

The latest image from the James Webb telescope?



SHARE News

WINTER - 2023

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Empty Provides A Space...A Loaf of Thanks...You Chose

SHARING Our Stories

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Empty is a concept that depends on how it is viewed. How does one become useful, whole, full, and content? It is only when one becomes empty that there is room for inspiration. From “in” and “spirit”, inspiration is when you are filled with a force. It is only by emptying that inner space of negativities that room is made for the spirit to arise. The ancient Chinese philosopher, Lao Tzu said it best,

“Thirty spokes share the wheel's hub; It is the center hole that makes it useful.

Shape clay into a vessel; It is the space within that makes it useful.

We fashion wood for a house, but it is the emptiness inside that makes it livable.

Therefore, profit comes from what is there, usefulness from what is not there.” JDSMK



Celebrating 1 year— Your Choice !



Your Choice, an indoor shopping experience as an alternative to both our Drive-Thru and pre 2020 models of distribution, is one year in! **How did we make the change and where has it gone this past year?** It began a year prior to Covid when we were examining how we did Distribution in relation to other food banks and pantries both regionally and nationally. March 2020 stopped our examina-

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SHARE Spotlight Column

Pathway of Emptiness

There is a unique beauty that is found in the seemingly grim reality of emptiness.

Emptiness can, in the words of the great poet Langston Hughes, feel like “all of our hopes have been shattered”.

For many, emptiness forces us to solemnly reflect on times of fullness.

We can easily get lost in the valley of despair when we tally up the relationships, opportunities and conditions that once were. Many of us would rather deal with the weight of having too much than having too little. **Being in a state of bareness impacts our overall wellbeing.** Wellbeing can be best understood in what psychologist Michael Seligman refers to as PERMA. PERMA stands for positive emotions, engagement, rela-



Continued on page 03

I began The Wholesome Loaf bakery in November 2021. While my background is in ESL/Education, I have always looked for ways to incorporate real food in my lessons and with connections to my students. In the nearly 10 years that I've dedicated myself to raising my four young children I have spent a lot of time thinking about how I could begin working again while taking care of my family and connecting my love of food, and especially bread, to the wonderful Carlisle community. **I have a passion for bread and have always looked for ways to share it with those closest to me.**

Thus, The Wholesome Loaf was born. I run the bakery from a sec-



Continued on page 06

Our Olive Volunteer in Ancient Groves



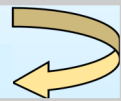
Salam! Ever since I was a little girl I have loved olives. I know. I know. It's a strange food for a little kid to love, but my dad always gave my brother and me olives for snacks, and we always had special olives for birthdays and celebrations. My American family is also a big consumer of

olive oil, as we go through several gallon size containers every year. Learning Arabic has paired remarkably well with my love for olives. Olive trees equal 80% of all cultivated trees in Jordan, *Continued on page 04*



Bob Weed, CEO

SHARE EMPTY?



Is the glass half full or half empty? If you say it is half full, you are an optimist. If you say it is half empty, you are a pessimist. One has a positive connotation, while the other is considered negative. While I consider my glass to always be half full (most of the time it is overflowing), I do believe that there is a positive spin to be put on the empty part.

What value would my coffee cup have if it were not for the empty part? As many of you know, I'm rarely spotted without my coffee cup, filled. So you know how much value there is, for me, in the empty.

I have found that, in most of life, there is tremendous value in the empty part. At times, the emptiness begins with something sad. But it creates a space for something new and joyous.

When my Dad passed away in 2019, it left a big empty inside me. As I worked through that experience I heard stories about how he had touched the lives of other. Those stories started to fill that empty with joyous memories of his life.

Around Project SHARE I get to see empty get filled constantly, and it is joyous to observe. Volunteers stock empty shelves for *Your Choice* distributions. Empty boxes are filled with healthy, nutritious food. Empty trunks are filled during drive thru distribution at both Farmstand and the warehouse. Business partners, generous donors and even the occasional truck drivers bringing extra loads, catego-

rized as "rejected" due to minor issues. All assure that the empty slots in our warehouse are filled with valuable resources for our Client families. During the summer I spend many Mondays out with our gleaning team. There we fill empty bins with fresh produce given generously by the local farms. Their hearts are full and our cup is overflowing to the tune of over 100,000 pounds of fresh produce to stock empty shelves throughout our community.



Some precious images also fill my heart when I see an empty little child's hand soon clutching a new book to take home, just for them! Emptiness being filled is part of the views that I witness every day.

So the next time you look at something and think it is heading towards empty, pause for a moment. Look around and see all those blessings in our lives. Then consider that you too have an opportunity to fill that empty spot with joy.

I have to go now. My coffee cup has some room for more joy –

Around Project SHARE I get to see empty get filled constantly, and it is joyous to observe.

Deb Hess Director of Development



is retiring after serving Project SHARE in challenging times that lead through a new administration then into the pandemic and now the "new normal". "Since 2016 Deb has molded an approach to serving the interests

of both our Clients and our community of generous Donors. She has been a pivotal part of our mission and we wish her well", remarked Bob Weed, CEO.

There are many joyful and impactful moments that Deb has brought and shared with all at Project SHARE. "When I have to describe Deb in a word I think of a few: competent, organized,

supportive, creative, a team player, hard working, and joyful", added Joe Kloza, Communications Coordinator.



Deb has been a dynamic force at many of our continuing events including the Match Madness campaign, the FARE for SHARE festival, Farm to Table, and Empty Bowls.

While we wish her all the best, we will miss her wise counsel and passionate work on behalf of all in the Project SHARE family. JDSMK



A Few Pictures from 2022



"All speech is vain and empty unless it be accompanied by action." Demosthenes

Your can SHARE, through our quarterly Newsletter, by making a donation appropriate to your circumstances.

SHARE Spotlight Column

relationships, meaning and accomplishments. Emptiness can aggressively pull from any or all of the components that make up wellbeing.

Yet, despite the apparent negative outcomes of this phenomenon, there are instances where emptiness has proven to be a pathway for creativity, justice, inclusion, and dignity. Let us pull up an imaginative chair and place it next to an imaginative painter. Smell the wooden floors and the distinct aroma that only can be omitted from paint. Watch closely as the painter begins to focus on the canvas. Do you notice anything? You are correct, the canvas is empty. In this scene emptiness is a part of the creative process. In fact, the **possibilities are endless when the canvas is bare.** In many ways we intuitively know that empty canvases are the future spaces for beauty, expression, and provocation.

When a space is empty it forces us to strategically reflect on how we will fill the space.

Health equity can be like the blank canvas noted above. **Health equity exists when all people, regardless of race, gender, sexual orientation, disability, socio-economic status, geographic location, or other societal constructs have fair and just access, opportunity, and resources to achieve their highest potential for health** (Health Equity Leadership Exchange Network). Like the canvas, health equity can be the future site for something that is radiant and transformative. Emptiness in terms of health equity can be understood as the conditions where there are no physical, political, or other systematic barriers that impede the work of helping folks reach their highest potential for health. Too often health equity leaders have the arduous task of identifying societal health obstacles and creating solutions that address those obstacles. Through emptiness a health equity worker could be proactive in their approach by spending their limited time designing and constructing systems that promote health equity as opposed to spending a great deal of their time tearing structures down.

The beauty of emptiness in a health equity context is that it allows for an abundantly imaginative future free of the pressure to tackle the overwhelming systems that may have been in place for decades. **I believe that a major prerequisite for creativity is emptiness. When a space is empty it forces us to strategically reflect on how we will fill the space.** An example of this can be found in the dynamic work of Project Share. Every week Project Share serves the amazing residents of this region who have come with various forms of need, by nourishing our community. The empty space of food insecurity presents an opportunity to enhance dignity, inspire belonging and often helps address many of the systemic social determinants of health. **We all have areas in our life that need people who will not see emptiness as an indicator of death but rather a sign of life.**



Marcellus C. Taylor, Ed.D. serves as Director of Health Equity at the Partnership for Better Health. He joined the foundation in 2021 and leads a portfolio of grants and initiatives focused on advancing health equity. Dr Taylor mobilizes strategies to engage historically marginalized communities and people with lived experience through the sharing of power and decision making, towards addressing health disparities and shaping a more equitable future.



tions and thrust us into a Drive-Thru model for all. Then during the summer of 2021 we began to see a day when indoor distribution could return, but how much and in what way?

This is when we went full throttle and brought in a true shopping experience with the right equipment (coolers, freezers, racks) plus a method that had Clients registering for an appointment to ease the flow and make the experience unique to them. Vendors, with other Client services, all have the opportunity to participate. Some of us wondered how it would work but we worked to make it happen and it has been an even a greater success than we had imagined or planned.

When we began *Your Choice* in November of 2021 we had a total of 67 households. Fast forward to November 2022 and we served 322. We have now exceeded those who continue to come by the



Drive-Through method. More households now choose to choose through *Your Choice*! We now offer *Your Choice* each Wednesday as well as during the week of warehouse Distribution.



Erin greets Nate and Chad as they choose.

Your Choice takes us in 2023 as we confidently offer our Clients their choice!



**More than a Party...
Make a Game Plan!**

Leading up to February 12th!

Do something challenging and or creative with your congregation, business, team, group, firm, school, family to raise funds and or food for Project SHARE, remembering that

Hunger is Not a Game!

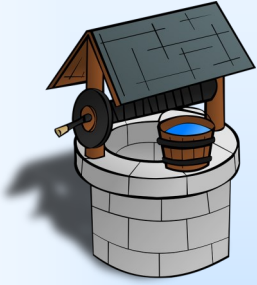
Visit: projectSHAREpa.org Contact: Media@projectSHAREpa.org



Congregational Corner

Filling our empty places

One of my favorite biblical stories is that of the Samaritan woman at the well. She was an unnamed outcast because of her lifestyle. The well was a



Over the many years since its inception, Project SHARE has become a “well” where those in our community who are food insecure can come and be filled.

source of water that she had come to depend on, but she came in the heat of midday instead of in the cool of the morning with the other women to avoid their ridicule. **The well was a place she went to get her needs met – to fill her empty jars.** But it was never enough. Every day she came back for more. Then one day, as she was filling her jars, she heard a man ask for a drink and when she looked up, she saw Jesus. In return for a drink, he offered her living water, something that would satisfy not just her physical thirst, but her deepest needs – to be recognized as a person who mattered, to be cared about and loved.

Over the many years since its inception, **Project SHARE has become a “well” where those in our community who are food insecure can come and be filled.** But it goes beyond meeting physical needs because the people who utilize the services of Project SHARE will tell you that it meets a deeper need – they feel they matter, are cared about, and are valued. It has changed their lives. Project SHARE has worked to grow its programs to fill the needs of anyone who is hungry in our community. **Project SHARE recognized that there were people in the community who did not meet the criteria for main distribution but often had to make the choice between paying the rent and buying medication or food and so they created the Farmstand, where anyone could come.** They have worked to ensure that the food provided is well balanced and nutritious. Their many programs from Gleaning to Kids in the Kitchen and more serve the community. The latest, Choice Distribution, allows people to have ability to choose for themselves, which they may not often have in other parts of their lives.



The faith community has been a dedicated and compassionate partner with Project SHARE probably because the organization was founded through the collaboration of many congregations in our community.

Congregations have supported Project SHARE by collecting specific food items, donating to the holiday drives, the summer feeding program, fill the bus Carlisle 4 kids, and volunteering their time

Just as the woman at the well had her empty places filled with Jesus' unconditional love, acceptance, approval and affirmation, Project SHARE fills the empty places for those who use its services not only with food but with overflowing compassion and care so they can not only survive but thrive.



Gale Wenk du Pont has served as the President of the **Carlisle Area Religious Council** since 2016, and is a member of Trinity Lutheran Church in Camp Hill. Her ministry focuses on pastoral care for the homebound and those in nursing facilities. She is also on the Cumberland County Re-entry Coalition and other community initiatives.

and one of the things I was most looking forward to while studying abroad was getting to see a native olive tree for the first time in my life. This dream ended up coming true during fall break when my cohort was invited to a Jordanian family's olive farm.

Immediately when we arrived at the farm the family welcomed us with plates of fruit and Arabic coffee. They also sat down with us and started telling us about olive harvesting in Jordan.

The olive picking season usually runs from mid-October to December, and traditionally during this time farmers and their families would work in the fields together harvesting olives and singing songs. Olives in Jordan are harvested manually. Large tarps are placed at the bottom of each tree and then when the olives fall onto it they make a pitter patter sound like rain drops!

After picking olives in the morning, we sat down to an amazing meal prepared by the family. We ate lamb sajina (a type of grilled meat,) potatoes, zait and zatar, (olive oil dipped in thyme,) matbucha (a tomato dip,) olives, fresh vegetables, lebneh (a type of yogurt,) halwa (a sweet pistachio spread,) and fresh green onions. I am not exaggerating when I say this was one of the most memorable and delicious meals of my life. **I realized how blessed I was that our plates were not empty, as many can be throughout the world.** After lunch the family took us to the local press where we saw how olive oil is made and try the fresh oil.



As I reflect on the theme empty, I cannot help but think about how the warm Jordanian hospitality that I have experienced best exemplifies this idea. We all felt overwhelmingly loved and welcomed when we arrived at the farm.

Whatever hesitation or emptiness we might have felt was filled with the spirit of welcome from our hosts. What continues to amaze me is that this Jordanian family did not know us personally before we came. They just knew there was a group of American students and their language partners who were coming for the day, and they graciously opened their home to us. To Jordanians, an empty house longs to be filled with guests and a feast. Similar to how the rolling olive fields long to be filled with families and friends singing, dancing, and laughing in the fall sunlight as they pick the trees' fruits. In these empty spaces something of real value can occur: hospitality and as a result, community and love. These empty spaces, however, only are filled with community when we invite others and welcome them.

What will always stay with me about my time in Jordan is the genuine hospitality I have encountered. Maybe olive harvesting is not on Trip Advisor's list of top activities to do in Jordan, but to me that's the whole point. Intimate moments like sharing a meal with a family and playing with children under the shade of olive trees while Friday prayers echo through the valley taught me more about Jordan and her people than any other activity I have experienced. Unconditional hospitality in a land full of millions of olive trees is the real Jordan, and I hope to bring this virtue with me back to Carlisle and carry it with me wherever I go in life.



Xenia Makosky, is a Carlisle resident and junior at Dickinson College. She has been volunteering at Project SHARE as part of Summer Feeding's educational efforts and collaborating on projects with Joe Kloza, the newsletter editor, since she was in elementary school. During the fall 2022 semester she studied in Amman, Jordan.

“When I pause...in silence...to think...or to wait, then it is in that empty space, that strength enters, and I am empowered.” JDSMK



Firms, Businesses, Foundations and Organizations who, as part of our community donate funds or in-kind gifts received between September 15th and December 14th.

- | | |
|--------------------------------------|----------------------------------|
| 7-Eleven | Gill Giving Fund |
| AES Hearthplace, Inc. | Grappling Crab Shack LLC |
| Aetna | House Smoke & Smokehouse Deli |
| Ahold Delhaize USA Family Found. | Joe Bedard Fund |
| Anderson Logistics | Karen Hall Trust |
| Beechwood Orchards | KinderCare |
| Beeman's Bakery | Kretzing, LLC |
| Bergey's Truck Center | Land O'Lakes, Inc. |
| Beta Sigma Phi | LifeGuide Financial Advisors |
| Bier Acres | Lions Club of Plainfield |
| Big Spring High Class Of '57 | M&T Charitable Foundation |
| Blue Mountain Veterinary Service | Mac Stack |
| Bobby Rahal Toyota | Martin's Famous Pastry Shoppe |
| Boy Scout Troop 189 | Menasha Corporation Foundation |
| Brad Mentzer Financial Adviser | Microchip Technology |
| Bricker's French Fries | Moskel Counseling Services |
| Bruce & Andrea Kimmell Charitable | Mount Jewelers |
| Burnt Mill Veterinary Center, P.C. | Nationwide |
| BWI Of PA, Inc | Penn State Dickinson Law |
| Capital Region Literacy Council | Penn State Health Medical |
| Carlisle Girls and Boys Lacrosse | Penn State Master Gardeners |
| Carlisle Kiwanis Club Foundation | Pledging Foundation |
| Carlisle Syntec Systems | Pretzel Spot Cafe |
| Carlisle LIS, National Honor Society | Rich Valley Golf |
| Cassey Chiropractic Clinic, PC | S&C McKeenan Family CharitFund |
| CC Funnel Cakes | SMSD Yellow Breeches Middle Sch. |
| Chameleon 1648 Culinary Services | Spiral Path Farm |
| Christian-Baker Company | Sri Ganesh V3 LLC |
| Colyott & Watson Insurance Agency | Subway Autobody Collision Center |
| County of Cumberland | Sundek Of PA |
| Cruise Holidays Of Carlisle | Sweet Patch |
| Cumberland Valley Corvette Club | Syncreon |
| Cumberland/Carlisle AARP 4377 | The Cindy and Glenn Shope Fund |
| CustomInk.com | The Doctors Warren Fund |
| DB Schenker | The Foundation - TFEC |
| Dickinson College | The Italian Job |
| Don & Emily Thomas Thrivent Fund | Troxell Giving Fund |
| F&M Trust | Union Quarries, Inc. |
| Falafel Shack | United Way Carlisle/Cumberland |
| Farm Show Milkshakes | Village Artisans Gallery |
| Flip Flops Foundation, LLC | Wegman's |
| G.B. Stuart Charitable Foundation | Weis Markets |
| Giant Food Stores, LLC | Wentzel-Weitzel Gifts |
| Gildin Giving Fund | |

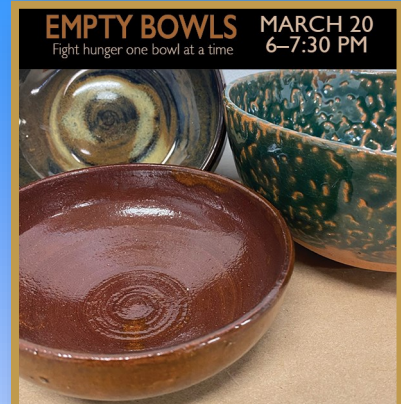


Congregation Connections

Many thanks to our congregational supporters. We also thank the many congregations for their gifts of time. This list recognizes donations received between September 15th and December 14th.

- Bethel Assembly of God
- Bibleway Church of God
- Carlisle Area Religious Council
- Carlisle Baptist Church
- Carlisle Evangelical Free Church
- Carlisle First Church of the Brethren
- Carlisle Seventh Day Adventist Church
- Carlisle United Methodist Church
- Dickinson Presbyterian Church
- Doubling Gap Church of God
- Faith Chapel of Carlisle
- First Evangelical Lutheran Church
- First Presbyterian Church
- First United Church of Christ
- Green Spring First Church of God
- Hickorytown United Methodist Church
- Holy Trinity Greek Orthodox Cathedral
- Lighthouse Church of God
- The Meeting House
- Opossum Hill Union Church
- Otterbein United Methodist Church
- Plainfield First Church of God
- Redeemer Orthodox Presbyterian
- Second Presbyterian Church
- Shiloh Missionary Baptist Church
- St. John Evangelical Lutheran Church
- St. John's Episcopal Church
- St. Matthew's United Church of Christ
- St. Patrick Catholic Church
- St. Paul Evangelical Lutheran Church
- St. Stephen Lutheran Church
- Tree of Life Lutheran Church
- Trinity United Methodist Church
- US Army War College Memorial Chapel
- Youngs United Methodist Church

We also recognize all the individual donors and volunteers who give time and resources "Nourish Our Community..." while "...Awakening Hope!"



EMPTY BOWLS MARCH 20
Fight hunger one bowl at a time 6-7:30 PM

Event to be held at

Project SHARE, 5 N. Orange Street
Tickets are \$25 per person at carlislearts.org
All proceeds benefit Project SHARE
Enjoy a sampling of soups and take home a handmade bowl!
Empty Bowls is sponsored by
  

BRAND NEW@ Project SHARE!

The Sharing Table: A Family Cooking Class

Bring your family to cook together!
Saturdays January 21 & April 22.
10:30am-12noon
123 Lincoln St. Carlisle Pa
Lunch will be served

Contact Project SHARE's Nutrition Coordinator, Emma, with questions:
email ewitwer@projectsharepa.org or call 717-249-7773 ext 231



Bob Weed, CEO of Project SHARE accepts the sponsorship donation from Todd Swope, General Manager of Bobby Rahal Toyota. Santa's Family Joins in the Celebration!



Thanks to:

Bobby  **Rahal**
TOYOTA

ond kitchen in my home. I offer "in person" pickup, free delivery in the Carlisle borough, and also sell at Double Vision Acres farm store on Spring Rd. This set up allows me to have the flexibility I need to take care of my family and run a business making nourishing bread for the Carlisle area.

I believe that a fresh loaf of bread can be a community builder. Community is built around relationships and food can be a big part of that. If you share a meal of soup and bread with friends, or give a loaf of bread to a neighbor - all of these moments are building a sense of kindness and community. That is something I am so proud to be a part of with The Wholesome Loaf. When a loaf of my bread can help build a bridge between people, I am a happy baker!

One of the connections I am so pleased to be a part of in Carlisle is Project Share. I first became connected with Project Share when my children attended many of the Kids in the Kitchen cooking classes. This initially took place during 2020 when most everything was still locked down. When my children were able to virtually cook with their peers, after being cut off from nearly everything else, they were delighted.

During the summer of 2021 my husband suffered a workplace accident that left us in a very difficult position for an extended period of time. **Once again, Project Share was there to offer us a helping hand in a frightening time. I have since spoken to many other families in our Carlisle community whose lives have been given hope because of Project Share's good work.** It is because of my firsthand knowledge of this that I decided to celebrate the one year anniversary of *The Wholesome Loaf* by running a promotion to benefit Project Share - 25% of the profits of each European Peasant loaf sold during the Holiday season. It is so important for me to be able to give back to those who did the same for my family and so many others in this area.

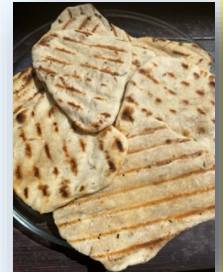
As *The Wholesome Loaf* continues to grow and provide nourishing breads, pastries, and granola to our community I will plan to continue to give back in as many ways as I can. My hope for this business is that it will continue to help people find not just tasty bread, but a reason to sit down and share a meal and a conversation with someone important to them. I do believe this bread can make our community stronger.

Flatbreads are such a great starting point as you start to get the feel for working with bread dough. They are relatively quick, simple, and very rewarding.

The recipe I offer is for a very basic flatbread. This will turn out very similar to naan bread that you've likely encountered when eating Indian food. It's wonderful for dipping into savory sauces, but also makes a great base for hummus or a quick weeknight pizza. Almost every culture has some version of a traditional flatbread and you can really expand your knowledge, skill, and tastebuds! The link below will direct you to some great flatbread resources. Happy baking!

<https://www.bobsredmill.com/blog/healthy-living/what-is-flatbread/>

- 3 cups all purpose flour
- 2 tsp. Baking powder
- 1 ½ tsp. Salt
- 3 Tbsp. olive oil
- 1 cup of cold water
- 2-3 Tbsp. canola or olive oil for the pan



Step 1: Place the flour, baking powder, and salt in a large mixing bowl and stir to combine.

Step 2: Add the oil and cold water. Stir to combine until you have a cohesive dough. Add more flour or water, if needed. Once combined, cover with a towel and let it rest for 10-15 minutes.

Step 3: Preheat a skillet (one with a heavy bottom works best) and add a small amount of the extra oil. Heat until the oil is hot.

Step 4: Divide the dough into 10-12 pieces (each should be about the size of a large egg.) Flour your hands and roll or pat each piece into a rough circle about ¼" thick.

Step 5: Fry each flatbread for 2-3 minutes, until it is turning golden brown. Flip and fry again on the other side. Transfer to a cooling rack while you finish the remaining flatbreads. Add any more oil as needed for the rest of the dough.

**Feel free to play around with these! You can add fresh herbs or scallions. Experiment with combining white and wheat or rye flour. These are also fun to make on the grill!*



Katie Cook Jimenez is the owner of **The Wholesome Loaf**. She was a former Client in need of a "hand-up", due to a family health crisis and developed a relationship with Project SHARE. Her at home business is attracting a growing number of customers thereby providing the income she sought to solve her family's challenges.

Mom & Daughter Volunteers Kim & Hannah

Why did you come to Project Share? My daughter had previously volunteered with her day

program for young adults with disabilities. I was looking to continue her volunteering after her program shut down due to the pandemic. I got to participate as well .

What do you do as a Volunteer here at SHARE?

So the volunteer job description is "sorting" which can entail loading food boxes, cleaning fruit/vegetables, sorting good and bad produce, bagging produce or other food items individually, packing food boxes, and stocking shelves for in person distribution.

What keeps you coming here? Frankly, we love the people we work with! Everyone is so friendly, kind and always happy to see you. We find both the staff and volunteers really enjoy serving. We love being apart of a non-profit that's helping the community and giving back!

What did you do before coming to SHARE? I lost

my job during the Covid pandemic and was unable to return to work yet due to a shortage of home health aides and programs for young adults with disabilities. I had been a Financial Recruiter. We've been volunteering here for 2 years.

What is your most memorable moment having volunteered at SHARE?

I don't know if I have only one memorable moment but MANY sweet moments ...the wonderful conversations with the staff and volunteers for sure. Especially during the 2 challenge years of the pandemic feeling isolated and lonely...but not on Thursdays when we volunteer at Project Share! It's brought us friendships with great joy! Also the staff and volunteers have treated my daughter Hannah with such kindness and joy as well, making her feel like any 25 year old!

Anything else you would add? Yes, a BIG thank you to all the staff for simply saying "Hi" and chatting with all the Volunteers...making us feel like friends/family! It goes such a long way, more than I think they even know. :)



Support **SHARE's** Community Aid Bins.
Locations on our website at
projectSHAREpa.org



SHARE your support by means of
this Newsletter's
envelope or online at: projectSHAREpa.org





In the past year, the cost of groceries has increased 12.4%, according to the U.S. Bureau of Labor Statistics. If you are your family's grocery shopper, you may have seen a head of lettuce with a price tag of \$7, a tub of plain Greek yogurt marked \$6 and eggs continually creeping up in price. You may be experiencing emptier wallets and the strain inflation is putting on households. **This Kitchen Kronicles is dedicated to eating healthy while cutting costs.** With strategic substitutions and simple swaps, you can lower your grocery bill without sacrificing nutrition.

Here are 4 tips for eating healthy on a budget:



Opt for Canned Meats: Fresh meats are one of the most expensive foods at the grocery store, so finding substitutes for fresh meat is key to cutting costs. **Replace fresh meat with canned meats**, like canned tuna and canned chicken, to power up with protein. For the healthiest choices, look for canned meats that have 240mg of sodium or less per serving. Canned chicken is a flavorful addition to quesadillas, casseroles and one pot meals. Canned tuna is delicious formed into tuna cakes or tuna melts.



Go Vegetarian for a Meal or Two: Canned beans are a cost effective and nutritious choice. **Incorporating one or two bean based meals into your meal plan each week will help keep costs low.** Make a vegetarian chili or vegetarian tacos using black beans or pinto beans instead of ground beef. Try using cannellini beans, kidney beans or chickpeas in soups. Always rinse canned beans with water before using to cut back on sodium.



Eat a Mix of Fresh, Frozen & Canned Produce: Like meat, fresh produce is a pricey item on our grocery lists. **Frozen and canned produce have longer shelf lives and are cheaper than their fresh counterparts.** Look for canned and frozen vegetables with 140mg or less sodium per serving, and opt for fruit with **no added sugar** for the healthiest choices. Mix and match fresh, frozen and canned fruits and vegetables to maximize nutrition and minimize costs.



Have a Plan: Planning meals in advance **cuts costs by minimizing trips to the grocery store** (then decreases impulse buys), scales back how often you are going out to eat and reduces food waste. Looking at least one week ahead and brainstorming meal ideas is crucial to eating healthy on a budget.

For healthy and cheap meal ideas, check out

Budget Bytes www.budgetbytes.com/, a food blog that takes into account cost and affordability of each of the recipes shared on the site. **Good and Cheap** by Leanne Brown books.leannebrown.com/good-and-cheap.pdf, a great resource that is geared toward recipes that are healthy and cost no more than \$4 per person per day.

If you would like an inspirational recipe to get started...here you go:

One Pot Southwest Chicken Skillet

(a Budget Bytes recipe)

Serves: 4 Serving Size: 2 cups

Prep Time: 5 Minutes Cook Time: 25 minutes.

Ingredients

- 1 cup uncooked quick cook brown rice
- 1 cup salsa
- 1, 14 ounce canned chicken
- 1, 15 ounce can black beans, rinsed
- 1 tablespoon chili powder
- 1 ¾ cup reduced sodium chicken broth
- 1 cup shredded cheese (optional. To reduce cost of this recipe, leave it out)
- ◇ Optional Toppings: More Salsa, Plain Greek Yogurt



Directions

- Grab a skillet with a lid. Combine the rice, salsa, canned chicken, canned beans, chili powder and chicken broth in the skillet. Stir until all the ingredients are mixed together.
- Place the lid on the skillet and turn the heat onto high. Bring the skillet to a boil. Once boiling, reduce heat to lower and simmer for 20 to 25 minutes- until a liquid has been absorbed by the rice.
- Once liquid is absorbed, turn off the heat and let the skillet rest for 5 more minutes with the lid on.
- Remove the lid and fluff the mixture with a fork.
- Sprinkle the cheese over the top of the mixture, if using cheese, and replace the lid until the cheese has melted.



Kids in the Kitchen- In-Person 5-6:30pm at SHARE HQ. Limited places available!
Jan 3; Feb 7; Mar 7; Apr 4; May 2 Tuesdays
 Registration / Sign-up: timetosignup.com/projectssharepa
Virtual Zoom: Jan 24; Mar 28; Apr 25 Tuesdays
 Details at: projectSHAREpa.org

Adults—Slice of the Month- In-Person 5-6:30pm at Farmstand, 123 Lincoln Street.
Jan 9; Feb 13; Mar 13; Apr 10 Mondays
 Registration: timetosignup.com/projectssharepa
 Details at: projectSHAREpa.org





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 Phone: 717-249-7773
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Our Mission

Project SHARE is a faith-based food pantry founded in response to God's call to love one another.
To reduce food insecurity for neighbors in the greater Carlisle area by offering access to nutritious food, programs, and a support network that promotes self-sufficiency, fosters dignity, and instills hope.