

SHARE NEWS

Winter / Spring 2017



AWAITING THE REBIRTH OF THE EARTH

We look to the fields as they awaken and journey into Spring. New life and a continuation of what has been planted is our theme as we continue to nourish our community. We draw strength to move into new seasons of growth while welcoming new ideas that will empower our community towards sustainability. Join us in service!

WHO DO WE SERVE?

We can begin to answer that question in many ways...ourselves ...each other ... God ...those in need? Many answers that each of us could give but let us look at the direct beneficiaries of our efforts. It is true that we all, volunteers, staff, the connected community and the recipients all benefit from Project SHARE but, for this issue, we will concentrate on the recipients or those who are in need at this time in their lives and, as a result, come to Project SHARE for sustenance.

Laura Estep, Recipient Coordinator, is new to Project SHARE yet in her short tenure she has seen people from all walks of life and situations come into her office asking for assistance. *SHARE News* interviewed Laura to find out more about the people we serve, our Recipients. Estep shared an inside look at how Project SHARE is able to do the most good for those in need in our community. Estep provided insight on everything from the intake process at Project SHARE to just a few of the many heartwarming success stories that the organization's recipients have seen as a result of the services they received.

There are a number of factors that Project SHARE looks at when determining eligibility for its services. Paramount among these is **household income**. Project SHARE is in a position to be able to help individuals and families who qualify at, below, or even 50% above the national poverty line. This means SHARE is able to help needy individuals who technically do not qualify for certain services like food stamps yet still struggle under a significant financial burden.

Our line is drawn as follows based on the number in the household eligible:

Total Household Income maximum or below:

Household Size	Monthly Income	Annual Income
1	\$1,485	\$17,820
2	\$2,003	\$24,030
3	\$2,520	\$30,240
4	\$3,038	\$36,450

Who we serve? Continued 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, 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."

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DATES TO REMEMBER

Keep up to date on Facebook or on our website.



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

KITCHEN CLASSES

Be sure to look for a variety of classes we offer including Canning and other cooking and food preparation. Up to date announcements will appear on Facebook and be listed on our web site in the calendar.

Kids in the Kitchen

Wednesdays, the week after Distribution on **March 22, April 26, & May 24** (4:30 - 6pm). For children ages 5 to 13. All classes are held at the Farmstand &/or our main site on North Orange St. Reserve online: timetosignup.com/projectssharepa or call.

Cooking Made Easy

Learn the basics of cooking at the Farmstand. Classes held on Mondays beginning **February 13th** (5 - 7pm). Contact Project SHARE for information on joining this free series of classes.

Empty Bowls - March 20 (6—8pm)@ Dickin-son HUB. Event includes soup and bread plus a hand made ceramic bowl and are available at Project SHARE.

March Madness - March 1-31-Donor matching fund shared by Carlisle non-profits through the Partnership for Better Health. Go to: forbetterhealthpa.org and match for Project SHARE. See page 4

Neighbors Helping Neighbors - April 29 (8-12pm) Collaborating with West Side Neighbors looking to help with yard/house projects. Call 241-2000

Farm to Table Dinner - August 29—Fundraising Gala Event limited to 150 guests @ Whispering Pines with fine dining and entertainment.

Build a Better World –Summer Read & Feed for 5 to 12 year olds. Mon., Tues. Wed. **June 19—Aug. 10** from 9-11:30am @ 5 locations. Seeking TEACHERS and KIDS looking for a fun, learning and nourishing summer program with Project SHARE, BOSLER and AMELIA GIVINS LIBRARIES. Sign up at timetosignup.com/projectssharepa

SHARE YOUR LUNCH with the DIPJAR

You can help us with our overall mission by declaring a SHARE YOUR LUNCH WEEK at your firm, place of business (on-street or on-line), store, congregation or organization. Clients, members, employees passing through a central location have the option to swipe their card for a pre determined amount to be used towards providing food for members of our community. The set amount can vary and can be set to suit your location. Those participating sites will be recognized in our Share Your Lunch “menu” published on our website. For more information and to sign up for your SHARE YOUR LUNCH week contact: JKloza@projectsharepa.org



DipJar is an easy, instant way to make a small donation to Project SHARE towards its mission to feed the hungry.

SHARE Spotlight Column

Awakening Hope



This past October I had the privilege of visiting several refugee camps in Greece. I was part of a jazz music group that used music as a bridge to extend care, encourage, and build relationships. The music was

secondary to the more important purpose of lifting spirits. We were there to offer a sound of hope to people exiled from their homes who experience the struggles and isolation of their current circumstances.

The gospel of Matthew 5:13-14 reminds us, “You’re here to be salt-seasoning that brings out the God-flavors of this earth . . . Here’s another way to put it: You’re here to be light, bringing out the God-colors in the world” (*The Message*). As the music played we began to see God-colors on the faces of the refugees as smiles and clapping to the rhythm of the beat overshadowed an aura of heartache and lethargy. God-flavors were evident in the hugs, handshakes, and expressions of friendship given and received. In that space, in those moments, hope was awakened!

In much the same way, Project SHARE is more than its programs and distributing food. Food and programming, like the music, is not the end game, it is the way we bring out the God-flavors and God-colors in people’s lives and surroundings. It is secondary to the important purpose of creating a safe place where people feel welcomed, accepted, and loved. Food and programming is a conduit, a tool, to genuinely build friendships, encourage, and care for people. It is the way we live out our vision: “Nourishing our Community . . . Awakening Hope!”

Project SHARE is in an exciting season as we expand on partnerships in the community to holistically care for our neighbors in need. We greatly appreciate the support and encouragement we have received from the community. Together with the continued and important support of volunteers, recipients, and community partnerships, we will fulfill Project SHARE’s mission to “. . . meet the evolving needs of people on their journey to freedom from want.”

Privileged to serve with you,
Diane Baltaeff, Board Chair



In Cumberland County, part of the wealthiest nation in the world, 16.4% of all children are food insecure. We need to insure their health and success as we are all part of a caring community. We will all be stronger if they are!
Statistics from Feeding America



SM This year's Souper Bowl had many congregations and other groups raising food and funds for Project SHARE around the Big Game and through the national movement of Souperbowl.org.



MANY THANKS and Rah! Rah! for our teams that managed to raise essential \$\$\$\$s plus over 1,000 cans of food for the Project SHARE recipients. The total will be posted on Facebook and on our website once all has been tallied. Groups came through with a number of unique ways of filling the barrels and coffers including a congregational collection placed into large soup kettles marked either Falcons or Patriots.

Some innovations are being put in place for 2018 including involving more small party groups to join our youth and other organizations in reaching our goals to provide more nutritious food for the hungry in our community.

SPRING CLEAN YOUR CLOSETS for COMMUNITY AID



As you begin your Spring Cleaning be sure to deposit your clothing and other fabric items in our Community Aid bins here at Project SHARE. A significant portion of our budget is derived from the good folks at Community Aid who pay us for the clothing "gleaned" and then some with their generous donations to our mission. In 2016 we received over \$75,000 from Glenn and the folks at Community Aid thanks to generosity that went even beyond the tins of clothing we collected thanks to all of you. So let's fill the bins for 2017!!

Project SHARE of Carlisle

Like Us and Follow Us



Comment & SHARE our posts !

See what's happening and what we are learning, doing and saying !

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
Dickinson College	1250 US 11
Farmstand	123 Lincoln St.
Graziellas Pizza	5 W Main St., Plainfield
New Beginnings Loft	550 Petersburg Rd
Project SHARE	5 N Orange St.



Praise and a big thank you to our Volunteers, without whom

our mission would be impossible. A special thank you to our **VOLUNTEERS of the MONTH :**

DECEMBER



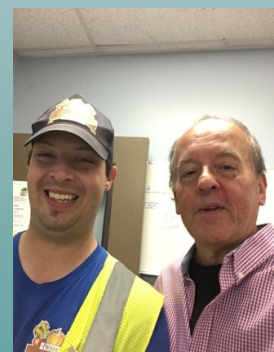
Lydia & Rick MELLOTT

JANUARY



Didem CAL

FEBRUARY



Ben Vollrath (left)

At this time of year many of our families are choosing between food and heat. The lower the temperatures the greater the struggle with the choices. What WE can do is to help to feed our community through your generosity. Without you we cease to serve. Join us to care for our neighbors as ourselves!

Match Madness-For the Babies!



Feeding our babies has just been made easier and even more productive during March thanks to our friends and benefactors at Partnership for Better Health.



The MATCH MADNESS program can be a blessing to our Baby Room where we will be able to stock up on formula and baby food. Make your donations through PBH for Project SHARE. ALL of the money you donate and designate to Project SHARE will be directed to the Baby Room! In addition PBH will match your funds, proportionately, with a \$50,000 matching fund designated to be shared with non profits. So we ask you to consider what Project SHARE does, continues to do and can yet do for the health and success of all in our community, and for this campaign, the babies in our community by going to:

<http://www.forbetterhealthpa.org> and making your donation

between March 01st and 31st on behalf of Project SHARE.

Let's make this matching fund go MAD in March!



March, April and May find many of us in need of a good sweatshirt and we have the look here at Project SHARE. Plus we have all sizes from Small to 3XXX for \$25-\$27 each WHICH includes a 30% donation to Project SHARE! So come on in and try your sweatshirt on to gather that little bit of warmth needed to get you through until summer arrives.



Farmers on the Square is a year-round producer-only farmers' market to satiate your appetite locally! Farmers on the Square is a volunteer and farmer-run, seasonal market that operates in downtown Carlisle, PA. Vendors live and work within 50 miles of Carlisle, so ours really is a local market. We stand by our mission of providing an opportunity for our community to access superb, regional products from a vibrant, producer-only farmers' market.

From January-April, the market is held on the second and fourth Wednesday of each month from 3-6 pm inside Project SHARE.

FRESH MATCH dollars provide food stamp recipients greater access to garden-fresh locally grown produce. Farmers on the Square, in collaboration with Project SHARE, is pleased to announce a fresh start in the new season for Cumberland FRESH MATCH dollars. FRESH MATCH (previously Double Up Market Bucks) is a grant and donation program that doubles the dollar benefits for eligible Supplemental Nutrition Assistance Program (SNAP), Women, Infants, and Children (WIC), the Farmers' Market Nutrition Program (FMNP) and Senior Farmers' Market

Nutrition Program (SFMNP) recipients (all known as food stamps) when shopping at the Farmers on the Square farmers market.

The 2016-2017 season of the FRESH MATCH program is made possible by substantial support from the Martson Law Offices, Highmark Inc., and generous community members. Through this program, shoppers at Farmers on the Square will have their SNAP benefits matched up to \$20 per week per recipient and WIC, FMNP or SFMNP benefits up to \$10 per week. Eligible persons interested in taking advantage of this program should go to the information booth at the market.

By promoting wholesome food choices, the program encourages individuals and families to adopt positive, sustainable diet-related behaviors. Offering an incentive that lowers the price of fresh produce helps shoppers stretch their food dollars while keeping their families healthy. In addition, we are supporting small, local farmers and producers while promoting values of community and of shared connections.





Our Vision: “Nourishing our Community... Awakening Hope!”



Who do we serve? Continued from page 1

Our client base changes as circumstances change. Of the people served in January, 86 were first time recipients. Some of our clients also break down into several vulnerable groups: 324 of our recipients are classified as having a disability; 169 are un/

underemployed; 9 homeless; 65 are military veterans.

Estep is proud of the fact that SHARE is able to provide its services even to those who are not technically at the poverty line. “Is it fair to dismiss the needs of individuals who work hard to improve their situations?”

However, it does not stop there. Estep has seen **many people humbly ask for assistance**. While each case is unique, one thing she feels remains pretty constant and that is the fact that “...it is incredibly difficult to ask for assistance.” Estep tries to ease the burden of asking for help by making sure she looks at everyone as worthy. She goes onto say that everyone in her department at Project SHARE makes an effort to encourage self esteem and value. Her personal goal, with everyone she sees, is to view them as a neighbor, not just another recipient. This goes a long way towards making SHARE feel like a truly safe space for all.

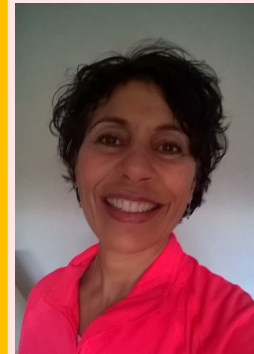
When asked if she has seen people try to **game the system** and take advantage of Project SHARE’s generosity, Estep said that situations like that are not really a problem for the organization. SHARE has several measures in place to minimize the ability to take advantage of its services. In addition to a verifiable initial intake process all eligibility paperwork must be re-filed every year to ensure that circumstances have not changed to make one no longer eligible for assistance.

Estep, however, did highlight a few instances when recipient’s life scenarios changed for the better making them no longer able to receive Project SHARE’s services. One such instance is the case of a woman who is still a regular in the distribution lines at SHARE, however, nowadays she is there as a proxy for someone who is unable to make it to SHARE headquarters. She is very proud to no longer need SHARE’s services and proud yet to be able to help others in need to receive the services she once relied on.

Project SHARE’s success stories come in the form of people the organization has been able to lift up and help out perilous situations. Estep recalls a recent instance when a woman with a serious medical condition was rescued from a scenario of domestic violence and brought to SHARE for assistance. The woman’s medical condition was assisted greatly by regular access to food. Estep also shared that she was able to use the other agencies that Project SHARE collaborates with in our community to help insure this woman’s safety and hopefully provide her with a way to see a future of blessings.

Estep closed her interview by paraphrasing Project SHARE’s vision statement, which serves as a reminder for her and the rest of the staff and volunteers that we collectively are “...nourishing our community and awakening hope for many!”

Recipient Witness—TZ’s Story



I first learned about Project SHARE many years ago via my church's weekly collection of canned goods... As a married and working mother raising four children, I was able to occasionally volunteer my services through the years. These experi-

ences always brought joy to my heart... Little did I know that years later I would be on the receiving end of their generosity.

Last spring, I found myself facing a predicament... I had been financially responsible for myself for several years, then became disabled and unable to work due to an injury on the job. My savings had run out and I found all avenues of work related financial support that I pursued closed to me save one...disability...That is when I turned to Project SHARE.

When you are wounded physically and/or emotionally, often times the heart is in greater need of nourishment. The many staff and volunteers at SHARE generously provide this with warm smiles, caring hearts, gentle hugs, and kind, nonjudgmental words of understanding and encouragement.

I am continually awed when some of my favorite foods are presented to me. Being offered items such as a bag of dried cranberries, canned salmon, Greek yogurt, coffee, fish, organic snacks/ nuts/ veggies/ fruit, and yes...sometimes even that dark chocolate I love, well that's a different story. Receiving these things has found hot tears of gratitude sliding down my cheeks for I KNOW that God is providing these items *specifically for me* through the SHARE Ministry.

While my road of healing is a tedious and humbling journey, it has been made bearable by many caring individuals...Project SHARE, you are a ray of HOPE to me... One day, God will find me able to bless and repay you for your kindness, love, and support...

With prayers and blessings, Theresa Z

(The full text of Theresa’s heartwarming letter is on our website:

projectSHAREpa.org)

“If we don't change, we don't grow. If we don't grow, we aren't really living.”

— [Anatole France](#)

Easter Dinners for Our Community



Calling on Congregations, Firms, Businesses, Organizations, Schools and Friends to answer this call!

Our drive to provide Easter dinner and food on 1,000 tables has begun. As in past years we are sharing a list of items as well as the option for financial donations that will allow us to buy even more dinners based on our wholesale purchasing power. Please reflect on how you can help us make Easter a blessed occasion for all in our community by SHARing the "Shopping List", available at: www.projectSHAREpa.org or by hard copy when you visit us at Project SHARE, 5 N. Orange Street. You can also call "Joe" at 249-7773 ext. 236 or email JKloza@projectSHAREpa.org



Help those in need with an Easter Dinner!

Help provide dinners at Easter for those in need.



EASTER SHOPPING LIST

Let us do the shopping for you!

Enclosed is my monetary gift (see reverse side) to purchase an Easter meal(s) for those in need.

Your financial donations are expanded with our leveraging power through wholesale purchases,, gleaning and other multipliers making: \$1 = \$10 of buying power!

Suggested Donation levels:

- \$17.00 Easter dinner
- \$14.00 Easter Ham
- \$30.00 Dinner & Ham
- \$120 4 families' complete

OR if you prefer to provide a bag of groceries:



- Can of Pineapple
- Bag/box of brown sugar
- Bag of fresh potatoes
- Green beans
- Instant bread mix
- Bottle of 100% juice
- Dessert mix (brownies, etc)
- Greeting card signed by you
- Canned ham or Smoked Ham or Frozen turkey

Please deliver all Easter dinner items and/or donations to Project SHARE by Friday, March 10th.

5 N Orange St, Suite 4—Carlisle, PA 17013

(P) 717- 249-7773 projectsharepa.org

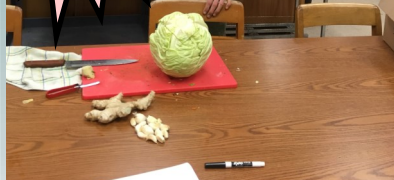
You can also pick up your lists at your Congregation, participating workplace, organization, school or at 5 branches of:





KITCHEN KRONICLES

Anyone who frequents our Farmstand has noticed the abundance of cabbage these past few winter months. Fortunately, this leafy member of the *Brassica* family (which also includes kale, Brussel sprouts, broccoli and cauliflower) has a near infinite number of uses, and contains many compounds that are beneficial for our health!



Weston and the cabbage!

Did you know...?

- In terms of price per cup, a report by the USDA has shown cabbage to be the second most economical cooked vegetable. This makes cabbage a nutritional bargain in comparison to other cruciferous vegetables like kale, cauliflower, and broccoli.
- Frequent cabbage intake is linked with **lower rates of Type II diabetes, cardiovascular disease risk, and even cancer.**

•Studies show **red cabbage** in particular, has the ability to **decrease oxidized LDL** (known as the “bad cholesterol”) in the blood. This reduction in oxidized LDL is a good thing, as excess LDL—an abbreviation for low-density lipoprotein—is a risk factor for developing blood vessel and cardiovascular diseases.

Health benefits of cabbage are due to the rich content of vitamins, minerals, fiber, antioxidants, and anti-inflammatory compounds. Cabbage is an excellent source of vitamin K, vitamin C, vitamin B6, manganese, potassium, and folate. More impressive is cabbage’s antioxidant power, with over 15 different antioxidant phenols identified to date. Although all color cabbage contains many phenols, red cabbage is unique in that it contains red pigment phenols called anthocyanins (yes, the same pigments found in berries!), which possess both antioxidant AND anti-inflammatory properties.

Antioxidants protect our body from harmful molecules called free radicals (compounds produced during normal metabolism and when our bodies are exposed to toxins such as tobacco, alcohol and Trans fats). Chronic oxidative stress, caused by free radicals, is a key risk factor for the development of cancer. The antioxidant and anti-inflammatory content of cabbage is believed to be responsible for its cancer prevention benefits.

One more reason to **EAT THE RAINBOW!**

Haluski (Pan-fried cabbage and noodles)

Servings: 4

- 4 cups egg noodles
- 1/2 cup butter
- 2 cups sliced sweet onions
- 6 cups thinly sliced cabbage
- 1/2 tsp salt



•Cook egg noodles according to package directions.

•While noodles cool melt butter in a large skillet over medium-low heat.

•Add onion & brown sugar, sauté 5-10 minutes stirring occasionally.

•Add cabbage to skillet, stir cabbage & onions together, sauté 5 minutes.



Take a photo and submit your favorite recipe for cabbage 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.

Check out more recipes for cabbage online at www.projectsharepa.org

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Small Effort

BIG DIFFERENCE

Just a small effort on your part can
make a big difference to our mission.

When you take the small step of naming Project SHARE as the beneficiary of your investment, checking or savings account, retirement or IRA account, you help us continue our important work. A gift like this won't affect your current lifestyle and it will make a tremendous impact on our mission.

Call or e-mail Deb Hess at dhess@projectsharepa.org or 717-249-7773 X233 to learn how you can make a BIG DIFFERENCE.



Project SHARE of Carlisle
5 North Orange Street
Carlisle, PA 17013
Phone: 717-249-7773
Fax: 717-249-0591
info@projectsharepa.org



Details on Page 4

PLEASE
PLACE
STAMP
HERE

Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5