • Volunteer • Give Food



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