

**F**rozen indoors because of the cold? Some of us frozen in place due to virus avoidance? Many of us frozen in time, recalling days gone by. Some due to lack of employment or ill health. Some of us in attitudes towards each others who are stuck in our tribal orientations. **Frozen with less movement than we would like or should be about.**

As we recognize our frozen states we may also see solutions that can lead us out. One way is to see the moment as it is...the now of today and then live into it since it is the only one we can act on. **Recognize those who may be frozen in their access to others and to our mission who may be blocked from finding food for themselves and their families.**

**Food is at the foundation**, together with water and oxygen. These are needs before we can realize other essentials like work, education, self-realization and leisure. Leisure can be a time to recoup, regenerate, reflect and recharge yet in these frozen days that may be a lofty goal.

Yet, **we can find solitude within** and that is probably where the greatest force can be discovered. **We can find solitude in community**, whether it be in person or virtually, our need to remain connected is essential!

Once we have gone beneath the ice, the sea that connects us all will provide connections to the community that will sustain all of us...if we take the plunge. -JDSMK

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*Follow us on FB, Twitter and Instagram*



**A**ll of our lives have felt a bit frozen this year as we have anxiously awaited for this global pandemic to end. More people are staying at home, avoiding public spaces and, they hope, COVID. And rightly so! Our own beautiful campus, usually so vibrant with faculty, staff, and students rushing to and from class, has been largely empty. People have suffered from sickness, from job loss and from a challenging economy. It often seems like we are stuck, like we are simply frozen in place.

## Dickinson...On Ice?

**B**ut it isn't true. Carlisle and Dickinson have shown themselves to be both resilient and active. Our community has risen to unparalleled challenges, led by great alumni like Bob Weed '80, who have adapted, and who have created new solutions to continue to serve those in need. The last nine difficult months has been a time of innovation, adaptation and creativity. We have been building on a foundation laid down three years ago.



**C**arlisle CAN, the Carlisle Community Action Network has been meeting and growing for three years, and this year it transformed into a potent rapid response team. The group now numbers about 90 members, including elected leaders, Project SHARE, school district representatives, church leaders, business owners, community organizers, health care providers, charitable organizations and the chief of police. Working together we have helped small businesses go online to continue to serve customers, launched a new website that is a one-stop-shop for all the resources available to those who need help and, for those who themselves want to help, provided

*Continued on page 03*

## The Front Lines

**F**armstand, these past few months, is also very much the story of the ways in which the coronavirus has affected so many residents of the Cumberland Valley. Visitors to Farmstand have increased twofold since the beginning of the pandemic, even as we have had



to change our delivery systems and make other modifications due to the pandemic. We are seeing many more mothers who have had to abandon their jobs because their children are now home from school and need su-

*Continued on page 06*



Every other Friday morning throughout the fall, a Project SHARE truck rumbled down the highway to Community Aid in Mechanicsburg, loaded with a pallet of **SHARE the Health Wellness Boxes**. This nutrition packed program was launched for Community Aid employees. As a major strategic partner we welcomed the opportunity to pilot this new initiative.

Each box included ingredients for two recipes that fed four to six people- with an emphasis on whole, minimally processed ingredients, recipes that were full of vegetables, high fiber carbohydrates, lean proteins and heart healthy fats. Each box included recipe cards, pre-portioned ingredients, spices, cooking oils and vinegars.



*Continued on page 02*

## Frozen



**Bob Weed, CEO**

**F**reezing in December and the year is coming to an end. For many that is a welcome reality. To say this has been a challenging year is an understatement. Several of my friends and/or acquaintances have confided in me, telling me they feel frozen in time. The pandemic has created an environment of uncertainty in which some feel unable to move forward. I challenge that view! As I think back over the year there are many examples of creativity, initiative and innovation that, in my opinion demonstrate anything but a community frozen in place.

In March, as COVID raised its ugly head, organizations, including Project SHARE, reacted quickly and adapted to continue to serve those in need. For Project SHARE that meant changing almost every aspect of our operation. How we sourced product, engaged with Volunteers and ultimately delivered food to Clients all required adjustment. It was messy at times and some parts of what we tried worked better than others. Never the less we learned and moved forward.

By the middle of the year it became apparent that we were not returning to “normal” any time soon. Having lived through three months of what seemed to be constant adjustment and change, with challenges still facing us, we could confidently offer to our families, neighbors, and community an ongoing source of Hope. This Hope was made possible by the human ingenuity, passion and love demonstrated throughout our community.

September rolled around and the novelty of constant change was beginning to wearing off. People around the community seemed to settle into a routine that required agility and the ability to rally around new challenges as they cropped up. And they rallied well. As leaders learned to navigate in this new environment they also began to examine some of the changes that they, at times, had been forced to make. Some of the changes made were cumbersome and chafed a bit. Some of the changes made provided more efficient means of serving others. Some of the changes altered how organizations interact. All of the changes proved how blessed we are to be part of a community that is not afraid to take action and avoid stagnations in the name of serving others.

Now it’s December. While various vaccines are making their way into our community, it will be sometime until the vaccines’ impact will be felt across our community. Until that happens we will need to resist the feeling of being frozen. The temperature will drop and challenges will continue to crop up. When the temptation to “freeze in place” hits, it is time to take a quick look in the rearview mirror, spot the hope, compassion and cooperation that has brought us this far, and get back to work.



SHARE the Health Wellness Boxes—Continued from page 01

**19** families enrolled in the pilot program, receiving a total of six boxes which included recipes such as a Veggie Quinoa Minestrone, Skillet Turkey Taco Salad, Garden Turkey Loaves with Roasted Sweet Potatoes and Broccoli, and Half Beef Burgers. Barbara Bowers, a Community Aid employee, on behalf of her family shared “This [program] means a lot to our family- getting to learn how to cook different things, and giving us a meal at night saves us and helps us so much. We appreciate it so much.” In addition to receiving healthy recipe ideas, it created an opportunity for families to cook together and share home cooked meals. It also created an opportunity for participants to try new recipes, with many sharing this program exposed them and encouraged them to try new healthy foods and substitutions. Community Aid employee Tracy Schaeffer shared that after participating in this program she now replaces sour cream for plain Greek yogurt, and she made her first ever veggie quiche!

**S**HARE the Health wellness box program was piloted at Community Aid to test the feasibility of this program to be added to **Project SHARE’s Bridge Program, a program designed to reach the ALICE population.** ALICE is an acronym that stands for asset limited, income constrained, employed. Individuals and families in this population are working and earning an income above the federal poverty level- which makes them ineligible to enroll in many federal and state assistance programs (like SNAP, help with utilities, etc)- but not enough money to fund all their basic needs, leaving families in the ALICE population in a uniquely vulnerable situation. With Project SHARE’s vision of “nourishing our community...awakening hope,” we are eager to find creative solutions to help this population through our Bridge Program, with the new potential of adding the SHARE the Health Wellness Box program to the repertoire of solutions.

**Emma Witwer** is Project SHARE’s Nutrition Educator / Kitchen Coordinator and is the coordinator for the pilot Wellness Box initiative. She also is the host of Slice of the Month and Kids in the Kitchen classes held each month virtually on-line.



*Julie Bowers & grand daughter Ella prep the ingredients for the Skillet Turkey Taco Salad. The family that cooks together...*



*“We loved both meals, recipes were easy to follow and we are replacing sour cream with Plain Greek yogurt. Thank you so much!” Tracy Shaffer shares, along with photo of her husband showing his agreement.*

Nourishment
Community



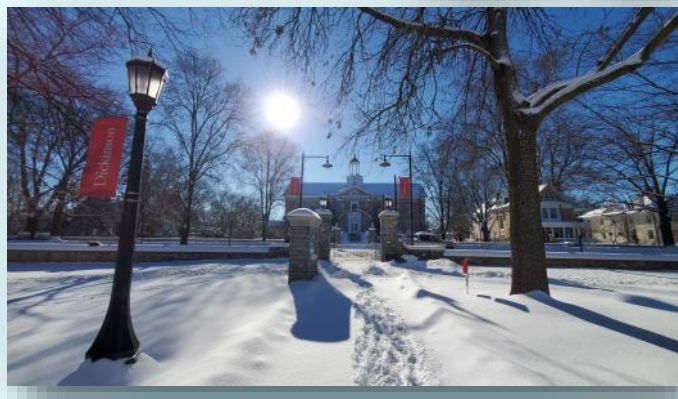



**We Humbly Ask You To SHARE  
in our Mission**

**Clicking this Envelope!**

# Dickinson

## SHARE Spotlight Column



PPE to organizations who needed it. We've also established a Carlisle Emergency Relief Fund through the United Way and have helped support summer day camps for children. Recently Carlisle CAN launched a public health campaign encouraging community members to wear masks so we can all shop and learn safely.

I have lived all over the world yet I have never seen a community quite like Carlisle. During our weekly meetings, our various members share their organization's challenges. Representing a wide array of experience, resources

and talents, others on the call jump in to help craft solutions and lend a hand. In short, Carlisle CAN has become a model of resilience for communities across the state and the nation.

**D**ickinson, too, has used this time to find new ways to engage and educate our community. Within just a week last March, we shifted from in-person campus teaching to remote learning. While there have been bumps along the way, we have found creative ways to use technology to allow students to continue their educations. At a time when we can't send students abroad, we continue to focus on global education, developing global-integrated classes connected to our centers abroad.

**Tapping into our revolutionary heritage**, we completed The Revolutionary Challenge, a new initiative that invited alumni, students, staff, faculty and parents to develop bold ideas that could propel Dickinson into the future. Thousands joined the effort, and last month, four of those innovative ideas were chosen for further development. It is a ground-breaking model for broader engagement in higher education.

**Our Dickinson students continue to work with the community**, creating a plan to bring the arts to students who are virtual, providing support to local organizations, interning and even raising funds for Project Share.

It gives me great hope to see how we have joined together, even in the hardest of times. **We must continue to learn the lessons of this new COVID environment – lessons such as how we can use technology to foster connections and learning – and we must commit to continuing to innovate and to creating new ways of doing things.**

As we face the challenges ahead, I have seen how the Carlisle community can overcome any problem if we work together for the common good.

**Margee Ensign** became Dickinson's 29th president on July 1, 2017. Prior to Dickinson she served for 7 years as president of the American University of Nigeria (AUN), a young, private university based on the U.S. model of university education. She is a widely published scholar whose work focuses primarily on the challenges of international development as well as on the implications of development assistance.

“While there have been bumps along the way, we have found creative ways to use technology to allow students to continue their education.”

## Congregation+Connections



**Many thanks to our congregational supporters.** In recognition of those who have blessed us with funds or food since our last SHARE News. Although not listed, we thank the many congregations for their gifts of time. We could not serve those in need without all of you. This recognizes donations between Sept.02-Dec 01 Thanks to all of you and your congregants who remember to feed the hungry throughout the year.

- |  |                                       |
|--|---------------------------------------|
| Bethel Assembly of God                   | Opossum Hill Union Church             |
| Carlisle Area Religious Council          | Otterbein United Methodist            |
| Carlisle Baptist Church                  | Redeemer Orthodox Presbyterian Second |
| Carlisle Barracks Chapel                 | Presbyterian Church                   |
| Carlisle Church of God                   | Shiloh Missionary Baptist Church      |
| Carlisle Evangelical Free Church         | South Fairview First Church of God    |
| & Children's Ministry                    | St. John Evangelical Lutheran Church  |
| Carlisle First Church of the Brethren    | St. John's Episcopal Church           |
| Carlisle Seventh Day Adventist           | St. Matthews Evangelical Lutheran     |
| Carlisle United Methodist                | St. Matthew's United Church of Christ |
| Carlisle United Methodist                | & Youth Group                         |
| Kindred Spirits Sunday School            | St. Matthias Lutheran Church          |
| Christian Life Community Church          | St. Patrick Catholic Church           |
| First Evangelical Lutheran Church        | & the St. Vincent DePaul Society      |
| First Presbyterian Church—Women          | St. Paul Evangelical Lutheran         |
| First United Church of Christ            | St. Stephen Lutheran Church           |
| Green Spring First Church of God -       | Trinity UMC - Good Samaritan Class    |
| & the Golden Rule Class                  | Trinity United Methodist Church       |
| Huntsdale Church of the Brethren         | & Good Samaritan Class                |
| Lighthouse Church of God                 | Wesleyan Church of the Cross          |
| Mercersburg Assoc.Penncentral Conference | Youngs United Methodist Church        |
| Mt. Victory United Methodist Church      |                                       |

## VOLUNTEER CORNER

Volunteers SHARE their valuable time! They are an integral part of our mission and bring joy to all with their service. Our volunteers bless our community with service. Without them there is no SHARE in Project. We understand that many of our Volunteers are particularly vulnerable at this time. We know that if they could, they would also be on our front lines. For those who have been able to join and serve, we collectively applaud your efforts and thank you, on behalf of the community we all serve.

We move forward with safety in mind while we continue to set an example and protect each other through social distancing, masks and hygiene practices. We thank all who have served, continuing or planning to serve in the coming days.

Please check out our new volunteer page at:

<https://projectsharepa.volunteerhub.com/>



“In the depth of winter I finally learned that there was in me an invincible summer.” Albert Camus

# Early Days of 2020

# Then the World Turned Upside Down!



We changed our ways continuing our mission ...every day...in new ways!!

**Project SHARE of Carolina, Inc.**  
 President & CEO: Theresa A. Gil

**COVID-19 Response:**  
 Carolina's "Share" helps Carolina's Lowes Food Bank, Tru Market, Food and other across Carolina, providing help for the most vulnerable during this unprecedented pandemic.

**7th Best Work**  
 Project SHARE of Carolina, Inc. was named one of the 7th Best Workplaces in the Carolinas by the Charlotte Business Journal.

**Chief On Our Team**  
 Project SHARE of Carolina, Inc. was named one of the 7th Best Workplaces in the Carolinas by the Charlotte Business Journal.

**BEST OF THE SOUTH 2020 WINNER**  
 Project SHARE of Carolina, Inc. was named one of the 7th Best Workplaces in the Carolinas by the Charlotte Business Journal.

by slicing out this moment and freezing it, all photographs testify to time's relentless melt." - Susan Sontag

"To take a photograph is to participate in another person's mortality, vulnerability, mutability. Precisely



Many thanks to businesses, foundations and other organizations who, as part of our community donate funds or in-kind gifts received between Sept. 02-Dec 01. Although too numerous to list, we also recognize all the individual donors and volunteers who give time and resources to "Nourish Our Community..." while "...Awakening Hope!"

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| Ahold Delhaize USA Family Fndation   | Harmony Society                       |
| The Algooth Foundation               | Healing Paws Veterinary Care          |
| The Alpha Sigma House Association    | HSH Management, Inc.                  |
| AmazonSmile                          | J.H. Billman Construction Co.         |
| Andersen Corporate Foundation        | The Kahle/Fiduccia Family Fund        |
| Beechwood Orchards                   | Karns Foods                           |
| Benevity, Inc                        | Knights Of Pythias Lodge #299         |
| Beta PI Chapter Kappa Sigma Alumni   | Land O'Lakes, Inc.                    |
| Beta Sigma Phi                       | Leadership Cumberland                 |
| Beth McKinley - Thrivent Financial   | Levine Enterprises, McDonald's        |
| Bier Acres                           | Operation Warm Hearts                 |
| Bricker's French Fries               | P. B.'s smokehouse BBQ                |
| Cantor and Team Orthodontics         | PADOE Summer Food Service             |
| Cardin & Miller Physical Therapy, PC | Raven's Claw                          |
| Carlisle Barracks Commissary         | Rich Valley Golf                      |
| Carlisle Barracks Spouses Club       | S&C Mckeehan Family Charitable        |
| Carlisle Consulting Group, Inc.      | Safe Harbor                           |
| Carlisle Truck Stop Ministry, Inc.   | Say Cheese/Scott Schroeder            |
| Charities Aid Fndation of America    | Sigma Chi Fraternity Omnicron         |
| Community Aid, Inc.                  | SK Transport, Inc.                    |
| Community Cares                      | Spiral Path Farm                      |
| County of Cumberland                 | Sri Ganesh V3 LLC                     |
| Cumberland Valley Cleaning           | Stan Sheffer Construction             |
| Cumberland Valley Corvette Club      | Subway                                |
| Dickinson - Alpha Chi Rho-Phi Beta   | Sweet Patch                           |
| Dickinson College Farm               | Technology Marketing Tool Kit, Inc    |
| Emergency Food & Shelter             | Thrivent Choice                       |
| Exelon                               | Uncle Moe's Soul Food Concessions     |
| Family Enhance Play Therapy Cntr     | United Way Of Carlisle & Cumberland   |
| Farm Show Milkshakes                 | United Way Greater Philadelphia & SNJ |
| Farmers On The Square Inc            | United Way of the Capital Region      |
| Frontstream                          | Vieaura LLC                           |
| Gals In Golf                         | Weber Trucking & Excavating           |
| GIANT Food Stores, LLC               | Wegman's                              |
| Glaxosmithkline GSK                  | Weis Markets Carlisle                 |
| Griffie & Associates                 | Weis Markets Inc                      |
|                                      | West Trindle Road, LLC                |

# GLEANNING 2020

2020 will be remembered for many reasons, and many of the memories will be ones we want to fade into time. I am reminded that with every difficult time there are lessons learned and opportunities to see the best in our friends and community. During 2020 we were shown the very best as volunteers displayed grace and sacrificial service as they stepped forward to serve



PA Secretary of Agriculture, Russell C. Redding with Steve Kuhn of Project SHARE gleaning apples in Adams County this Fall.

their fellow mankind during a pandemic. This was made so evident in every opportunity that was presented by the outpouring of love by our volunteers.

Together with our partnering farm families, Project SHARE was able to provide more than 150,000 pounds of fresh produce to families in the Carlisle Community. Together with our volunteers and farm and orchard partners, we were able to exceed all of our previous totals from the record books. Our ambassador of gleaning, Glenn Franklin, has developed outstanding relationships with existing farm families while building new ones with additional

farm families. Farm and orchard families open up their hearts while providing many opportunities for us to glean in 2020. To show you the increase in gleaning from Project SHARE, we begin with 2015's total of 34,152 pounds gleaned to a record setting amount of 150,232 pounds gleaned in 2020. This increase has all been made possible



due to increased participation from our community's volunteers and farm partners. You have touched many lives and impacted families while delivering food to many food insecure families at a time that our community is reaching out their hands for a lift up. As John F. Kennedy once stated, "When the going gets tough, the tough get going". Thank you for toughing it out in 2020 while being the toughest volunteer team to have ever gleaned for our community at Project SHARE. Your team work and dedication has been remarkable. Together we have moved mountains and we are so very proud and honored to have served with all of our amazing volunteers! - Steve Kuhn, Outreach Farm Coordinator





- ◆ Project SHARE
- ◆ Graciella's (Plainfield)
- ◆ Carlisle E-Free (Petersburg Rd.)
- ◆ Carlisle United Methodist

**Fill Up Our Bins & Shop at CommunityAid**

Your donations help to feed our SHAREd community!

**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."**

**“We are serving those folks who have been laid off or furloughed and are not finding it easy or seamless to get their unemployment checks. “**

pervision. We are serving those folks who have been laid off or furloughed and are not finding it easy or seamless to get their unemployment checks. **And many of our new clients are**

**displaced families now living in the motels and hotels along the Harrisburg Pike, having been evicted from their former homes.**



But happily, we have been able to serve them. During the harvest season Steve Kuhn’s gleaning teams brought in thousands of pounds of melons and apples for our clients. We were also fortunate to benefit from the Farmers to Families

program earlier in the fall, when we got pre-packed boxes of produce from the USDA by way of the Central Pennsylvania Food Bank. Unfortunately, this supply was drastically reduced in November and December, and we have not had access to it for two months. This means that Deb Brownawell has had to spend many hours trying to locate fresh produce at reasonable prices, not an easy task especially now that winter is coming.

**Has Farmstand “culture” changed?** Certainly, a lot of the camaraderie among clients and volunteers has been lost, as we have been obliged to reserve the inside of the building for filling grocery carts rather than follow the “indoor market” model we’ve always had. Most of our clients now wend their way down the alley from A Street toward Lincoln, stopping behind the Farmstand building to have their produce and bakery items packed in their cars by our team of volunteers. A few still walk up to the doors with their shopping carts, but because of the circumstances, there cannot be much communication or exchange.

**We’ve tinkered with the system** to arrive at a (modestly) efficient model that works well, with our volunteers rushing the goodies out to cars and the Carlisle fire police directing traffic. In the meantime, I sit either at a table (in nice weather) or in a duck blind (yes!) entering clients’ names into the computer. I enjoy



this format, because it lets me make really bad jokes about how many geese I’ve bagged on a particular day, but especially because it lets me banter with clients whom I’ve come to know better as their cars idle in front of my station. I now even know the names of most of the pooches that accompany their masters. There are occasional issues, like car trunks that won’t accommodate all the food for three families, or that won’t open or close, and drivers who wander in strange ways around the traffic cones, but these are minor hiccups. In fact, on the Tuesday before Thanksgiving, the only time Farmstand was open for business that week, we provisioned 262 households in 3 hours and 15 minutes

(Guinness Book of World Records, are you listening?), which works out to a household every 45 seconds.

None of this would be possible without the many folks (staff and volunteers) who contribute to getting Farmstand up and running every



Tuesday and Thursday: **Deb Brownawell, who supplies the produce and bakery items from farmers, supermarkets, and other sources, like**

**the Central Pennsylvania Food Bank; Steve Kuhn, who does the math** when it comes to figuring out how many half gallons of milk and dozens of eggs he can safely give to our clients without running short at the end of the day, as well as organizing and directing the team of volunteers twice a week. He also takes care of his computer lady, making sure she’s well out of the weather—although in the spring and the summer, this consisted of a jury-rigged ancient umbrella, stuck into a traffic cone and fixed with duct tape, partially preventing me from fainting from the heat.

Most importantly, a shout-out to all **our wonderful and faithful volun-**



**teers** who show up in the wind and the cold (of late): **Becky and Tom, Bob and Serena, Retno, Guy, Fred, Maureen, Josh, Art, Cindy, Mark, Kathy, Wayne, Delroy, Diane and Suzanne, and many others** who have assisted Project SHARE since we adopted our new model last spring. It’s physical work, requiring that they be quick on their feet and alert to both family size and to how many families are sharing a car. And those boxes last fall...they often weighed 30 pounds! The ambience is lively—we have great music, there was dancing when the weather was nicer, and there is always chatter and story-sharing. Finally, a shout-out to our fire police—**Bob, Ed, Charles** and others—who show infinite patience with motorists who have been known to point their tires in the wrong direction.

Consider this an invitation to come down and experience the fun of Farmstand, and to volunteer with our team if you have the time. We are there every Tuesday from 3-5 and every Thursday from 12-2. There’s always plenty to do, and we’ll be delighted to have you join us. Go to: <https://projectsharepa.volunteerhub.com/>

**Nancy Mellerski** taught French and Film Studies at Dickinson College for 36 years. She just recently completed her 6th year as a member of the Project SHARE board, and can now usually be found in the warehouse, sorting donated food, or at Distribution, helping to direct traffic.

Editor’s Note: Through rain, snow, heat, cold...Nancy is consistently outreaching to help and serve in various capacities where her expertise, perseverance and compassion is needed. She is an inspiration to all of us!

“There are no moments you have frozen in amber. It’s moving, it’s changing, so appreciate what’s good about right now and be ready for what’s next” - Michael I Fox



**A**round the New Year, it is all too common to hear promotions promising the new best way to lose weight and be healthy, claiming that this one strategy will be your end all, be all solution for health, happiness and longevity. As a nutrition professional, I am always skeptical of these extreme

promises and over simplified solutions. Yet, I have a few strategies of my own that I believe have the potential to impact health in positive ways.

The theme of this season’s newsletter is “frozen,” and it got me thinking- frozen food, and specifically a well-stocked freezer, can be a useful tool and creative strategy for healthy eating. It will not be the end all, be all that some may promise, but **a well-stocked freezer of healthy frozen food can be a step in the right direction toward meeting your health goals.**

Here’s why I think so:

- A well-stocked freezer makes eating healthy easier and more convenient.
- A freezer stocked with homemade meals, frozen lean meats and frozen vegetables is a tool to encourage you to eat healthier.



**“A recent research study found that individuals who planned their meals tended to eat a greater variety of foods, maintained a higher quality eating pattern as well as tended to have healthier body weights.”<sup>1</sup>**

When you have to work late or are juggling a busy schedule that allows minimal time for cooking, you can pull healthy meals out of the freezer instead of swinging by fast food restaurants, eating lunch out of the vending machine or heating a frozen pizza.

- **Individuals who eat at home more often than going out to eat ate about 200 fewer calories a day.**

With some meal planning and preparation, a well-stocked freezer has the potential to help you eat a greater variety of healthy foods to support you in your health goals.

- **Freezing food is a money saver, making healthy eating on a budget a possibility.**
- **Creating space in your freezer for lean meats, vegetables and fruit is an ideal way to eat healthy on a budget.**



These items are often the most expensive items on our grocery list, but creating space in your freezer for these items will

allow you to shop sales when at the grocery store, leading you to ultimately save money.

When you see a sale on chicken, ground turkey and fish, buy extra, as able, and put it in the freezer. Freezing these foods will extend their shelf life significantly. Beef and pork when frozen will last 1 year after their sell by date. White fish, chicken and turkey are good up until 9 months after their sell by date, when packed away in the freezer. Frozen ground meat will safely last 6 months after its sell by date, and fatty fish, like salmon, will last 3 months past its sell by date.<sup>3</sup>

- **Additionally, frozen fruits and vegetables are often cheaper than buying fresh, especially when the fresh produce is out of season.**

Take for example blueberries- a 12 ounce container of fresh blueberries can be upwards of \$7, but the same quantity frozen costs \$5 to \$6 LESS than that (comparing various local grocery store chains). Frozen fruits and vegetables are picked at peak ripeness and then flash frozen for optimal storage. Frozen fruits and vegetables are equally as nutrient packed as their fresh counterparts.

By shopping sales and comparing the price of fresh verses frozen produce, you can vary your grocery list to ensure you are saving money when purchasing healthy foods.

- **To get started on stocking your freezer with healthy foods, take an inventory of your freezer** and see how it compares to the following list.

Aim to include more of these items and less ultra-processed frozen foods (like store bought microwaveable meals, pre-made frozen dinner side dishes, etc).

### **A Quick Guide to a Well-Stocked Freezer**

- ◇ Lean Proteins: Chicken, ground turkey, salmon, 90% or leaner ground beef
- ◇ Frozen fruit, with no added sugar
- ◇ Frozen vegetables, with 140mg or less sodium per serving
- ◇ Pre-cooked rice/grains- next time you cook rice or quinoa, cook extra. Package the extra servings in storage containers and place in the freezer. Simply re-heat when you are ready to eat it.
- ◇ 100% whole grains- like whole wheat bread or whole wheat tortillas
- ◇ Shredded Cheese
- ◇ Homemade meals: Turkey or vegetarian chili, homemade soup, homemade single serve eggs, homemade marinated chicken packets
- **One final tip. Make sure to label and date all items not in their original container, so you don’t forget what is in your freezer after a few months!**

1—Meal planning linked to food variety, diet quality & healthier BMI: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5288891/>

2—Home cooking linked to eating fewer calories, about 200 less than individuals who ate out frequently: <https://www.cambridge.org/core/journals/public-health-nutrition/article/is-cooking-at-home-associated-with-better-diet-quality-or-weightloss-intention/B2C8C168FFA377DD2880A217DB6AF26F>

3 - Central PA Food Bank Food Storage Guidelines: [https://www.centralpafoodbank.org/wp-content/uploads/2019/11/FINAL-Food-Storage-Guidelines\\_TD\\_11\\_2019.pdf](https://www.centralpafoodbank.org/wp-content/uploads/2019/11/FINAL-Food-Storage-Guidelines_TD_11_2019.pdf)

4—Compared prices at ALDIS, GIANT, WEGMANS KARNS, WEISS and cited average cost across the stores.



PLEASE  
PLACE  
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5 North Orange Street

Carlisle, PA 17013

Phone: 717-249-7773

website: [projectSHAREpa.org](http://projectSHAREpa.org)

Facebook: Project SHARE of Carlisle

POSTAL RETURN SERVICE REQUESTED

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Mailing Address Line 5

Gratefully on the campus of:

# Dickinson

United Way of Carlisle  
& Cumberland County



*Mark Your Calendar Now!*

# Match Madness

*A matching gift incentive by the Partnership for Better Health foundation, M&T Bank and the Kline Foundation.*

**Donate**  
**March 1-31, 2021**

Project SHARE receives 100% of your contribution plus a matching percentage.

***The more We Raise, the Greater the MATCH!***



Make check payable to PFBH and send to PFBH, 274 Wilson St, Carlisle 17013. Write **Project SHARE in MEMO line** // Online: [www.forbetterhealth.org](http://www.forbetterhealth.org). Click on Match Madness and choose Project SHARE as your non-profit of choice.




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