



SHARE NEWS

SPRING/SUMMER



IN THIS ISSUE:

SUMMER LUNCH & LEARN, FOR THE CHILDREN

A BOUNTIFUL SEASON AWAITS

We have been blessed with a warm Spring and a thirst quenching rainfall that has nourished the fields in our surrounding community. As the crops fill the trees, bushes and fields, our neighbors continue to bless us with their bounty. We look toward early and continuing harvests of food, support and ideas that will "Nourish Our Community and Awaken Hope" in those we serve and those who serve. Join us in our task!

Giving Time...the Volunteer Army at SHARE



"The meaning of life is to find your gift. The purpose of life is to give it away."

William Shakespeare



This quote, from the Bard of Avon, expresses the essence that the Project SHARE community

receives from our army of volunteers and supporters who do so well for others while simultaneously receiving deeper gifts for themselves. Project SHARE mobilizes more than 3,400 volunteers to assist approximately 900 food-insecure households, totaling more than 2,300 individuals! Who are the folks who donate their time and effort so selflessly, and why do they do it? Below are just a few examples with more on our website.

Dale began his volunteer service in the mid-1980s at Saint Paul's Evangelical Lutheran Church, an original founding Project SHARE location. He's been with us ever since. Why does Dale volunteer? Well, it's really quite simple. He does so to give back to the community. He believes that his faith leads him

to serve others. Dale said that Project SHARE's ministry is an important part of the community. He appreciates the opportunity to be part of something larger.

Dale also volunteers his time with his church and C.A.R.E.S. yet Dale still finds time for Project SHARE. He does...and does...and does. When it comes to SHARE, Dale prepares packages for home deliveries on Tuesdays, Thursdays, and Saturdays. Those who pick up packages for home delivery are quick to recognize Dale: he's the one in constant motion and with the smile on his face. Dale also helps out with distribution...when time permits.

When asked for his thoughts Dale said "...volunteering here keeps me grounded. It helps me realize how much I have compared to others."

Remember that Dale is representative of so many others who do likewise.

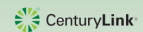


Volunteers continued on page 5

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



Discoveries Inside



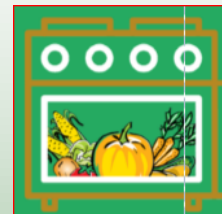
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DATES TO REMEMBER

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



Kids in the Kitchen

Wed. after Distribution (4:30-6pm) Children ages 5-12 @ our main site on N. Orange St. timetosignup/projectsharepa or call.

Century Link Matching Donor Fund

June 5-16 CenturyLink's matching fund for Project SHARE "Backpack Buddies"

Summer Lunch & Learn-Build a Better World

June 19—August 09 Mondays, Tuesdays & Wednesdays for 5 to 12 year olds. @ 5 locations. **Seeking TEACHERS** & lots of KIDS looking for a fun, learning and nourishing summer program with Project SHARE, BOSLER LIBRARY and AMELIA GIVIN LIBRARY. Sign up at timetosignup.com/projectsharepa

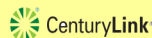
Boiling Springs Triathlon August 5th— 7am start. Annual fundraiser for Project SHARE with our gratitude! Support the donors & teams!

Carlisle 4 Kids August 9—2pm to 7pm @EXPO Center for kids' supplies and more in preparation for school term. A collaboration led by United Way with Project SHARE and many other organizations and firms in the community.



Farm to Table Dinner August 20, 2017 5-8pm in the lovely Mountain View Ballroom at Whispering Pines, just west of Carlisle, for Project SHARE's first annual Farm to Table fundraising dinner! Your favorite local chefs are teaming with our great local farmers, cheesemakers, meat producers, bread & pastry cooks, brew masters and vintners to create special dishes for the event. Dining, accompanied by live music, and a silent auction is also on the table. Tickets @ \$100 each, maximum 150 guests, will go on sale in early July; Don't miss this terrific event at Whispering-Pines.

Century Link Makes Us An Offer We Can't Refuse!



Last year, **CenturyLink** hosted a matching donation fund food drive to raise fund\$ and awareness for community food banks/pantries in their markets. **In 2016, thanks to your collective generosity we were able to raise \$19,000** which was matched, and then some, by CenturyLink for a total check of \$48,000.

Our goal for 2017 is to raise \$25,000. We were a leader in our tristate area as well! We are hopeful that we can gather similar support and reap the matching rewards from CenturyLink.

CenturyLink has identified nearly 150 food banks nationally and specifically recognized Project SHARE to include in their 2017 drive. Project SHARE is unique in the Harrisburg-Carlisle region!

The CenturyLink Backpack Buddies Food Drive will take place **June 5-16**. This will be an online virtual "food" drive with a single website to process all monetary donations. The URL for the site is www.centurylink.com/fooddrive. Donors will be able to visit the site, choose Project SHARE as their beneficiary and make a financial donation via credit card or PayPal. **Please note that the site will close at 11 p.m. on Friday, June 16.**

We will also provide a link to that site from our website beginning on June 5th.

Only donations made through their site: www.centurylink.com/fooddrive will-count toward our-match.

If you support the mission of Project SHARE and see how we are working tirelessly everyday to SHARE in our community please take this special moment to make a donation when this amazing matching fund is being held!

#CTLfooddrive

June 5—16
online donation match
www.centurylink.com/fooddrive





"For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me..." - Matthew 25

Congregation & Community Connection



Since its inception Project SHARE has had a special relationship with the **congregations, firms and organizations** in the area. We have been blessed with your food drives, fund raising events, special collections, special donations and your fellowship through volunteers, dedicated to our mission **"...to love one another..."** and to **"...meet the evolving needs of people on their journey to freedom from want."**

In order to better serve our supportive community we are introducing inserts to summarize our mission and progress. The first is our Interfaith Outreach bulletin insert. The first congregation to use it was the US Army War College Chapel on May 21st. We thank them for including us in their outreach efforts.

If your congregation, firm or organization would like to use this or a similarly designed insert please contact JKloza@projectSHAREpa.org or call 249-7773 xt 236



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 food pantry programs and partnerships meet the evolving needs of people on their journey to freedom from want.

Vision:
"Nourishing our Community
...Awakening Hope!"



The Challenge: 16.4% of the children in Cumberland County are food insecure. Many others, the homeless, unemployed, disabled, home bound and even military veterans—do not share fully in the benefits of living in the wealthiest nation on the planet.

Whom we serve: Food insecure individuals and families with incomes at or below 50% of the national poverty line. This permits us to serve needy individuals who may not qualify for certain services—e.g., food stamps—yet still struggle. Nearly 40% of the individuals we serve live alone; 35% have incomes less than \$12,000 per year; and 68% of the households are headed by single women.



FEATURED EVENT



BOILING SPRINGS TRIATHLON
AUGUST 5, 2017

SPECIAL THANKS TO THE BOILING SPRINGS TRIATHLON SPONSORS:



All Proceeds From This Race Are Donated To Project SHARE



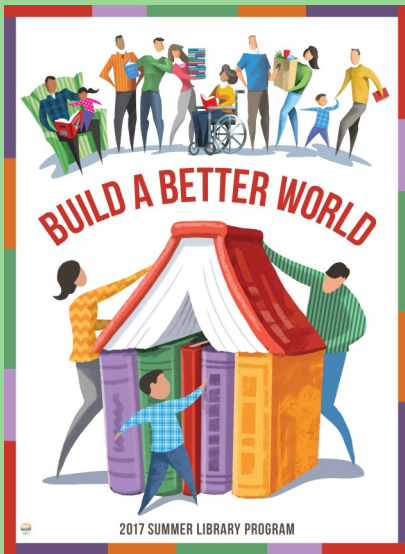
Project SHARE's Farmstand is a resource to help positively impact the lives of those living in our neighborhood. Along with the many surrounding churches, Hope Station, Carlisle CARES and the West Side Neighbors Association, the Project SHARE Farmstand has become a partner of change and support in our community.

Out of the generosity of so many donors, in-kind donations and volunteers, the Farm Stand has become a tremendous resource in our community. To learn more about the various programs at Farmstand contact Steve Kuhn at skuhn@projectsharepa.org or check out our website at projectSHAREpa.org. We would love to hear from you! #SHAREFarmstand

Support Community Aid Bins!



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



2017 LUNCH & LEARN PROGRAM FOR KIDS

Summer offers pleasant prospects of playing or going off to summer camp. However, not everyone is so fortunate. When school lunch programs end some parents are filled with apprehension and uncertainty regarding how to provide their children with meaningful experiences accompanied by nutritious meals .

Project SHARE, with Bosler Memorial and Amelia Givin Libraries, provides a free option for kids in our region. Build a Better World is the theme of our summer Lunch & Learn Program! Dedicated volunteers, congregations, organizations, school districts, as well as state and national governmental organizations, such as the PA Department of Education and the US Department of Agriculture, join to feed hungry children with nutritious food.

Summer provides a precious opportunity to fill hungry minds, as well, through reading and learning enrichment activities. These hands-on experiences will make summer days intellectually stimulating, as well as physically rewarding.

A healthy morning snack and a full lunch will be delivered from Project SHARE's kids-friendly kitchen, directed by our Nutrition Educator, Weston Petroski, to 5 sites in the area. These include LeTort Elementary ; The Farmstand ; Carlisle Church of God ; New Life Church in Mt. Holly ; and Middlesex Elementary .

Build A Better World - Lunch and Learn will run from June 19th to August 09th on Mondays, Tuesdays and Wednesdays from 9:30am to 12pm. Middlesex Elementary times begin at 08:30am. Under the guidance of dedicated volunteer teachers, children from ages 5-12 will cover the following topics: Construction: Putting it All Together; Famous Bridges & Buildings; Nature: Plants and Animals on Land, Sea and Air: To Infinity & Beyond; Diversity and Celebrating Variety; Senses, Perception & Viewpoints; The Arts Making the World More Beautiful; and Homes & Habitats. Lesson plans and activity kits, thanks to Melissa Killinger and our team working with Bosler Library, will be provided.

Volunteer teachers are sought for at least one 3-day morning session at one of the sites. It doesn't matter whether those interested in volunteering are returning from service in previous years or joining us for the first time. This effort seeks volunteers with compassionate hearts seeking to make a difference for kids.

The program also needs volunteers willing to assist teachers working directly with children and supervising activities at each site as well as to prepare meals at Project SHARE and deliver to the sites.

Make this a great summer for kids who might be left out of the summer enrichment calendar. Contact Meagan Smith, Volunteer Coordinator, at msmith@projectsharepa.org or Joe Kloza, Education Coordinator at JKloza@projectsharepa.org or call 717-249-7773.

Parents can register their children-for free at: www.timetosignup.com/projectsharepa #LLBuildABetterWorld



Businesses, Churches, and Faith Groups & Organizations are needed to make this event a success in our community



August 9, 2-7pm, Carlisle Expo Center

Join others in our community on August 9 to help 1000 Carlisle kids with backpacks, school supplies and sneakers to start school successfully!

For more details go to www.projectSHAREpa.org/carlisle-4-kids

**We Need:
Table Champions
Table Hosts
Supplies
Financial Support
Contact Bob Weed:
rweed@
projectsharepa.org
For More Info**

Our Vision: "Nourishing our Community...Awakening Hope!"

Continued from page 1



Pat and Ike first heard about Project Share from several people in their church. Besides their church, Pat volunteers at the Crisis Pregnancy Center. Despite these demands on their time, they still find time to help at SHARE, bagging groceries and frozen foods. They also load groceries for volunteers and deliver to the home bound.

Why do Pat and Ike volunteer? Well, as Ike noted, they too feel that they have been blessed. Pat noted, " We like to give back to our community and it's fun; and there's always something to do!"

Why do our volunteers help us? Well it's really quite simple—simple but heart rendering. Here are a few of the reasons why:

- 16.4% of the children in Cumberland County are food insecure! Many others—homeless, unemployed, disabled, home bound and military veterans--do not share fully in the benefits of living in the wealthiest nation on earth.
- There are many food insecure individuals and families with incomes at or below 150% of the national poverty line. This permits us to serve needy individuals who may not qualify for certain services, e.g. food stamps, yet still struggle.
- Nearly 40% of the individuals we serve live alone; 35% have incomes less than \$12,000 per year; and 68% of households are headed by single women. We deliver food to 95+ homebound households. A team of over 20+ volunteers, including South Middleton students, prepare the food for delivery.
- SHARE's Farmstand, located at the corner of Pitt & Lincoln is where neighbors and recipients hand out fresh produce, perishable products, and bread 2 to 3 days a week to supplement monthly food distributions.
- Managing the Baby Room, which distributes critically needed food and supplies to families with very young children.



Some of our Intake office team.



Wes Chandler, one of our lead volunteers, speaking to a group of children from Bellaire Elementary.

Many hands making joyful work! Join us!



Praise and a big thank you to our Volunteers & Interns

, without whom our mission would be impossible. A special thank you to our:

VOLUNTEERS of the MONTH :

MARCH-Carol Baer



APRIL— Sue & Bill Breen

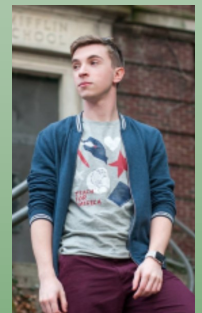


MAY—INTERN SALUTE



Isabelle Figueroa

Heartfelt and gracious thanks to our dedicated Dickinson interns!



Jonah Krall



Kristin Kozar

Where do you put 120,000+



pounds of GLEANED produce?

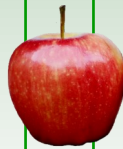


From "Steve"

Answer: In the homes and on the tables of our community where we SHARE the bounty with our neighbors.

of the amazing volunteers that came each week of the growing season to pick apples, lettuce, strawberries, beans, corn, cantaloupe, watermelons, sweet potatoes, cabbage and tomatoes. We are honored to serve with you and we are humbled by your dedication to help make a difference in the lives of families in our community. You are special!

As you begin planning your summer activities with family and friends, please consider volunteering to glean terrific crops with fellow volunteers at Project SHARE. Our goal is to build on the success of the 2016 season and bring in over 120,000 pounds of produce that can be distributed to our neighbors. It will take many more volunteers, so please consider joining us on a Monday starting on June 19th at 5:30 PM and continuing every Monday until September. Beginning October 8th, we will switch to Saturday mornings beginning at 8:30 AM as we travel to local orchards to bring back apples. **#SHAREGleaning**



During the 2016 gleaning season our goal was to bring in 90,000 pounds of produce. This was joyfully met by many eager volunteers. The goal was set based on 47,000 pounds gleaned in 2015. The final harvesting brought in 120,000 pounds of fresh produce from local farms. Dedicated volunteers helped bring in over 60 tons of food for our community. The process was not only beneficial but fun! Groups, both young and old, individuals, families, and those who would benefit from the food, all gleaned together with amazing results.

A big thank you goes out to the many farmers in Cumberland, Adams and Perry counties that graciously allowed Project SHARE to glean produce from their fields. Their generosity has helped so many families provide nutritional meals to all of their loved ones. We would also like to thank all

You can sign up by visiting timetosignup.com/projectsharepa where individuals or groups can register for a selected date. Please contact Steve Kuhn at skuhn@projectsharepa.org or Meagan Smith at msmith@projectsharepa.org with any questions.



Neighbors Helping Neighbors



Many organizations work on projects for the community. We do good for others and we reap satisfaction. However a well-functioning community, town, nation, planet works across lines and collaborates for the best outcome.

On Saturday April 29th, 120 volunteers came together at our Farmstand to fan out into the neighborhood, under the initiatives of West Side Neighbors, to help residents with 46 projects of fences, yards, roofs, gardens and other outdoor areas that included Heberlig / Palmer Park, removing trash from along the railroad and the fence around the old Tire and Wheel plant. Carrying on that Pennsylvania tradition, "we" all joined in and accomplished so much more than any of us would have done on our own. We, at Project SHARE, look forward to more collaborations on behalf of those we all serve.



For more photos from the day go to: www.projectsharepa.org or



Enjoy the Harvest

Summer is not only a great time to enjoy the weather, but also a time to enjoy the bounties of local Pennsylvania produce. Agriculture is Pennsylvania's leading industry and as such offers a wide array of products, from garden vegetables such as squash and cucumbers to sweet and juicy fruits like nectarines and cantaloupes. Having the option to purchase local foods has many advantages.

- ◆ **Locally grown food is more flavorful.** When grown locally, crops are harvested at their peak of ripeness and sold at the market within days of being picked.
- ◆ **Local foods have more nutrients.** Local food, due to a shorter time between harvest and table, may contain more beneficial nutrients than foods that were shipped around the globe. In particular, vitamin C and B vitamins are extremely sensitive and degrades rapidly after harvest. By choosing local, you can retain the most nutrient density.
- ◆ **Local foods benefit the environment.** By purchasing local foods, you help maintain precious farmland. In addition it reduces the amount of carbon emissions caused by the shipping and transportation of produce.
- ◆ **Local foods support the local economy.** Money spent at local farms and markets goes directly to family farms in your community.
- ◆ **Local growers can tell you exactly how the food was grown.** When shopping local, you can always ask the growers what practices they use to raise and harvest their crops (i.e.—organic, integrative pest management, pesticide-free, etc.). Some farmers may even give you a tour of their farm—just ask!

Through our gleaning, the generosity of area firms and partnerships with local farms, Project SHARE is proud to offer an abundance of fresh, local produce to our clients. Additionally, fresh produce is available year-round at Carlisle's market, Farmers on the Square, and to our Project SHARE community through our Farmstand 3 times a week! Be fresh and source locally!

Take a photo and submit your recreation of this recipe for beans and send it to Project SHARE or by email to WPetroski@projectsharepa.org so we can feature it on our website. A drawing will be held from all submitted recipe photos. For a **\$10 GIANT**



card.



KITCHEN KRONICLES

From "Weston"



#SHAREKitchenKronicles

Mediterranean Bean Salad



- ◆ 1 (15) oz can white beans
- ◆ 1 (15) oz can chick peas, drained and rinsed
- ◆ 1 (15) oz can kidney beans, drained and rinsed
- ◆ 1 cup chopped tomatoes
- ◆ 2 garlic cloves, minced
- ◆ 1 small red onion, diced
- ◆ 1 cucumber, diced
- ◆ 1/3 cup fresh parsley
- ◆ 2 tablespoons chopped mint
- ◆ 3 tablespoons olive oil
- ◆ 2 tablespoons lemon juice
- ◆ 1/2 teaspoon salt
- ◆ 1/4 teaspoon ground black pepper

◆ In a large serving bowl, combine the chickpeas, white & kidney beans, tomato, garlic, onion, cucumber, parsley, and mint.

◆ To make the lemon dressing, in a small bowl, whisk together the olive oil, lemon juice, salt, and pepper until mixed well. Pour dressing over the bean mixture and toss thoroughly.

◆ Serve immediately, or let it marinate in the refrigerator for a couple of hours. Enjoy!

Mediterranean Bean Salad

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- ◆ 1 (15) oz can chick peas, drained and rinsed
- ◆ 1 (15) oz can kidney beans, drained and rinsed
- ◆ 1 cup chopped tomatoes
- ◆ 2 garlic cloves, minced
- ◆ 1 small red onion, diced
- ◆ 1 cucumber, diced
- ◆ 1/3 cup fresh parsley
- ◆ 2 tablespoons chopped mint
- ◆ 3 tablespoons olive oil
- ◆ 2 tablespoons lemon juice
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◆ Serve immediately, or let it marinate in the refrigerator for a couple of hours. Enjoy!

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To leave a gift in your will, simply share this sentence with your attorney or financial planner.

"I bequeath \$_____ or _____% of my estate to Project SHARE of Carlisle, 5 N. Orange St., Carlisle, PA 17013."

Please let us know if you have chosen to remember Project SHARE in your estate planning. We welcome the opportunity to thank you today for the life-changing gift you are making tomorrow.

Create a Legacy for Fighting Carlisle Area Hunger



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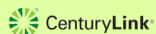
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PLEASE
PLACE
STAMP
HERE

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