



For the Latest in SHARENEWS



SHARENews

SPRING - 2023

IN THIS ISSUE:

Changes at SHARE...Feeding Kids this Summer ...Mindful Eating

Discoveries Inside

- No Longer A SNAP.....1,4
- Changes at SHARE.....1,2,6
- Summer Feeding.....1,3
- School Volunteers.....1,4
- Congregation Corner.....5
- Dickinson Organics on the Farm...3
- Kitchen Kronicles7
- Spring Cleaning Bins.....8



The plane touches the runway, the engines go in reverse and the time away can now begin. It welcomes a change. The problem, for me, is getting ready for the destination. **Changes**, and transitions can be stressful, and sometimes painful. How we approach change seems to be key! Change happens, but how do we “go with the flow” and adjust in a way that makes change a purposeful and positive reach into the future? I have found, the best path through change is to help others. It takes the focus off me, yet it heals me. Try it when change happens. - JDSMK

Food Sourcing No Longer a SNAP



The additional benefits that were put into place for people receiving SNAP benefits will be ending after the February allotments. This means that beginning in March most families will be receiving at least \$95 less in monthly benefits. The increased amounts, that eligible people received during the COVID times, caused many to become accustomed to the new benefit. However, everyone will be forced to adjust, and as a result Project SHARE expects an increase in needy families by as much as 30%.

For example, a working single father of two children has seen his food assistance drop from \$600 a month to \$95 a month. Senior citizens on fixed incomes could see their assistance drop from \$200 a month to \$15 to \$20 a month.

Those are just some of the stories Project SHARE is hearing from resi-

Continued page 04



Thank You, Bob!

Robert “Bob” Weed Retires

When Bob joined the Board of Project SHARE in 2015 he did so with the thought of “...a good way to change my focus for retirement...” Project SHARE would be a way to see how a non-profit works to provide a “hand-up” to parts of the community in need. Little did Bob realize that this beginning would take him on the journey of a

lifetime causing a transformation that he continually referred to by stating that he was a “...recovering banker.” Bob had been involved in the world of banking since 1982 soon after graduating from Dickinson College, class of 1980, with a degree in political science and psychology. For over 34 years he worked in banking.

When Bob was appointed to be the interim CEO, he began a new aspect to his journey from the world of finance, though finance was a key to improving the ability of SHARE to conduct it’s mission successfully. Bob became a “hands-on” administrator from day one. By “hands-on” you could find Bob everywhere as he began to connect with Staff, Clients, Volunteers, and Donors.

In the end the Staff wanted Bob to stay, though he stated his

Continued page 04

SHARE as a Laboratory for Schools

Carlisle High School students have been volunteering with Project SHARE since 2003-04. It was at that time that CHS instituted a “Service-Learning Project” as part of Civics. Hands on service was what has led to the greatest impact on student development. All of our 11th grade students are required to complete six hours of community service at a local non-profit organization. We believe that it is important for students to understand the role that community



service plays in effective citizenship.

The goal of the program is not to recruit a pool of volunteers that will solve the problems of Cumberland County. Rather, the intent of the program is to teach about community

Continued on page 04

More Children Expected to Be Fed This Summer

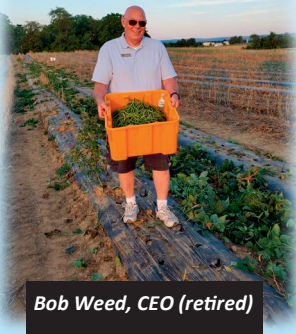
With the reduction in SNAP benefits, this summer, Project SHARE is expecting to serve more families in need of feeding their children while school cafeterias are closed. For the last 3 years Project SHARE has converted to a drive-thru model where it has been able to feed larger numbers of children. In 2022 SHARE was able to deliver 59,638 meals, at 4 sites, to provide 7 breakfasts and 7 lunches to an average of 430 children per week. SHARE will once again forgo the federal funding, but rather feed more children with the support of the donor community.



“Our primary mission is ‘...providing access to nutritious food...’ We found that we can best serve the most children in our community, who are in need of a hand up, by continuing to self sponsor our Summer Feeding Program”, stated Emma Witwer who is the Nutrition Coordinator at Project SHARE. From June 8th until August 11th all 4 sites will be ready to deliver food for children assisted by a team of dedicated Volunteers.

Continued on page 03

SHARE CHANGES



Bob Weed, CEO (retired)

Well, it's time for another article for the newsletter. Joe paces outside my door checking to see how I'm progressing. Seems I'm the one holding up production - again. In all honesty, that's something that's never changed. I'm always the last to get my article in.

But, change is a foot at Project SHARE. In case you missed it, I'm retiring from SHARE at the end of March. While I don't have anything "lined up" I'm confident that God will put "good trouble" in front of me in due time.



Change impacts everyone in different ways. Some fear change. Others are comfortable with it. Personally, I fall into the latter category. It is through change that we grow. I have watched my kids change and grow into the young adults they are today. **Over the past six plus years I have watched the team here at Project SHARE change and grow in dramatic ways.** I myself have even changed and grown over time. John C. Maxwell said "Change is inevitable. Growth is optional." I choose growth.

Project SHARE has been an instrumental factor in my personal growth and change. As a banker, working in and around Carlisle, I knew there were issues to deal with. It wasn't until I started at SHARE that I learned how deep some of those issues - especially poverty and food insecurity - run. That changed me and

made me grow.

Another aspect of my time here has been humbling. I am in awe of a community that

understands its blessings and so generously supports those in need.

On a daily basis I get to see and work alongside Volunteers who are here to help individuals and families they may never meet. They do so for the reward of giving back and not for their own glory. I am blessed to work with a team who looks out for each other, takes on challenges and often are just better people than I. From all this, I have learned, grown and changed.

John F Kennedy is quoted as saying "Change is the law of life and those who only look to the past and present are certain to miss the future." **Now it is time to focus on Project SHARE's future.** It is a bright one. It is certain that there is plenty to be done to address food insecurity in our community. Project SHARE is poised to move forward and take on those challenges in ever changing ways. **I'm confident that my successor will have the skillset and temperament to lead the organization into and through those challenges.** And, I know that the community, Volunteers and Team at SHARE are ready to tackle the future with the same gusto they have poured into the past six years.

The Greek philosopher Heraclitus is credited with the phrase "The only constant in life is change." Who knows, Joe, maybe my successor will get their newsletter articles in on time. One can only hope, right my friend?

I have truly been blessed to meet you all, work alongside you and in some small way helped nourish our community and awaken hope in those we come in contact with. "Thank You" hardly seems to be enough, but Thank You all for the past six plus years. With fondness, I will always remember my time with you and how it has changed me.

I'm confident that God will put "good trouble" in front of me in due time.



And so the days float through my eyes But still the days seem the same...ch-ch-changes." - David Bowie



Project SHARE's Board of Directors has announced the appointment of Michelle Y. Moyer to the position of Chief Executive Officer of Project SHARE. She will begin her role on March 27th. We welcome Michelle and look forward to featuring her in our next Newsletter.

Behind the Curtains

February 2023 Receiving Report

- Total SHARE Runs for Food - 43
- Donations from Trucking Companies - 4
- Other Shipments/Deliveries + Farm Stand - 34
- Total Truck Shipments/Deliveries - 81
- Number of Working Days in February - 19
- Average Truck Shipments/Deliveries per Day - 4.26

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.

ORGANIC CHANGES on the FARM



The season changes as winter yields to spring. Here at Dickinson College Farm, we are busy reaching out to community partners like Project SHARE to confirm plans for the upcoming season.

ed from the Dickinson campus and community partners like Project SHARE, along with manure from the farm's neighboring dairy will "feed" a large-scale biogas digester capable to change captured gas into electricity!

Finished compost, along with nutrient-dense effluent produced during the biogas process are important ingredients for crop health at the College Farm. **Each year the farm grows 10-acres of certified organic vegetables.** As soil amendments, both the compost and effluent infuse the soils of our crop fields and pastures with beneficial organisms that work to build and support soil health. Healthy soil yields healthy crops!

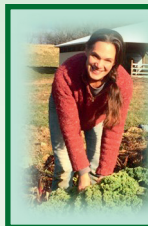
We are proud of the fact that **thousands of pounds of our fresh produce are transported each year from our fields to the coolers at Project SHARE** where they are ultimately SHARED with local residents. What we

get to witness behind the scenes is the beautifully orchestrated cycle that converts unwanted food items into future harvests through natural biological processes that we help shepherd. This closed loop system builds resilience, not only on the Dickinson College Farm but also within our community. Through collaborative partnerships, the opportunity to convert "waste" otherwise destined for the landfill or even worse, the watershed is a win-win for community health and our local food system.



At the College Farm we have learned not to look at food waste as trash, but instead as an ingredient that changes through decomposition to become a vital component to our recipe for soil health and ultimately crop and human health.

The transformational change from banana peel to finished compost is a magical phenomenon, one we feel truly lucky to be a part of.



Jenn Halpin, Director of the Dickinson College Farm Jenn founded the Dickinson College Farm in 2007. She applies her background as a production farmer in organic agriculture and graduate studies in Sustainable Food Systems to her teaching as a Food Studies instructor. Jenn's research focuses on the intersection of food security and home gardening, working with Carlisle neighborhoods to develop appropriate strategies to help mitigate community food insecurity through efforts to grow one's own food.

For over a decade, the College Farm has collaborated with Project SHARE on a variety of projects, and we are grateful that the changes that have come to our longstanding partnership have been of mutual benefit to both organizations.

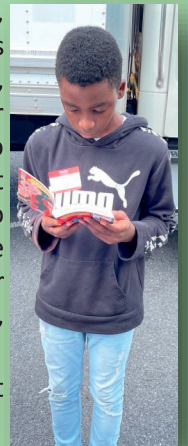
One of our joint initiatives with SHARE is to compost food waste generated. Perishable foods that exceed their "best buy" date are transported to the College Farm on a regular basis where they are integrated into our active compost piles or as feedstock for our biogas digester. **Regardless of its ultimate destination at the College Farm, this food waste is converted into a valuable resource.**

As an ingredient to our compost piles, the **food waste** works in tandem with carbonaceous materials like leaves to **breakdown into finished compost** otherwise known as black gold. This is then applied to our vegetable production fields as a soil amendment. Food waste diverted to our biogas system is "consumed" by microorganisms that thrive in an anaerobic (non oxygen) environment, thereby producing a gas that the farm captures to use as an alternative to propane for cooking. Soon, the food waste collect-

More Children Continued from page 01 The 4 sites are Farmstand on Thursdays from 5 to 7pm, Amelia Givin Library Lot in Mt. Holly, Project SHARE's HQ on North Orange Street, and Plainfield's First Church of God on the Newville Road, and all on Fridays from 9 to 11am. The estimated cost to operate this program is approximately \$75,000. "With a food insecurity rate, at last count of 14+%, we know that the need is great and that SHARE makes a difference in many lives in our area by providing for children during the summer period", according to Witwer.

At one of our sites, Pastor Jim Clock of Plainfield's First Church of God added: "Each of the 10 weeks during the summer, we have anywhere from 10-15 volunteers come out of our congregation to help serve alongside the staff and volunteers from Project SHARE. Both the volunteers and recipients are blessed beyond just receiving food and free books, prizes, etc. It's more than handing out food, etc. It's building relationships and learning peoples' names and even some of their struggles. Peoples' eyes light up when we call them by name after the first week or so. Something that simple matters to them. Many times we see tears of joy both from the recipients and the volunteers without a word being said. That is not something you can put a price on...Our small congregation does the best we can to provide funds for Project SHARE as well; anything we can do to help. Our people are "all in." ... Jesus said, "whatever you have done for the least of these, you've done for me." Jesus never turned people away. When it comes to Summer Feeding Fridays, neither do we."

Those wishing to sign up for the Summer Feeding Program are asked to register at www.TimeToSignUp.com/projectSHAREpa starting after the middle of May.



"I watch the ripples change their size, But never leave the stream, Of warm impermanence,

tenure was limited to the interim period. They believed that he was the person to take Project SHARE forward, and Bob finally agreed to a term as CEO. "We were convinced that his leadership would bring stability, and provide a framework to serve the community moving forward," according to Joe Kloza, Communications and Education Coordinator. The job of a CEO could be spent administrating from an office, but not Bob. He knew how to divide his time from the necessities of office work to getting to know how to be



a part of the organization you are tasked to "Chief". As an example, the warehouse would often see Bob moving lifts with pallets of unexpected food that had just arrived from a trucker. He became adept at moving pallets with the hand and electric pallet lifts. Whether it be a load of Bok Choy, that arrived unexpectedly, or a load of cake icing, in 5 gallon buckets, Bob became to know and integrate himself into the workings of the warehouse as was needed. "We never felt that he was participating by trying to make change for changes sake nor trying to find fault, but rather he serves as a true member of the team, either doing the job or making constructive suggestions. I always felt he was engaged in the good works that God smiles



upon!" Long time Warehouse Coordinator, Darrell Beam reflected. Asani Mukusa, also our Warehouse Coordinator added, " Bob has restored my image of CEOs. I came from a corporate environment where you never met and sometimes didn't know your CEO. I was pleasantly surprise seeing Bob sweeping ,moving pallets and taking trash out after my first distribution week at Share. I knew that this was an organization that served".



Monday gleanings, in the farms around Carlisle, would often see Bob pitching melons, picking corn, or what ever else was needed to get the job done.

"The way he cares about his staff and our clients is remarkable. Bob is inspiring both as a boss and as

a person, and I couldn't be more thankful for someone like him to have led such a great organization and pushed through adversity to make Project SHARE what it is today", said Natasha Thumma, Volunteer Engagement & Client Support Coordinator. Meagan Smith, Volunteer Coordinator added, "If it fit the mission, he led our team to identify the problem; come up with a solution and walked along side of us to make sure we had all tools needed to complete the job...Stopping in every office each morning to say hi, asking how you are and how he can help. Bobs door was always open. "

When our Nutrition Department would be holding their Kids in the Kitchen class who would be quietly washing dishes, after normal "banking hours"? It was Bob!

Has Bob recovered? "My time at Project SHARE has been a special moment in my life that has led me in paths I could have never foreseen. My interaction with all has brought me a new awareness of our place in the human circle of life. It has emphasized the parts of my spirit that were there but became accentuated. Now it is time for another chapter both for me, and for Project SHARE", he said with a smile.



service. The importance of volunteering time within their community cannot be taught in books. It demands a "hands-on" experience that will immerse the student in the activity itself.

We strive to give students some insight into a side of community life they may not be familiar with, and to SHARE with them a few non-governmental ways of dealing with the problems and issues faced by our society. Just as it is hoped that students will become active participants in the electoral process, we believe that the "service-learning" experience helps students better understand their role as active members of their community and encourage their adult participation in "service-related" activities in the future.

For years CHS students have elected to complete their hours of service with Project SHARE. Once students complete their hours of service, we ask



them to reflect upon their service. They write a composition explaining SHARE's purpose in the community, why they chose this organization, the work they completed, and to evaluate and reflect on their experience.

While COVID certainly put a damper on this program, we still asked students to research and report on non-profits in the Carlisle area. Several students found work so rewarding that they continued to volunteer beyond the six-hour requirement and into their senior year of school. Some expressed that the experience of volunteering helped them to find purpose and meaning, and to respect the diverse people that make up our community.



Kevin A. Wagner is the Social Studies Program Supervisor at Carlisle High School. He was a Fulbright Scholar in 2021-2022 in Peru. He has received awards for education, including the Thomas W. Holtzman, Jr. Educational Leadership Award, the National Liberty Museum's "Teacher as Hero" Award for making a difference in the lives of students, and the AHA Beveridge Family Teaching Award.

LOOK FOR MORE STUDENT STORIES IN OUR NEXT ISSUE

SNAP continued from page 01

dents as COVID-19 pandemic-era Supplemental Nutrition Assistance Program benefits have returned to pre-pandemic levels on March 1. Combined with inflation our Clients face additional challenges moving forward. "Our demand is increasing at around 17-18%" notes Bob Weed. He added that the large number of people on fixed incomes are faced with choices between medicine and food. "We will continue to fill the food gap as we are able." Laura Estep, our Coordinator for Client Services added that she is moved by the many stories she hears from Clients signing up for assistance from SHARE. "A single father with two children is working but not making a salary above the eligibility level. As he struggles, making ends meet, he will now only get the minimum SNAP assistance. It is still not enough to feed his family. We will do our best to help him and others in a similar bind to place nourishing meals on their tables." Project SHARE serve the needs of our community knowing that our community will make it possible for our mission and vision to be realized in 2023 and beyond.



The order is rapidly fadin' And the first one now Will later be last For the times they are a-changin' " - Bob Dylan

“...The slow one now will later be fast As the present now will later be past



Congregational Corner

Writing an article on changes feels a little bit like running blindfolded down the middle of a paintball field yelling “I bet you can’t hit me!” While changes are inevitable in life, and changes will happen not just for some but all, it does not make talking about them or recognizing them any less challenging. Heraclitus is credited with saying, "There is nothing permanent except change." I don't fully agree with him, but it definitely feels that way many days. I'm sure many of you can relate.

Project SHARE is in a new phase of changes. Bob Weed has not only been a great leader and spokesperson for Project SHARE, Bob has also become a friend to many, including myself. He is always willing to walk with, work hard, serve alongside of, and problem solve big issues. Bob has both been an agent of change, and a sojourner with many through those changes. **Bob has, in my opinion, always worked for not just the best interests of Project SHARE, but also the best interests of our entire community.**

New Life Community's (NLC) very first opportunity of partnership with Project SHARE was well over a decade ago. The current Farmstand building was nothing but a run-down empty building that had been an important part of the community in its earlier days. With some new vision and a team

from NLC giving it an “Extreme Makeover”, changes started to take place. Walls were painted, windows rebuilt, shelves and counters installed, and the outside was cleaned up. Local businesses, re-entrants, a group of teenage boys from a local detention center, folks from NLC and the community joined forces to battle the food insecurities of the Farmstand neighborhood. Changes took place that day that set-in motion a much greater impact and even greater changes have taken place since that project so many years ago.

Change, while it often has negative feelings connected to it, typically brings hope and healing when led well. Project SHARE has always been an organization focused on looking for the gaps and then making the changes needed to help their community. In 2010 New Life Community and Project SHARE partnered together to start the Annual Car Winterization.

Each year for



In 2022, hundreds of families benefited weekly from 100,000 pounds of food, SHARE gleaned. Nutritious food that was rescued through our summer and fall Gleaning. Join us in 2023!

several years single moms, individuals, and families were referred to come have a 12-point winterization done on their vehicles. The event was supposed to start at 8 am at the Project SHARE location on Orange street, but cars would begin lining up as early as 6 am to make sure they would not be missed. Bulbs and wiper blades changed, oil added, and tire pressure checked. These changes all brought a measure of healing and hope to hundreds of people.



The NorthSide Ride, Bridge Builders, Taking It To The Streets, food distribution during Covid, and Covid vaccines, for our most vulnerable neighbors, have been just some of the significant and life changing connections that New Life Community and Project SHARE have forged. The Carlisle community is an incredibly generous community of people who make a significant difference in their neighbors lives.

Change is inevitable. Changes happen frequently. In fact, the Bible in Revelation 21:5 says, “And he who was seated on the throne said, “Behold, I am making all things new.” When God is leading the change, we can count on it being really good! **It is my prayer that we will continue to work together to bring lasting change, and lasting hope to our community.**



Pastor Ryan has served NLC, as Lead Pastor for over 20 years. Ryan married the love of his life, Maureen, and they have two adult children, Joshua and Alethea (and an awesome son in law Matthew). He loves gardening, beekeeping, and hunting. When he's not around NLC, he is probably watching hockey, enjoying good coffee, and connecting with people.



CONGREGATION CONNECTIONS

Many thanks to our congregational supporters. Though not listed, we also thank the many congregations for their gifts of time. These donations were received December 15th to March 14th.

- | | |
|---|---|
| Barnitz U. M. Church Missions Committee | Hickorytown United Methodist Church |
| Bethel Assembly of God | Letort United Methodist Church |
| Bibleway Church of God | Lighthouse Church of God |
| Carlisle Baptist Church | Mt. Victory United Methodist Church |
| Carlisle Evangelical Free Church | Otterbein United Methodist Church |
| Carlisle First Church of God | Salem Stone United Church of Christ |
| Carlisle First Church of the Brethren | St Patrick Church - St. Vincent De Paul |
| Carlisle Seventh Day Adventist Church | St. John Evangelical Lutheran Church |
| Carlisle United Methodist Church | St. John's Episcopal Church |
| Christian Life Community Church | St. Matthew's United Church of Christ |
| Dickinson Presbyterian Church | St. Patrick Catholic Church |
| First Evangelical Lutheran Church | St. Stephen Lutheran Church |
| First Presbyterian Church | Trinity United Methodist Church |
| First United Church of Christ | US Army War College Memorial Chapel |
| Green Spring First Church of God | West Street AME Zion Church |
| | Youngs United Methodist Church |

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!”

SHARE Welcomes Lisa Maddux



Lisa Maddux, Director of Development

On February 27th, Project SHARE welcomed Lisa Maddux as our new Director of Development. Born in Ohio, Lisa graduated from Penn State with a degree in journalism and started her career as a newspaper reporter at The Mansfield News Journal

where she met her husband to be, Jason.

After time in Ohio, Georgia, and Wisconsin, Lisa came to Carlisle in 2014. Jason is currently working with United Way. They are blessed with two daughters.

Lisa served Saint Patrick School as Development Director. During her time at St. Pat's, Lisa was involved in the expansion efforts to gain funding for a new STEAM (Science, Technology, Engineering, Arts, Math) school extension.

Lisa's family are avid golfers, and she loves living in Central PA. She is consistently amazed and grateful for the kind and dedicated people who make this such a wonderful place to live and raise a family. Lisa welcomes meeting new people and being a part of conversations, and plans to bring about positive opportunities for all.

Since beginning her position at SHARE, she reflected on both her expectations and what she has discovered. "I have been amazed to see how well organized and what it takes to deliver the food and services of Project SHARE by participating and observing 'on the inside'. Witnessing the dedication, and competencies of the Staff and Volunteers in action has made me even more pleased with my new role as part of this team."

- Project SHARE is extending an opportunity for corporate sponsors.
- Corporate sponsorship helps us serve the community and promotes your company's outreach commitment to our mission in the community.
- Sponsorship levels start at \$2,500.

For more information, contact:
 Lisa Maddux, Director of Development,
lmaddux@projectsharepa.org
 or 717-249-7773, ext. 233



Firms, Businesses, Foundations & Organizations who, "outreach" as part of the community, to donate funds or in-kind gifts received between December 15th to March 14th.

Adams Charitable Lead Trust	Lamberton Middle School
Alspaugh and Reed Painting	Lancaster County Community Foundation
AmazonSmile	Laws Family Charitable Trust
America's Charities	Liberty Farms-Richard & Janet Longenecker
Baby Feet Day Care	Mariner Finance
Back To Basics Western Wear	Messiah University
Beeman's Bakery	Metzger Wickersham Knauss & Erb, P. C..
Benevity, Inc	Molly Pitcher's Brewing Co.
Bergey's Truck Center	Mooreland Elementary School
Borough Of Carlisle	MotivAction, LLC dba Augeo
Bruce & Andrea Kimmell Charitable Fund	North Dickinson Elementary School
Carlisle Aeromodelers	Operation Warm Hearts
Carlisle Area School District	PA Jeeps, Inc.
Carlisle Construction Materials, Inc.	Penn State Master Gardeners-Cumberland
Carlisle YMCA	Safe Harbour
Castlerigg Wine Shop	Select Physical Therapy
Challah For Hunger	Shuman Farms, Inc.
Cirillo's Small Engine	South Middleton School District
Comcast Cybergrants	Spiral Path Farm
Community Aid, Inc.	Target Corporation
Cuddle Care Family Daycare	The Carlisle Coyotes Disc Golf Club
Cumberland/Carlisle Chapter AARP 4377	The Church of God Home
DB Schenker	The Cindy and Glenn Shope Fund
Fidelity Charitable	The Pepsi Bottling Group
Gals In Golf	The Rahal Family Foundation
Giant Food Stores, LLC	Thrivent Choice
Give Lively Foundation, Inc.	Twisted Compass
Gobin Guards Association	Two Eight, Plumb, Heat and Cool
Hamilton Restaurant	United Way of Carlisle & Cumberland
Jacob's Resting Place 1790 B & B	Wal-Mart Store
The Wholesome Loaf	Wegman's
Kaye Family Foundation	Weis Markets
Kevin & Joann Curtis Family Charitable Fund	Wentzel-Weitzel Gifts
Kukay Family Fund	Women of the Moose Chapter 235

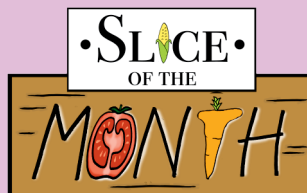


Support the mission of Project SHARE
 by clicking here to make a donation.



Kids in the Kitchen- In-Person 5-6:30pm at SHARE HQ. Limited places available!
 Apr 7, and May 5, 2022. - Full House !!

Registration / Sign-up: timetosignup.com/projectSHAREEpa
Virtual Zoom: Apr 28, and May 26, 2022.
Details at: projectSHAREpa.org



Adults—Slice of the Month- In-Person 5-6:30pm at Farmstand, 123 Lincoln Street.
 Apr 14, and May 12, 2022

Registration: timetosignup.com/projectSHAREEpa
Details at: projectSHAREpa.org



Change saturates the air in Spring. Spring can feel like a chance for a re-set, as we dust off winter's cobwebs physically and metaphorically. In this turning season, perhaps there is a chance to dust off the cobwebs regarding your relationship with food?

As you begin to read this Kitchen Kronicle article, I invite you to do a thought exercise with me. **Pause and take a deep breath.** Now think back to the last time you ate today. **Think about what you ate. Remember the colors, textures, and taste of the food.** Now think about the environment you were in- Was it noisy or calm? Were you "on the go" or eating at home? Lastly, think about the state of your internal world when you ate- were you in a hurry, relaxed, stressed or happy?

For some readers it is easy. For other readers, it may not have been..."you expect me to remember what I ate?"

This thought exercise is a practice in **mindful eating**. The Harvard School of Health and Nutrition defines mindful eating as "using all of your physical and emotional senses to experience and enjoy the food choices you make...mindful eating encourages one to **make choices that will be satisfying and nourishing to the body.**"¹

The practice of mindful eating encourages **paying attention** while eating, noticing the food you are eating, your changing hunger and fullness levels and the internal and external cues prompting you to eat. **Eating mindfully has a myriad of health benefits.** Eating mindfully has been associated with healthier eating and higher diet quality, improved blood sugar control and repaired relationships with food.¹



To begin eating more mindfully, here are 4 suggestions:

Eat Without Distractions - Limit technology while eating. Avoid using your phone, answering emails or watching TV while eating. Technological distractions make it difficult to pay attention. Also, limit eating while driving or rushing between commitments.

Pay Attention - Savor the sensory experience of the meal or snack. Notice how the food you are eating tastes, but beyond that, notice the smell, color and textures of the food. One way to begin your meal by paying attention is to take a moment and express gratitude.

Honor Your Hunger & Fullness - Think of hunger and fullness on a scale of 1 to 10. At 1, you are extremely hungry. You feel exhausted and weak. At 5, you are neither hungry nor full. At 10, you are uncomfortably full and may feel sick with over consumption. A healthy goal is to try to maintain your hunger-fullness level between a 4 and 6 on this scale.²

Non-judgmentally Notice What is Prompting You To Eat- Hunger is only one small reason why we eat. Emotions influence what we eat, whether we are celebrating, stressed, anxious, frustrated, tired or happy. Environment influences what we eat. If there is a bowl of fruit on your kitchen counter, after a day at work, you may be more likely to grab an apple for a snack. In reverse, if you have an opened package of cookies on your counter, you may be more likely to go for those instead. Begin to pay attention to the internal and external cues that are prompting you to eat. **One way to pay attention is to keep a 7 Day Mindful Eating Journal.** Every day for a week, write down what you eat. Do not worry about recording calories, but instead note your hunger level pre and post meal. Record your mood and write a description of your environment. At the end of the week, check to see if patterns emerge?



Spring begins so I encourage you to consider how you may include mindful eating into your eating habits, and see how positive changes unfold as a result.

1. <https://www.hsph.harvard.edu/nutritionsource/mindful-eating/>
2. <https://diabetes.org/healthy-living/weight-loss/emotions-and-eating/get-touch-your-appetite>

POSSIBLE INFOGRAPHIC IDEA FROM AMERICAN DIABETES ASSOCIATION

<https://diabetes.org/sites/default/files/2019-06/hunger-rating-scale.pdf>

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself." - Rumi



5 North Orange Street
 Carlisle, PA 17013
 Phone: 717-249-7773
 Website: projectSHAREpa.org
 Facebook: [Project SHARE of Carlisle](https://www.facebook.com/ProjectSHAREofCarlisle)

Gratefully on the campus of:

Dickinson



Electronically
 Delivered to You!



**FREE Summer Feeding 4 Kids
 4 the Greater Carlisle Area**



- Drive-Thru
- Required Sign Up in Advance By the Friday prior
- Sign Ups Open May 17th
- TimeToSignUp.com/projectSHAREpa
- Or call 717-249-7773

Thursdays June 08—Aug. 10 (4 to 6 pm)

⇒ Farmstand 123 Lincoln St. (corner Pitt)

OR Fridays June 9—Aug. 11 (9 to 11am)

⇒ Project SHARE HQ
 Main Building at 5 N. Orange St.

⇒ Amelia Givin Library
 Mt. Holly, 114 N Baltimore Ave

⇒ Plainfield First Church of God
 Rt. 641, 2089 Newville Road

- Nutritious Delicious Meals
- Pre-K to H.S.
- 7 Breakfasts & 7 Lunches

Project SHARE of Carlisle, 5 N. Orange St.,
 Phone: 1-717-249-7773 projectSHAREpa.org

Books Every Other Week
 Prizes & Reading Challenges!



QR SIGN UP
 HERE

Sign Ups
 Begin May 17th




**Bring your good
 SPRING CLEANING
 to our
 Community Aid bins**

Community Aid supports Project SHARE
 so let's fill the bins with your spring cleaning!

For more information on what your support can do for our non governmental
 Summer Feeding 4 Kids program
 click [HERE](#) or go directly below to make a contribution.

**Help
 HUNGRY
 KIDS
 this Summer**

- 4 Sites, 7 Breakfasts, 7 Lunches Weekly
- Feeding *More Kids With Your Support

* 2022 average 430 per week delivered When making your donation we ask you to indicate "Newsletter" on the form.





- | | | | | |
|--|---|---|--|---|
| <p>BOARD OF DIRECTORS
 NICOLE DEARY—CHAIR
 JAMES MARKLEY—VICE CHAIR
 ERIN WILFONG—SECRETARY
 SHAWN BERNHEISEL—TREASURER
 MISHELLE MOYER—CEO</p> | <p>BREANNA FRAMPTON
 BRIAN GOCHENOUR
 ISAAC LOPP
 MADELYN SNYDER
 MIKAYLA SNYDER
 LISA THOMAS</p> | <p>NON-VOTING
 MARIE STEPHENSON—LAW STUDENT
 TERESA FESTIVO—M&T/LCC FELLOW</p> | <p>STAFF
 DARRELL BEAM
 DEB BROWNAWELL
 LAURA ESTEP</p> | <p>JOSEPH KLOZA
 LISA MADDUX
 ASANI MUKUSA
 MEAGAN SMITH
 JACOB SULTANIK
 NATASHA THUMMA
 EMMA WITWER</p> |
|--|---|---|--|---|