



S . H . A . R . E .
I N T H E H A R V E S T
F R I E N D S O F P R O J E C T S . H . A . R . E
W W W . P R O J E C T S H A R E . N E T

SEPTEMBER 2005 VOLUME.3, ISSUE 3

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IT'S A BOUNTIFUL SEASON



Kids Go "Corn Crazy"

Corn, corn everywhere! Local farmers have been extremely generous in sending truckloads of corn our way, and the Kids Cooking Class is just one group to enjoy the bounty. Nearly 40 kids and volunteers gathered on August 8th or 10th to prepare fresh corn to mix into Southern Cornbread and Mexi-Corn Casserole. Corn trivia and corny jokes flew around the kitchen as many hands chopped and stirred. Did you know that processed corn can be found in everything from hot dogs to diapers, crayons, and batteries? Be sure to thank a farmer today!

Giant Gift Cards Make the Giving Easy

County Weight Loss = S.H.A.R.E. Gain

One hundred county employees donated 3495 pounds of food to celebrate their loss of 4000 pounds since last October. The employees were part of a county sponsored Weight Watchers at Work program to promote healthier lifestyles. The participants donated food equivalent to their amount of weight loss as a way of saying thank you to the county for sponsoring the program. Project S.H.A.R.E. congratulates the employees on their weight loss and thanks them for their generous contribution. *Will your business or church group be next?*

If you shop at Giant Foods, you can help S.H.A.R.E. while you do your regular shopping by using a Giant Gift Card purchased through our office.

We have gift cards in denominations from \$10 to \$100, which you can



use just like cash at Giant. When you purchase cards from us, you get the full value of your purchase and we receive a 5 percent donation from Giant Foods.

It's easy, it's painless, and it won't cost you a thing!

Gift cards can be purchased Monday through Friday 8AM-4 PM at Project S.H.A.R.E.

If you would like to coordinate Giant Gift Card sales at your church or organization, please call the office for more information.

The sky's the limit for Giant Gift Card donations to Project S.H.A.R.E. !

Can you help us meet our goal of \$10,000 in gift card sales for October and November? Meeting this goal will bring \$500 to Project S.H.A.R.E.

THANK YOU FROM S.H.A.R.E.

Here are just a few of our recent blessings:

- ♥ Thank you to Alexander Spring Rehab for their faithful support on “dress down” days.
- ♥ Thank you to Dickinson College student farmers for their help during the summer months setting up and maintaining the pizza garden, helping with gleanings as well as freezing vegetables and baking bread.
- ♥ Thank you to the Bethany Village Red Hat Ladies for their donation of school supplies.
- ♥ Thanks to the children and leaders at St. John’s Episcopal Church VBS for the school supplies and peanut butter.
- ♥ Thanks to the children and staff at Carlisle Wesleyan Church VBS for 200 cans of food.
- ♥ Also, Green Spring 1st Church of God for 500 cans of peas!
- ♥ Thank you to all 18 Sprint volunteers who helped out at the July food distribution.
- ♥ Thank you to the Fashion Bug for a good supply of hangers for the Clothing Room.
- ♥ Thanks to the children and teachers at St Matthew’s Lutheran Church VBS for 8 cases of food and for their annual gospel concert held Aug. 14th.

Volunteers of the Month

Mildred and Betty peel and freeze peaches for us from Alvin Hurst’s orchard



We encourage all our volunteers to listen to WIOO radio (AM 1000) and we thank the radio station for all their support through the years.

School Supply Distribution Held...

On August 28th from 2-5p.m. Carlisle Evangelical Free Church held a “Fun Fest Project” at Project S.H.A.R.E. This wonderful event featured food, face painting, moon walk, and live music from their worship team. Over 300 local needy children received a back pack and age appropriate school supplies. We want to thank everyone who donated school supplies, especially WIOO Radio (AM 1000) and their listeners for their annual food and school supply drive. This will help these children get a great start for the new school year!

S.H.A.R.E. joins the Greater Carlisle Area United Way

Beginning this Fall, Project S.H.A.R.E., along with 3 other local agencies will join the United Way. We’ve collaborated with the United Way for many years. This new membership will be of great benefit to both S.H.A.R.E. and United Way.

Distribution Days

October 18, 20 & 22
November 15, 17 & 19
December 13, 15 & 17
TIMES:
Tues—SHARExpress (pre-packed food only)
Noon—2 p.m.
Thurs. 8 a.m. — Noon
Sat. 8:30 am.—10:30 a.m.
VOLUNTEERS:
Volunteers should arrive 1/2 hour before opening time.

Project S.H.A.R.E. Mission Statement: In response to God’s call to love one another, we provide food, clothing, nutritional education and access to programs designed to improve physical, emotional and spiritual well-being for those in need, doing so in a compassionate environment that serves to strengthen this community.
Adopted May 2004

Volunteer Opportunities

If you have a special talent — or if you just want to lend a helping hand, there are many opportunities for volunteers at S.H.A.R.E. You can make a big difference in the lives of families in Cumberland County. Here are just a few opportunities to consider:

- Newsletter writing, layout, photos, proofreading
- Food delivery on distribution days
- Donating Thanksgiving turkeys of all sizes
- Sorting clothing and food donations
- Helping on distribution days
- Assisting in the office
- Driving the truck (no special license needed)
- Going to food auctions the week before distribution
- Gleaning fruits and vegetables from local fields
- Canning/freezing fresh foods for winter use
- Organizing a food drive or special event

Let's Be Real: The Cost of a Healthy Diet

How hard is it to eat healthy? For some, it is nearly impossible. Access— whether financial or physical — to healthy foods is an immense hurdle for low-income families.

Food stamp recipients in PA receive an average of .89/person per meal. A tight budget requires the purchase of low-cost foods, which tend to be low in nutrients and high in calories. In cities as well as rural areas, convenience stores and fast food restaurants may be the easiest source of food (for families without a car). Having to pay a mark-up of 200-300% compounds the food budget problem.

Low income families struggle to put food on the table: putting healthy food on the table is immensely more difficult. *

“S.H.A.R.E.” stands for “Survival Help and Recipient Education.” Part of our mission is to provide a variety of nutritious low-cost foods, along with opportunities for learning to appreciate and prepare them. With the ongoing help of all our supporters, we believe Project S.H.A.R.E. can help make healthy eating possible for the families we serve.

* Reprinted with permission from “The Pennsylvania Hunger Advocate,” June 2005.

Soup to Nuts!

If you like to cook and are between the age of 16 and 106, we would like to cook with you! We'll be making items to distribute to local, needy families.

Every Thurs. 9 AM-2 PM we'll be cooking and baking with produce and donated foods-everything from **Soup to Nuts!**

Call Linda at 249-7773

SHARE-a-Story Needs Readers

Volunteers are needed to read pre-selected stories and do prepared activities as part of the SHARE-a-Story program held during distribution days at Project S.H.A.R.E. The program is coordinated through the Bosler Memorial Library Children's Department. You can donate an hour or a morning. Volunteers should be 14 years of age or older, enjoy working with children, and have their own transportation. If interested, please call Melissa Killinger at 243-4642, ext. 230."

S.H.A.R.E. Committee

The S.H.A.R.E. Committee is a sub-committee of the Carlisle Area Religious Council (CARC). Our committee sets the policy and strategy for the ministry and helps with community outreach. Members for 2005-06 are:

- Duane Bernard
- Sharon Carey
- Ron Domenic
- Patricia Fox
- Cheryl Kremer
- Elaine Livas
- Madeline D. Lyons
- Rev. Jennifer McKenna
- Jesse Newcomer
- Madlyn K. Orloski
- Dave Rose
- G. Bryan Salzmann
- Jim Sollars

If you would like to receive this newsletter by email, just let us know. Send your name and email address to share@pa.net

AUGUST DISTRIBUTION

Households	677
Total individuals	1696
Individuals over 60	211
Individuals living alone	243
Children up to 5 years old	198
Children 6 to 17 years old	441
August retail cost per box	\$128.83
August our cost per box	\$18.62
Year-to-date retail value	\$599,579.51
Our year-to-date cost	\$ 68,960.00

We can stretch and multiply each financial donation!



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Donating to Project S.H.A.R.E. couldn't be easier

If you'd like to donate stock to Project S.H.A.R.E. just give us a call. We have a special brokerage account at Orrstown Bank where we can accept transfers of stock. There is no need to sell the stock or incur brokerage fees. Your donation will be valued at the date of your gift.

Thanks to webmaster Tim Wetzel and to Rowe's Print Shop for printing our newsletter.

CALENDAR OF EVENTS

Monday-Friday Office open 8 a.m.-4 p.m.
Monday & Tuesday Clothing drop-off 8 a.m.-4 p.m.
Sept.-October Gleaning Continues
Saturday, Sept. 24 Kids in the Kitchen Cooking Classes, 8:30-12 or 1-4:30
Sunday, Sept. 25 Crop Walk
Sat., Oct. 1st Volunteer BBQ 12-3 PM
Saturday, Oct. 15 Kids in the Kitchen Class
Thurs. Dec. 1st Molly Pitcher Holiday Dinner
Tues., Dec. 6th George Winston in concert at the Carlisle Theatre –food collection and CD sales benefiting S.H.A.R.E. 8 PM
Friday, Dec. 9 Eaken Piano Trio 7:30 PM

Our immediate needs

- Beef Stew
- Cereal
- Tuna
- Spam
- Macaroni & cheese

We serve more than 660 families EVERY month.

