OCTOBER 2016

Celebrating 30 Years 1986 2016

share

nourishing community

Serving Your Community in Eastern Pennsylvania, Delaware, New Jersey and the Eastern Shore of Maryland

215-223-2220 or 1-800-595-3663 • 2901 W. Hunting Park Avenue, Philadelphia, PA 19129 • www.sharefoodprogram.org

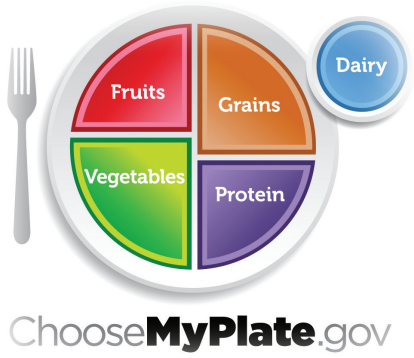
Eat Better This National Food Day!

To celebrate National Food Day on October 24, we wanted to provide some resources so that you can eat healthily and well. Food Day encourages people to Eat Real by drinking less sugary drinks, eating less overly salted and processed foods and factory-farmed meats and to eat more vegetables, fruits, whole grains, and foods that are better for our planet.

For more information, visit **www.foodday.org**

Filling Your Plate

What's the best way to make sure you have a complete, healthy and filling meal? Cook and choose what will be on your plate! Take a look at the Choose My Plate picture to get an idea of how much of each kind of food you should eat. Remember that the largest parts of the plate are for vegetables and grains. Use your Share package to make sure you have vegetables in every dish you make, at least one vegetable

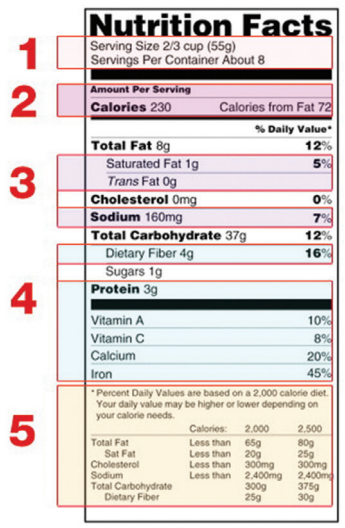


side, and a healthy grain like brown rice or whole wheat bread to serve with the meal. For more information, visit **www.choosemyplate.gov**

Reading the Nutritional Label
See picture of Nutrition Facts to the right

1. Start by looking at serving information. That will tell you how much you should eat.
2. Check total calories per serving.
3. Limit these nutrients. The American Heart Association says you should have no more than 13 grams of saturated fat, as little trans fat as possible, and max 1,500 mg. of sodium.
4. Get enough of these nutrients. Vitamins, calcium, protein, and iron are important.
5. Quick guide to % of Daily Value. This will tell you how much you should have for a 2,000 calorie diet.

For more information, visit **heart.org**



Change the Way You Eat Away from Home

(Tips from the United States Department of Agriculture about eating at restaurants)

1. Drink water, unsweetened tea, or other drinks without added sugar with your meal.
2. Start your meal with a salad in order to make you feel satisfied sooner.
3. Share a main dish with a family member or a friend.
4. Select from the side dish menu which often has more vegetables and smaller servings.
5. Pack a snack, including fruit, fresh vegetables, string cheese, or nuts to have with you for when you are hungry.
6. Fill your plate with vegetables and fruit. Stir fries, skewers, and vegetarian menu items often have more vegetables.
7. Pay attention to the amounts of calories, fat, and sodium in your meal.
8. Pass on the buffet. Eat until you feel no longer hungry, not until you are full.
9. Ask for whole grains, which include whole wheat pasta, rolls, and breads with sandwiches, burgers, or main dishes.
10. Quit the "clean your plate club." Save some leftovers for another meal and put them in the fridge.

For more information, visit old.panen.lightsky.net/eattogetherpa/health

Freshest Fruits & Vegetables This Month in PA

Check them out at our Fresh Roots Farm Stand Tuesdays and Thursdays from 2-4 PM or at your local Farmers Market!

PENNSYLVANIA BUY FRESH BUY LOCAL

October November Fruits

Apples
Melons
Pears
Watermelon

October November Veggies

Acorn Squash
Artichoke
Beets
Bok Choy
Broccoli
Brussels Sprouts
Butternut Squash
Cabbage
Carrots
Cauliflower
Celery
Chard
Collards
Cucumbers
Sweet Corn
Eggplant
Green Beans
Kale
Leeks
Lettuce
Lima Beans
Mushrooms
Okra
Parsnips
Peppers
Pumpkin
Rutabagas
Spaghetti Squash
Spinach
Sweet Potatoes
Tomatoes

Change Your Clocks

This Sunday, November 6th, Don't Forget to Change Your Clocks So That They're an Hour Back.

Use that extra hour to change the batteries in your smoke detectors.

LIKE US ON facebook

The Share Newspaper is published monthly, and edited by Rebecca Cook.
Share welcomes your comments and suggestions, which can be sent to **rcook@sharefoodprogram.org**

INSIDE

SHARE MISSION STATEMENT

Share is a nonprofit organization serving a regional network of community organizations engaged in food distribution, education and advocacy.
Share promotes healthy living by providing affordable wholesome food to those willing to contribute through volunteerism.

Share's Cooking Corner

Southwest Cabbage Salad 4 Servings

Dressing:

3 Tablespoons cider vinegar
½ teaspoon dried oregano
1 Tablespoon water
1 teaspoon sugar
1 teaspoon garlic powder
1 teaspoon cumin
2 Tablespoons vegetable oil

Salad:

4 cups finely shredded cabbage
1 cup chopped onions
1 cup thin strips of bell pepper
1 cup corn kernels (fresh, canned, or frozen)
½ cup chopped fresh cilantro

Directions

1. In a small bowl, mix the vinegar, water, garlic, cumin, oregano, sugar, and a pinch of salt. Stir until sugar and salt is mixed in.
2. Beat in the vegetable oil a little at a time until dressing is well blended.
3. In a large bowl, combine the cabbage, onion, bell pepper, corn, and cilantro.
4. Add the dressing to the vegetables in the bowl. Mix well. Adjust seasonings to taste.

Seniors: Please Exercise More!

Did you know that 4 in 5 expensive conditions that affect adults who are 50+ can be prevented or managed with physical activity? Read more below to see what the Center for Disease Control (CDC) has to say about how important it is for seniors to exercise!

Regular physical activity is vital for healthy aging. It can help delay, prevent, or manage many costly chronic diseases faced by adults 50 years or older. Physical activity can also reduce the risk of premature death. Despite these benefits, 31 million adults age 50 or older are inactive. Adults who cannot meet Physical Activity Guidelines (i.e., 150 minutes of moderate-intense aerobic activity a week) should be as active as their abilities or conditions allow.

Getting any amount of physical activity still offers some health benefits. Some is better than none.

Everyone can:

- Be physically active with friends, family, and work colleagues on a regular basis.
- Make walking to the store, the office, or the bus part of your daily routine.
- Try a recreational program designed for your age group or mobility level.
- Participate in local planning efforts that support safe and convenient places to be active.

To read more, visit the CDC's website at **www.cdc.gov**

The content, facts, and pictures for this article were provided by the flyer, "Adults Need More Physical Activity: Communities Can Help," at ***cdc.gov/physicalactivity/inactivity-among-adults-50plus/adults-need-more-physical-activity-factsheet.pdf***

This Column is made possible by the Commodity Supplemental Food Program (CSFP). CSFP is an equal opportunity provider

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SHARE 2016 CALENDAR

Mark Your Calendars!

ORDER TURN-IN	BAGGING SATURDAY 9AM - 12 PM	BAGGING WEEK 9 AM - 5 PM	DISTRIBUTION THURS. 12 PM - 3 PM FRI. 10 AM - 3 PM, SAT. 7 AM-11 AM
October 10	15	17, 18, 19	20, 21, 22
November 7	12	14, 15, 16	17, 18, 19, 21, 22
December 5	10	12, 13, 14	15, 16, 17, 19, 20

SHARE 2017 CALENDAR

January 9	16	16, 17, 18	19, 20, 21
February 13	18	20, 21, 22	23, 24, 25
March 13	18	20, 21, 22	23, 24, 25
April 10	17	17, 18, 19	20, 21, 22
May 8	13	15, 16, 17	18, 19, 20
June 12	17	19, 20, 21	22, 23, 24
July 10	15	17, 18, 19	20, 21, 22
August 14	19	21, 22, 23	24, 25, 26
September 11	16	18, 19, 20	21, 22, 23
October 9	14	16, 17, 18	19, 20, 21
November 6	11	13, 14, 15	16, 17, 18, 20, 21
December 4	9	11, 12, 13	14, 15, 16, 18, 19

HOW TO PLACE AN ORDER ONLINE

1. Go to **sharefoodprogram.org** and scroll down to the Quick Links section. Click on the **Order Online** link.
2. Scroll down and select the appropriate button: **Philadelphia-Area Host Site** OR **Out of Area Satellite Delivery (Host),** OR for individuals picking up directly at Share, choose **Philadelphia Pickup**. Click the button to be taken to the online ordering instructions, and from there, click on **Proceed to Order**.
3. Find an item you want on the **Online Order Selection page**, and type the desired quantity into the **Quantity** box, then click the **Add** button. Each time you click **Add**, you will receive a confirmation that the item has been added to your cart. Continue adding items until finished, viewing selections at any time in the **View Cart** section. The **View Cart page keeps a running tab**, showing you the cost of items added to that point.
4. To prepare to check out, click **View Cart to verify your selected items and quantities.** Please see instructions on this page for deleting items, changing quantities, and returning to the Order Items page. When you have made any necessary changes and your order is complete, click the **Check Out** button.
5. The final step is to **fill in all the required information on the Check Out page**—email address, name, street address, city, state, zip code, and Host Site number. On this page, there is a comments block into which you can type information on Community Service hours. You also can use this section to include other information for Share.
6. When you have provided the required Check Out page information, you can click the **Submit Order** button, which is below the comments box.
7. You will receive an **order confirmation** notice at your email address. If you do not receive this email, please call Share at 215-223-2220.

NOTE: Individuals who pick up orders at Host Sites should not order online. These orders must be submitted directly to the Host Site. Only individuals picking up at Share in Philadelphia should order online.

Questions? Call 215-223-2220 for help with online ordering.

OCTOBER PACKAGES

Note: Due to the printing deadline, the food packages are subject to last-minute changes

Some Host Sites may include a delivery charge with you order. If you live in Philadelphia, it can be as much as $1 per package. If you live outside Philadelphia, it can be as much as $1.50 per package. For Preference items, please check the Menu/Order Form for delivery charge **per unit.** Preference items are listed on Side 2 of the monthly Menu/Order Form, which is included in your delivery or available online at www.sharefoodprogram.org.

VALUE PACKAGE - $20.00

MEAT/FISH
- Chicken Thighs . . . . . 1 Package
- Bratwurst Sausage . . . . . 1 Package
- Pork Chops . . . . . 1 Package
- Southwest Breaded Cod . . . . . 1 Package

PRODUCE
- Broccoli Crowns . . . . . 1 Pound
- Corn . . . . . 1 Ear
- Cucumbers, Kirby's . . . . . 3 Each
- Onions . . . . . 2 Pounds
- Oranges . . . . . 3 Each
- Peaches . . . . . 2 Each
- Sweet Potatoes . . . . . 2 Pounds
- White Potatoes . . . . . 3 Pounds

GROCERY
- Eggs, Medium (From PA) . . . . . 1 Dozen

KIDNEY HEALTH PACKAGE - $20.00

MEAT/FISH
- Chicken Breast . . . . . 1 Package
- Chunk Light Tuna in Water . . . . . 1 Can

PRODUCE
- Avocado . . . . . 1 Each
- Cabbage . . . . . 1 Head
- Collard Greens . . . . . 1 Bunch
- Mango . . . . . 1 Each
- Mushrooms . . . . . 1 Package
- Onions . . . . . 2 Pounds
- Oranges . . . . . 3 Each
- Peaches . . . . . 3 Each
- Pomegranate . . . . . 1 Each
- Sweet Potatoes . . . . . 2 Pounds

GROCERY
- Eggs, Medium (From PA) . . . . . 1 Dozen
- Green Pidgeon Peas . . . . . 1 Can
- Mixed Vegetables . . . . . 1 Can

NON PORK PACKAGE - $20.00

MEAT/FISH
- Chicken Thighs . . . . . 2 Packages
- Southwest Breaded Cod . . . . . 2 Packages

PRODUCE
- Broccoli Crowns . . . . . 1 Pound
- Corn . . . . . 1 Ear
- Cucumbers, Kirby's . . . . . 3 Each
- Onions . . . . . 2 Pounds
- Oranges . . . . . 3 Each
- Peaches . . . . . 2 Each
- Sweet Potatoes . . . . . 2 Pounds
- White Potatoes . . . . . 3 Pounds

GROCERY
- Eggs, Medium (From PA) . . . . . 1 Dozen

DIABETES HEALTH PACKAGE - $20.00

PRODUCE
- Avocado . . . . . 2 Each
- Beets . . . . . 1 Pound
- Cabbage . . . . . 1 Head
- Collard Greens . . . . . 1 Bunch
- Eggplant . . . . . 1 Each
- Mushrooms . . . . . 1 Package
- Oranges . . . . . 4 Each
- Sweet Potatoes . . . . . 2 Pounds
- Tomatoes, Slicing . . . . . 3 Each

GROCERY
- Eggs, Medium (From PA) . . . . . 1 Dozen
- Mexican Chicken Rice . . . . . 1 Package
- Olive Oil . . . . . 1 Bottle

IMMUNE HEALTH PACKAGE - $20.00

MEAT
- Chicken Thighs . . . . . 1 Package

PRODUCE
- Avocado . . . . . 2 Each
- Bananas . . . . . 4 Each
- Beets . . . . . 1 Pound
- Cabbage . . . . . 1 Head
- Collard Greens . . . . . 1 Bunch
- Mangoes . . . . . 2 Each
- Sweet Potatoes . . . . . 2 Pounds
- White Potatoes . . . . . 3 Pounds

GROCERY
- Eggs, Medium (From PA) . . . . . 1 Dozen
- Kidney Beans . . . . . 1 Can
- Mixed Veggies . . . . . 1 Can
- Whole Grain Jungle Crackers . . . . . 2 Packets

PRODUCE PACKAGE - $20.00

PRODUCE
- Avocado . . . . . 1 Each
- Beets . . . . . 1 Pound
- Cabbage . . . . . 1 Head
- Collard Greens . . . . . 1 Bunch
- Eggplant . . . . . 1 Each
- Mushrooms . . . . . 1 Package
- Onions . . . . . 2 Pounds
- Oranges . . . . . 3 Each
- Peaches . . . . . 3 Each
- Sweet Potatoes . . . . . 2 Pounds
- Tomatoes, Slicing . . . . . 2 Each
- White Potatoes . . . . . 3 Pounds

GROCERY
- Eggs, Medium (From PA) . . . . . 1 Dozen

SENIOR PACKAGE - $20.00

MEAT
- Chicken Thighs . . . . . 1 Package
- Pork Chops . . . . . 1 Package

PRODUCE
- Broccoli Crowns . . . . . 1 Pound
- Cabbage . . . . . 1 Head
- Collard Greens . . . . . 1 Bunch
- Green Beans . . . . . 1 Bag
- Onions . . . . . 2 Pounds
- Oranges . . . . . 5 Each
- Peaches . . . . . 2 Each
- Sweet Potatoes . . . . . 2 Pounds
- White Potatoes . . . . . 3 Pounds

GROCERY
- Eggs, Medium (From PA) . . . . . 1 Dozen

FRUIT PACKAGE - $15.00

- Bananas . . . . . 4 Each
- Grapefruit . . . . . 2 Each
- Kiwi . . . . . 4 Each
- Mango . . . . . 1 Each
- Oranges . . . . . 4 Each
- Peaches . . . . . 4 Each
- Pomegranate . . . . . 2 Each

OCTOBER Specials!

SMALL LOCAL & REGIONAL PRODUCE PACKAGE $10.00

PRODUCE
- Apples, Mac . . . . . 4 Each
- Cabbage . . . . . 1 Head
- Green Squash . . . . . 1 Each
- Onions . . . . . 2 Pounds
- Sweet Potatoes . . . . . 2 Pounds
- White Potatoes . . . . . 3 Pounds

GROCERY
- Eggs, Medium (From PA) . . . . . 1 Dozen

LARGE LOCAL & REGIONAL PRODUCE PACKAGE $15.00

PRODUCE
- Apples, Mac . . . . . 4 Each
- Cabbage . . . . . 1 Head
- Collard Greens . . . . . 1 Bunch
- Cucumbers, Kirby's . . . . . 2 Each
- Eggplant . . . . . 1 Each
- Green Squash . . . . . 3 Each
- Onions . . . . . 2 Pounds
- Sweet Potatoes . . . . . 2 Pounds
- White Potatoes . . . . . 3 Pounds

GROCERY
- Eggs, Medium (From PA) . . . . . 1 Dozen

CHICKEN BREAST PACKAGE $23.50

10 lbs. (2 – 5 lb. bags) Chicken breast

BEER BATTERED SHRIMP PACKAGE $23.50

4 lb. – 25-30 ct. of Beer battered shrimp

SKIN ON SALMON FILETS PACKAGE $18.50

3 lb. Skin on salmon filets

Share accepts cash, credit cards, money orders, cashier's checks, and the EBT/ACCESS Card (SNAP). We do not accept personal checks. Thank you for your order.

FREE African Heritage Cooking Class at Share!

FRIDAYS FROM 10-11:30 AM AT SHARE (OCTOBER 28-DECEMBER 9)

Diabetes is not part of our heritage. Neither is heart disease.

Our ancestors ate a delicious, plant-based diet that was high in flavor and low in cholesterol, saturated fat, sugar, and extra salt.

A Taste of African Heritage is a new cooking class that teaches this fun, easy, healthy way of eating.

Please join us for this free six class series

For more information or to sign up, call Theresa at 215-223-2220. Classes will be at the Share Warehouse, 2901 W. Hunting Park Ave., Philadelphia, PA 19129.

Holiday Boxes Coming in November and December!

Order a Share Holiday Package! For just **$30**, you can get this package with everything you need for a complete holiday dinner (see contents to the right). Order a holiday package just like you would order a normal Share Package, on the same dates, listed below. Holiday Boxes will be available for ordering on the normal Share Order Form we give out in October and November.

ORDERS DUE BY
November 7
December 5

PICK UP HOLIDAY BOX ON
Nov. 17, 18, 19, 21, or 22
Dec. 15, 16, 17, 19 or 20

- Frozen Items
  - ❑10-12 lb. Frozen Turkey
  - ❑1 Dessert
  - ❑1 Container Whipped Topping
  - ❑1 Package Broccoli Florets
  - ❑1 Package Texas Toast
- **And…**
  - ❑3 lbs. White Potatoes
  - ❑2 lbs. Sweet Potatoes
  - ❑2 lbs. Onions
  - ❑1 Cabbage
  - ❑4 Apples
  - ❑4 Oranges
  - ❑5 Tangerines
  - ❑2 Cans of Green Beans
  - ❑2 Cans of Corn
  - ❑1 Box Stuffing Mix
  - ❑1 Box Mac & Cheese
  - ❑1 Stalk of Celery
  - ❑1 Dozen Eggs

Attend A Money Managing Workshop for FREE

Do you know where your money is going? Do you know the basics about budgeting, credit, homeownership, and investment? Senator Vincent Hughes is organizing seven weeks of **FREE workshops** to help you get your financial house in order through November 16.

The Financial Literacy Workshops will be held from **6 PM – 7:30 PM** at the **Free Library of Philadelphia located Wynnefield Branch, 5325 Overbrook Avenue, Philadelphia**. Check out the workshops online at **senatorhughes.com/financialworkshops**

Workshops include:

- Why You Need Insurance
- Crisis in Home Ownership
- Investing in Your Future

We will also be offering **One on One Counseling Sessions** every **Thursday from October 6th through November 17th.** These will be held from **4PM – 8PM** at the office of **Senator Hughes located at 4950 Parkside, Suite 300, Philadelphia**.

RSVP TODAY

The one on on counseling sessions are BY APPOINTMENT ONLY. **Contact Omar Sabir in Senator Hughes' Office at 215-879-7777 or osabir@pasenate.com** to set up your appointment.

What Is Share?

Founded in 1986, Share is a nonprofit that serves a regional network of community organizations engaged in food distribution, education, and advocacy. Through our Package Program, we promote healthy living by providing affordable wholesome food to those willing to contribute through volunteerism.

Share sells a wide variety of food packages — a selection of items that if purchased through a traditional storefront would cost twice as much. The list of available items changes monthly, although many staples always appear on the menu — onions, potatoes, eggs, poultry, and either beef or pork.

We do our best to include fresh seasonal vegetables and fruit, some of which we grow at our own Nice Roots Farm, right on site. In addition to the standard packages, there's always a long list of additional items, something like an a la carte menu.

What does Share ask in return for passing along a 50-percent savings to its participants? That each month, you contribute two hours of volunteer service either in your own community or at Share. Chances are you're already doing some of that — driving an elderly neighbor to the store, keeping your block tidy, watching your neighbor's child while she takes care of errands. Here at Share, there's a volunteer task for every age, skill level, and capacity; everyone is welcome here.

In 1991 we expanded our services by becoming the lead agency in Philadelphia County for the State Food Purchase Program and The Emergency Food Assistance Program (TEFAP). This designation enables Share to distribute wholesome food each month to a network of over 500 food cupboards in Philadelphia. More recently, Share added distribution of a monthly food package for low-income seniors — the Commodity Supplemental Food Program. All of this food is provided without charge to the cupboards and to senior citizens.

Share
2901 W. Hunting Park Avenue
Philadelphia, PA 19129
215-223-2220