

SHARE News

WINTER - 2022

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Happiness can be elusive. The words in *The Declaration of Independence* state “...the pursuit of happiness...”, wisely realizing happiness was not guaranteed but should be able to be pursued by all! How many have been left out of the pursuit due to circumstances beyond their control? For many of us it is a life long goal or struggle. Attitude and expectations are also part of the attainment of happiness. Pursuit and an equality to pursue it is part of the reason why we try, as a society, to equalize the playing field so that with personal effort, good luck, health and love we might be able to realize happiness.” - JDSMK

Your Choice Distribution



The successful launch of our new, in-house, **Your Choice Distribution** was greeted with enthusiastic support from both Clients and Volunteers who participated in the November and December events. The prior planning and testing of the model proved to be a wise precursor, thereby allowing us to smooth out potential pitfalls before each Your Choice.

DESIGN - The shopping experience depended on creating a friendly store like atmosphere that most of us are familiar with. The purchase of new coolers for vegetables, dairy, frozen meat and other cool products made the shop both visually attractive and practical. Staff and Volunteers kept the coolers and shelves restocked as Clients chose those items that best fit their households. “I like being able to choose what we want and not having things that go to waste that have been given to me. I really appreciate what Project SHARE does for me and my family but I feel guilty if I have more than I need.” Clients spoke of how they gave things away to others in need when they had more than they needed. While walking around speaking with Clients, they indicated that they felt in control of their experience.

Continued on page 03

A Volunteer who journeyed with us from Pre-COVID and adapted to changes.



Volunteering Makes Me Happy

When my children were little, we would volunteer at Project SHARE with



Volunteering for Project SHARE was thanks to a new position I had with Capital Area Head Start. Staff was encouraged to volunteer at organizations that help people in the community. I started working in the “baby room” of Project SHARE once a month. There, I was able to use my experiences as a mom of two, combined with child development concepts and tips learned on the job, to help parents be happier and more successful. It made me happy to help in this special way and my relationship with the Project SHARE team was set.

When my children were little, we would volunteer at Project SHARE with their Scout troops and it was always fun. The kids were with a team, learning to step out of their comfort zone by handing a stranger a box of cereal or a can of green beans. Through this simple task they were also learning to care for people in our community. I was raised to be concerned for the well being of others and wanted my children to have similar experiences but I was yet to realize what a lasting impact volunteering could have on me and my family.

After some time I started to volunteer more than once a month and I would bring my family along on some Saturdays for Distribution. We would

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Bob Weed, CEO

SHARE HAPPINESS



Life, Liberty and the Pursuit of Happiness is a well know phrase from our Declaration of Independence. Our founding fathers sighted these examples of our unalienable rights, given by our Creator. But notice, it's the Pursuit of Happiness, not happiness itself, that is identified as a right given by our Creator.

What is happiness? To many it's reaching a goal, obtaining some material possession or simply a state of mind. There are surely a lot of people looking for happiness. If one "Googles" 'finding happiness' there are plenty of articles advising on how to find it. And then, there is always the Bobby McFerrin attitude... "Don't Worry, Be Happy" (I bet that tune is playing in your head right now!). My point is, that weather it is something internal or external, spiritual or material, **your happiness requires some effort on your part.** And that is guaranteed.

One of the many blessing of my time here at Project SHARE is that I get to see people not just in the Pursuit of happiness, but reaching that state of mind on a daily basis. When I get together with my old banker buddies and they ask "What's it like?" that is one of the joys I get to share with them. Every day I witness individuals – **Volunteers and Clients alike – find happiness in something they have encountered.** Volunteers give of their time and put in a real effort with all the behind the scenes tasks that need to be completed. They get dirty, they sweat in the summer and bundle up in the

winter, and willingly jump into helping "make the sausage" that is Project SHARE. Inevitably they also end up chatting, laughing and carrying on. They find some happiness. Clients too, seem to find some of their happiness with their Project SHARE encounters. At Drive-Thru distribution at the warehouse, our new Your Choice Distribution and at Farmstand I **see the smiles when they are greeted, recognized and nourished in ways beyond a simple box of food.**

For me personally, you might say it's the pursuit that is happiness. In the words of the great philosopher Larry the Cable Guy, I'm kind of a "get-r-done" type person. I always have been. When there is a mission or ministry to work on, planning is important, but my heart finds joy in executing. Our new Your Choice distribution model is a great example. With all due credit, the team here at Project SHARE put months of planning into making it a success from day one. For me, happiness came on November 17th. The doors opened, Clients got checked in and shopped. On their way out I had a chance to talk to most of them. Almost all spoke positively of the experience. **I could see it in their eyes and on their faces.** I found my happiness in those moments.

As we move into 2022 my hope is that you too will pause, reflect and smile as you find your "happiness," be it with family, friends or the quiet of a cold star-lit night. Look up to the stars and be amazed! I wish you joy, peace and happiness – I know you have earned it.

I could see it in their eyes and on their faces. I found my happiness in those moments.

Volunteering continued from page 01

help on the line, pack bags in the back, or sometimes help people to their cars with their grocery carts. We also helped set up tables at the Farm to Table fundraising events. My kids decided to be Volunteers at the Lunch & Learn Summer programs prior to COVID. That made me proud. Through exposure to Project SHARE's Volunteer opportunities, my kids were learning the value of giving their time. We all found that helping others made us feel like an important part of the community. Being a part of something was making us happy. As a mom, I was happy that my kids were learning the



importance of helping others. Then the pandemic hit. We were stuck at home. We could no longer head over to

Project SHARE as usual but we did do an occasional Saturday Drive-Thru Distribution since we knew the need continued. We also realized that the freedom of our pandemic schedules allowed us to help in different ways. At Farmstand we helped to pack bags for the summer feeding program.

These were all great ways to work for the community, but I missed setting up the Farm to Table annual fundraiser dining event. The Project SHARE team came up with the perfect alternative, a Food Truck event. I was asked to be part of the organizing committee. Of course I was in. I posted on social media asking my friends three questions: Would they would attend such an event? What trucks should

we invite? And would they put signs to advertise the event in their yards? The response to these social media posts was amazing. The community felt as I did; they wanted to help families during the pandemic. Our efforts became the FARE For SHARE food truck event. It was a lot of work, many zoom calls and phone calls and behind-the-scenes logistical challenges, but it was so awesome to see the entire community come to the event! It was great to work as a family again to help Project SHARE. It was a success and so much fun that we did it again in 2021 and even expanded it!

A couple of months ago, I joined Project SHARE's Development Committee. My experiences working with Project SHARE have made me and my family more appreciative of our community and its needs. As a part of the Committee, I'm doing what I can to assure that Project SHARE remains a vital organization into the future.

For me, happiness comes from feeling that I'm a part of something greater and that I am working to create a caring community. My support of Project SHARE helps me fulfill those needs.

Jacquie Hultquist has lived in Carlisle, with her husband Chris, for over 20 years and they have a daughter Samantha and a son Carter. She has worked with families as a Social Service Coordinator for Capital Area Head Start since Aug 2015. She was a Volunteer with her children's PTOs and Girl Scouts for over 10 years and has enjoyed volunteering with Project Share for the past 10 years.



Please note that Volunteer opportunities are limited.

Needs are posted on our website at projectSHAREpa.org

"Happiness runs in a circular motion, thought is but a little boat upon the sea. Everything is a part of everything anyway..." Donovan

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



SHARE Spotlight Column

SHARE the Health

Prior to the start of the COVID-19 pandemic, **Sadler Health Center** was pleased to partner with Project SHARE to connect what we eat to our health. **We offered food prescriptions to Sadler patients to be redeemed together with Project SHARE.** The eligible patients were diagnosed with a metabolic syndrome (hypertension, diabetes, pre-diabetes, dyslipidemia, etc.) and food insecurities. The goal of the initiative was to strengthen and enhance patients' ability to obtain and utilize fresh produce and create healthy meals.



Participating patients received a "food script" for **individual health and nutritional counseling** by a registered dietitian at Project SHARE and a **SHARE Box** every other week with fresh ingredients. Each SHARE Box contained two meals that served four people. Also, Project SHARE hosted demonstrations on how to prepare the items in the SHARE Box and provided recipes.

However, during the pandemic, this program was put on hold. Sadler staff has continued to refer eligible patients to the Registered Dietitian at Project SHARE for dietary education and food needs.

Our collaboration has and will continue to offer many important benefits to Sadler patients. **Promoting healthy eating and providing education on the benefits of a proper diet can decrease diseases** that are complicated and or attributed to obesity (hyperlipidemia, diabetes, hypertension) and at the same time manage metabolic diseases with the goal of reversing or lowering clinical data (blood pressure, A1C, lipids, weight, etc.) which will prevent future health care complications.

Moving forward our newest collaborative program is called **SHARE the HEALTH.** **Sadler patients will be referred to Project SHARE where they will meet with SHARE's Registered Dietitian.** After each session they will receive a meal kit **SHARE Box that will contain ingredients for 3 self prepared home cooked healthy meals.** By meeting with SHARE, and by the encouragement given to prepare these meals, it is hoped that new habits can lead to a healthier life.

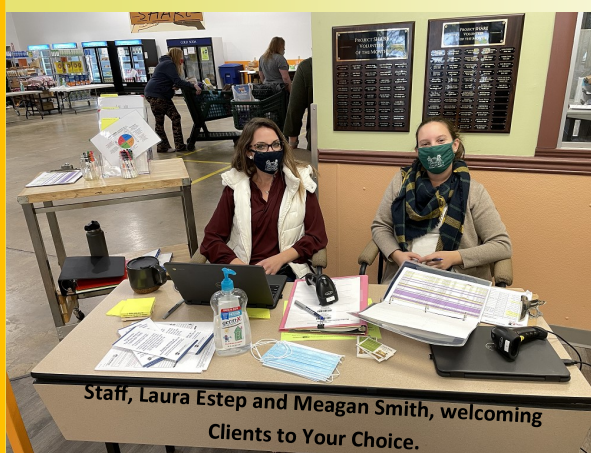
Sadler Health Center has been blessed to have Project SHARE as an important community partner. Many thanks to Project SHARE for their efforts to feed and strengthen the health of our community.

Please go to SadlerHealth.org for more information about the services available.



Manal El Harrak is CEO of Sadler Health Center. Ms. El Harrak assumed the role of Chief Executive Officer for Sadler in the fall of 2019. Her vision for Sadler is to improve health outcomes, expand services, and enhance access to affordable, high quality care for the community.

"Happiness is only real when shared!" - Jon Krakauer



Staff, Laura Estep and Meagan Smith, welcoming Clients to Your Choice.

"Prior to COVID we, at SHARE, have been planning *Your Choice*. COVID put our plans on hold as we served Clients through a safer Drive-Thru model," as Bob Weed, CEO of Project SHARE stated. Emma Witwer, Nutrition Coordinator

added, "Our clients have been so excited about the change, expressing how grateful they are to self-select the foods that work best for their family and dietary needs and expressed how dignified the shopping experience was."

SUPPORT - *Your Choice Distribution* is a result of support from many quarters. Donors, both big and small, made and continue to make it a reality. Support from The Cleo Morrison Foundation and a Pennsylvania Department of Environmental Protection Act 101 Food Infrastructure Grant helped Project SHARE to purchase equipment to make the shopping experience efficient and food safe.

NATIONAL RECOGNITION - Project SHARE is a model for moving forward with its innovative approach to serving Clients post-pandemic. The Institute for Hunger Research and Solutions, based in Connecticut, featured Project SHARE as a Spotlight in their recent nationwide newsletter. Project SHARE's *Your Choice Distribution* model is becoming an example of "rethinking ...pantry operations."

The Institute develops innovative and evidence-based programs that promote health and long-term solutions to hunger. They also research different approaches to identify what works and provide trainings and services so that others can implement best practices within the charitable food network. FOODSHARE developed the SWAP food analysis program that we now use and has been a great resource for us as we continue to develop the *Your Choice Distribution* model.

Congratulations to our SHARE team!






Just in time for the **WINTER EDITION** of this Newsletter, and life in PA! Many thanks to our friends at **LOWES CARLISLE** for gifting **SHARE** with a snow blower and a lawn mower. Asani and Gus picked up these handy tools with thanks to **Chrissi Timberlake, Store Manager!**



Congregational Corner

Food and the Pursuit of Happiness

When I'm hungry it's hard for me to be happy. That may be why food is an essential and powerful part of my warmest memories. Most every happy holiday I can think of from my childhood has a particular meal associated with it in my mind.

-  Easter = Ham
-  Thanksgiving = Turkey, of course
-  Christmas = Milchreis und Schweinemuppe

That last one is a mouthful, isn't it? My dad grew up in Germany during WW II. The tastiest treat they could afford for Christmas Eve was very basic: rice cooked in milk with fried pork cakes on the side: Milchreis und Schweinemuppe. Topping the rice was a bit of Cinnamon, sugar and melted butter -- assuming they could find them from friends and neighbors. My mother made this meal for our dad and our family of four every year as a happy reminder of him overcoming his challenging childhood in Germany. The smell of fried pork still makes my mouth water and my heart light.

Food is also connected to my happiest memories as a pastor in Carlisle. I've built a friendship with Mersida Camdzic from Mersida's European Market on North Hanover Street in Carlisle. Second Church supported her when she first arrived from Bosnia as a war refugee in the 90s. A few summers ago the local Imam (Muslim religious leader) invited me to meet a visiting Imam. He suggested that I bring another Christian pastor along. The four of us gathered upstairs at Mersida's where we ate plates of



cevapi (beef sausages) served with fresh onion and *ajvar* (roasted pepper and eggplant) plus buttery cream cheese spread. We washed it down with with *ajran*, a Turkish yogurt drink popular with school children and others. The food acted as our ice-breaker. Barriers of language, religion, class, and culture melted away once we started eating. For dessert we drank thick Bosnian coffee and tasty Baklava (sweet pastry with walnuts in sugary syrup). Suddenly we were



laughing like four childhood friends just home from school. For the Bosnians that meal was a happy memory of Bosnia before the war, when Christian and Muslim children ate together with joy instead of suspicion and hatred. For me that meal at Mersida's was a reminder that food still brings people together across differences.

"A few summers ago the local Imam (Muslim religious leader) invited me to meet a visiting Imam. He suggested that I bring another Christian pastor along."

Food doesn't guarantee happiness, but as long as people are hungry they will pursue food instead of education, genuine friendship, or God. This is why Second Church and other congregations of many faiths support food-focused ministries like Project SHARE, The Breakfast Table (New Life Community Church), and My Brother's Table (Salvation Army). Once we are fed, the pursuit of happiness is not only possible, it is more likely to end in success.



Food, in fact, is part of most everything we do. For many years families in our Vacation Bible School funded mobile carts that Project SHARE clients could use to transport groceries without a car. We also had the privilege of hosting the first-ever "FARE for SHARE" food truck event in Fall 2020. It was a stunning success with hundreds of people hungry for great food and fellowship after months of COVID confinement. Prior to COVID we hosted two annual interfaith community Thanksgiving events that included a full holiday meal, bringing together Christian, Muslim, and Jewish people, Black, White, and Latino people, and other people who don't ordinarily "break bread" together. Once people are fed, the *pursuit* of happiness is not only possible, it is more likely to end in *discovering* happiness.



Rev. Dr. Jeffrey W. Gibelius has been the senior pastor of Second Presbyterian Church since 2007. Second Church was involved in the founding of Project SHARE and continues to minister to Greater Carlisle through leadership support of Project SHARE, Carlisle Community Action Network, Carlisle Bridge Builders, and many other locally-focused ministries.

"We should not spoil what we have by desiring what we have not, but remember that what we have too was the gift of fortune." - Epicurus



Firms, Businesses, Foundations and Organizations

who, as part of our community donate funds or in-kind gifts received between September 01—November 30.

Altrusa Intl Harrisburg PA Foundation	Kaye Family Foundation
American Legion Post 101	Kevin & Joann Curtis Family Charitable Fund
Beechwood Orchards	Knights Of Columbus St Patrick's Council 4057
BELCO Community Credit Union	LifeGuide Financial Advisors
Benevity, Inc (on Line Donations)	M&T Charitable Foundation
Beta PI Chapter of Kappa Sigma Alumni	Menasha Corporation Foundation
Beta Sigma Phi	MotivAction, LLC dba Augeo
Blue Mountain Veterinary Service	Mountain View Nursery
Bobby Rahal Toyota	Mountz Jewelers
Boiling Springs Triathlon Inc	Operation Warm Hearts
Bruce & Andrea Kimmell Charitable Fund	PA Dept Of Education Summer Food Service
Capital Blue Cross	PA Dept of Environmental Protection
Carlisle Area Sertoma Club-	Penn State Cooperative Extension Office
Carlisle High School Marching Band	Potteiger Curoosity Shop
Carlisle Syntec Systems	Pyrotek, Inc.
Chameleon on 1648 Culinary Services	RC Herr, LLC/Farm Show Milkshakes
Cirillo's Small Engine	Rich Valley Golf
CKG Group LLC	S. Middleton-Yellow Breeches Middle School
Community Aid, Inc.	Sigma Chi Fraternity Omnicron
Community Cares	Spiral Path Farm
County of Cumberland	Sri Ganesh V3 LLC
Cub Scout Pack 173	St. Patrick School
CumberlandValley Travelers GoodSam19	State Correctional Institution - Mahoney
Dale Lay Memorial Fund	Subway
Delta Kappa Gamma, Carlisle Chapter	Subway Autobody Collision Center Co.
DHL Supply Chain	Sundek Of PA
Dickinson - Alpha Chi Rho-Phi Beta	Sweet Patch
Dickinson College Farm	The Cindy and Glenn Shope Fund
Earth Spring Farm	The Italian Job
Emergency Food & Shelter	Troxell Giving Fund
Exelon	Union Quarries, Inc.
F&M Trust	United HealthCare Services, Inc.
Falafel Shack	United Way Carlisle & Cumberland County
Giant Food Stores, LLC	Vanguard Charitable
Girl Scout Troop 10559	Volvo
GlaxoSmithKline Foundation	Wegman's
Impact Assets	Weis Markets
JD Financial, DBA DiamondWealthAdvisors	Wenger's Meats and Ice
Karns Foods	Wentzel-Weitzel Gifts
	YWCA Carlisle



Congregation Connections

Many thanks to our congregational supporters. Although not listed, we thank the many congregations for their gifts of time. Recognizes donations received Sep-

Bethel Assembly of God	Huntsdale Church of the Brethren
Carlisle Area Religious Council	Lighthouse Church of God
Carlisle Baptist Church	Mt. Victory United Methodist Church
Carlisle Barracks Chapel	Opossum Hill Union Church
Carlisle Church of God	Otterbein United Methodist Church
Carlisle Evangelical Free Church (CEFC)	Salem Stone United Church of Christ
Carlisle First Church of the Brethren	Second Presbyterian Church
Carlisle Seventh Day Adventist Church	Shiloh Missionary Baptist Church
Carlisle United Methodist Church	St. John Evangelical Lutheran Church
Christian Life Community Church	St. John's Episcopal Church
Community Christian Fellowship	St. Matthews Evangelical Lutheran Church
Dickinson Presbyterian Church	St. Matthew's United Church of Christ
Faith Chapel of Carlisle	St. Matthias Lutheran Church
First Evangelical Lutheran Church	St. Patrick Catholic Church
First Presbyterian Church	St. Paul Evangelical Lutheran Church
First United Church of Christ	St. Stephen Lutheran Church
Green Spring First Church of God	The Meeting House
Holy Apostles Orthodox Mission	Trinity United Methodist 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!"

Many thanks for making our Client's Holidays a Happy One!

Added thanks, for always making a difference, goes to: **GIANT FOOD STORES, LLC**



Bring your closet extras to one of our Community Aid bins. Your goods add needed funding to our cause. Check our projectSHAREpa.org website for locations. Shop at Community Aid in Mechanicsburg!

Three cheers go to:

M&T Bank

for their generous donation in support of the community we serve.

Our CEO Robert Weed accepting the donation from Nora Habig, Regional President at M&T Bank.

With no connections to our community in Cumberland County, these students found Project SHARE on-line and selected us to support our vision of "Nourishing Our Community...Awakening Hope!" This fills our hearts with happiness to know our presence in cyberspace brought supporters afar! Look how we are all connected!

Push Ups From Cyberspace



A couple friends and I were looking for a way to give back during this Thanksgiving and Holiday Season. We landed on trying to raise funds that we could donate to an organization aimed at providing food to those in need. We ended up choosing Project SHARE through a Google search which led us to their website. We could see their commitment to giving back to their community, and we were excited to help out where we could.

So to raise the funds I went LIVE on my Instagram page and pledged to do a push up for every dollar raised. It was a great experience and we had a lot of fun doing it!

The plan went better than I could have imagined. I am more sore than I've ever been since we were able to raise \$500 so I did 500 push ups! Occasionally I needed help from my friends but it was well worth it and I was more than happy to donate that money to an organization with such a great vision!

Once again, we have never been to Carlisle and have no real connections to your community, but you really inspired us with what you do so we hope our efforts will help people in need.

Walden Grady lives 300 miles from Carlisle on the shores of Lake Ontario. He is a grad student studying for an MBA at Binghamton. With no connections to our community he found Project SHARE on-line and, as his story relates, supported our vision and helped us in "Nourishing Our Community...Awakening Hope!"

Cornell Greeks Trot for SHARE

Another example of the world being connected by



the internet came from Cornell U. where students from Alpha Phi and Gamma did a Google search and decided that Project SHARE would benefit from their Thanksgiving Turkey Trot. None of the students had connections to Carlisle!

As the philanthropic director for Alpha, Sally Hooey put it: "I found your website from a Google search. We knew we wanted to do something around Thanksgiving and I loved everything that your organization stood for, and were doing in your community. I then spoke with others in our groups and we agreed to make a flyer, using your logo

from your website. Anyone who donated knew that it was going towards your cause." Joe Kloza, in a conversation with Sally, stated that we, at Project SHARE, were blessed and truly amazed that they supported us all the way from Ithaca, NY. Sally added that "We will definitely donate to you guys again next year. This year we had 92 trotters. The trotters and others made donations throughout the day, sold T-Shirts and then all the proceeds went to Project SHARE!"

Alpha Phi's main October cause is to work towards advancing education and assistance on women's health issues. Alpha will also be SHARING information with us on how this topic may be of benefit to our population.

Many thanks to this extraordinary effort from "others" reaching out to our community!



EMPTY BOWLS | March 21, 2022

Holland Union Building, Dickinson College
Tickets are \$25 per person at carliselarts.org



CALC
Carlisle Arts Learning Center

M&T Bank
Dickinson

All proceeds benefit Project SHARE

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

“Happiness is not something ready-made. It comes from your own actions.” - Dalai Lama



Foods to Power Up Your Mood

What we eat can have a powerful impact on our health! This idea is not a new one for frequent readers of Kitchen Kronicles. While you may already be familiar with the relationship between eating habits and blood sugar and blood pressure control, did you know that food choices can also be a potent mood booster? What we eat plays a role in improving mood and helping us deal with stress, anxiety and depression.

Foods Linked to Improved Mood

Mushrooms- a recent study out of Penn State University collected data from over 24,000 people and found that



adults who eat mushrooms regularly have lower rates of depression. Researchers observe the lower odds are due to a specific antioxidant found in mushrooms. In addition, white button mushrooms, specifically, are rich in potassium, which is linked to lower levels of anxiety.¹



Fatty Fish- Fatty fish, like salmon, tuna and trout, are rich dietary sources of omega-3 fatty acids. In addition to their heart

healthy benefits, omega- fatty acids are considered a nutrient with anti-depressant benefits.² Eat fatty fish at least two times a week to reap the benefits.

Blueberries- Blueberries are a potent mood booster. Studies have shown that eating blueberries results in better blood flow to the brain, and people who have high intake of blueberries report higher levels of optimism and lower rates of depression symptoms that people who do not eat blueberries.³



Walnuts- Another food with proven mood boosting impacts are walnuts. Studies have linked eating walnuts regularly to lower rates of depression and anxiety.⁴



Dark Leafy Greens- For improved mood, include dark leafy greens into your diet most days of the week. Dark leafy greens include spinach, kale, collard greens, Swiss chard, romaine lettuce, mustard greens and more. According to the World Journal of Psychiatry, dark leafy greens are a top Antidepressant Food because they are rich in a variety of vitamins and minerals linked to improved mood.⁵

To include these foods in your eating habits, try these ideas!

- **Homemade Trail Mix**– Mix together walnuts, dried blueberries and dark chocolate chips for a mood boosting and delicious snack.
- **Salmon Cakes**– Use canned salmon or fresh salmon to make homemade salmon cakes. For a recipe, check out Project SHARE’s website, under the Recipes To Share video section!
- **Spinach & Mushroom Frittata**- For a healthy breakfast or a quick dinner, make a frittata packed full with veggies, making sure to include mushrooms and spinach for their mood boosting impact. For a recipe, check out Project SHARE’s website, under the Recipes To Share video section!

¹<https://www.psu.edu/news/research/story/mushroom-consumption-may-lower-risk-depression/>

²<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6147775/>

³<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7019743/>

⁴<https://www.eatingwell.com/article/7902827/foods-to-eat-for-better-mental-health/>

⁵<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6147775/>



Kids in the Kitchen- In-Person 5-6:30pm at SHARE HQ. Limited places available! Jan 6, Feb 3, Mar 3, Apr 7, and May 5, 2022.
Registration / Sign-up: timetosignup.com/projectsharepa
Virtual Zoom: Jan 27, Feb 24, Mar 24, 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.
Jan 13, Feb 10, Mar 10, Apr 14, and May 12, 2022
Registration: timetosignup.com/projectsharepa

Details at: projectSHAREpa.org





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 Carlisle, PA 17013
 Phone: 717-249-7773
 Website: projectSHAREpa.org
 Facebook: Project SHARE of Carlisle

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Gratefully on the campus of:
Dickinson



Mark Your Calendar Now!

Match Madness Campaign



DONATE

March 1-31, 2021

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

The More We Raise, the Greater the MATCH!

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



To be sure your gift qualifies for the Matching Campaign, please **MAKE YOUR GIFT** between March 1-31. **ONLINE** at WWW.FORBETTERHEALTHPA.ORG — Click on Match Madness and choose Project SHARE as your non-profit of choice. Or, **MAKE CHECK PAYABLE TO "PFBH"** and send to PFBH, 274 Wilson St, Carlisle 17013. Write **Project SHARE** in **MEMO** line of check.

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