



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

JUNE 2006

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**CONTRIBUTIONS**  
**WELCOMED**

*Now your donation can be made on line. Go to our webpage, [www.projectshare.net](http://www.projectshare.net) and click on "Make a donation."*

**GIANT GIFT CARDS**

Buy Giant Gift cards at SHARE and the food bank will receive 5% of the value of your cards.

**SHARE FARM STAND: 123 Lincoln St., Carlisle**

June 2nd is the Grand Opening of the SHARE FARM STAND. Fresh fruits and vegetables will be given away there for free on Tue, Wed



Messiah College Student Volunteers

and Fri from 10am to 2pm. The generosity of local farmers allows us to stock the stand with fresh produce.

Volunteers often go out into fields and orchards to glean. We are looking forward to picking strawberries and lettuce soon. At produce auctions we purchase fresh items at a good price. Come take a look and help at the SHARE FARM STAND!

**A Note From Elaine**

Come sweat with us! Summer is here and it is time to think about planting and harvesting fresh fruits and vegetables. The gleaning project is critical to SHARE in a couple of ways. It provides thousands of pounds of produce for low-income families-all free for our labor. Even more importantly, it provides a chance for us as volunteers to model the values of hard work, working together, planning ahead, and relying on God's provision for us all. It is too easy to say this is what we value, and then sit back and not walk the talk. Let us be people of integrity and not let any food go to waste while our neighbors struggle with hunger. Children supervised by parents are welcome, too. The first gleaning date is June 12th and we leave at 5:30 PM. Have you heard about the fruit of the spirit and the fruit of the vine? Come join us in harvesting together! I promise you will be blessed...



## Healthy Choices are Easier than Ever!

More and more people are recognizing that making wise choices in the foods we eat can greatly improve our health and well-being. It was not very long ago that making good choices meant having to go to specialty stores and pay very high prices. *The good news is that today the stores where you regularly shop are full of nutritious foods that cost the same or just a little more than the items that you may normally buy.*

Everyone has particular dietary needs, but in general we can all benefit from eating less saturated fat, refined sugar, and salt—and more whole grains and unprocessed fruits and vegetables. *The next time you go shopping, consider buying some of these healthier food choices—for your own families as well as for your donations to Project S.H.A.R.E. :*

- Reduced-fat peanut butter
- Natural-style peanut butter
- Low-sugar peanut butter
- Reduced-fat cheeses
- Reduced-fat yogurt & ice cream
- Canola or olive oil
- Canola or olive oil margarines
- Ground turkey
- Brown rice
- Whole grain pasta, breads, crackers, cookies & cereals
- Fruits canned in juice
- 100% juice drinks
- 100% fruit jams & jellies
- Sugar-free pudding mix & cookies
- No-salt added vegetables
- Low-salt soups and broths

Read the labels and check the prices. You'll be amazed at the good value for healthy choices.

## What does your Church collect for S.H.A.R.E. ?

- Peanut butter Churches: Allison UMC and St. John's Episcopal
- SPAM Church: St. Patrick Catholic Church
- Macaroni & Cheese Churches: Carlisle Alliance, Brethren in Christ, Cumberland Charge, and the Carlisle Friends Meeting
- Beef Stew Churches: Mary Queen of Peace, Carlisle Baptist, Carlisle Evangelical Free, St. Paul's Lutheran, Memorial Lutheran and 1st Lutheran, Community Baptist Church
- Corn Churches: Shiloh Missionary Baptist, Wesleyan Church of the Cross, Young's UMC, St Matthew's UCC, Hibner Memorial Bible Way Church of God in Christ
- Tuna Churches: Second Presbyterian, West St. AME Zion, Waggoner's UMC, Grace UMC, Faith & Fellowship at Grace, First Church of the Brethren, Dickinson Presbyterian
- Fruit Churches: First Presbyterian, Seventh Day Adventists, Otterbein UMC
- Baby Food Church: Carlisle Reformed Presbyterian and Skip Lewis
- Pea Churches: Plainfield 1st Church of God, Carlisle 1st Church of God, Green Spring Church of God
- Soup & Beef Stew Churches: Good Shepherd UMC and St. Matthew's Evangelical Lutheran
- Spaghetti Sauce Church: First United Church of Christ
- Green Bean: First United Methodist Church
- Pork & Bean Churches: Faith Chapel, Cavalry Church of God, New Life Community Church, Hope

### Summer Distribution Dates

June 13, 14, 15,17

July 18, 19, 20, 22














August 15, 16, 17, 19

Tue: 12–2pm, Wed: 3–5:30pm, Thur: 8-12, Sat: 8:30-10:30am  
Volunteers, please come a 1/2 hour earlier.

**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

**S.H.A.R.E. STARS**

-  Russell Coe, Larry Boor and Margaret Kocher for responding so generously to last quarter's Wish List
-  Wesleyan Women for providing personal toiletry bags & glasses for a recipient
-  Pizza Hut and PaPa John's for helping us celebrate the work of local student groups in such a delicious way
-  UW Day of Caring volunteers: Washington Group and National Honor Society Seniors from Carlisle High School
-  Messiah College Day of Service volunteers
-  Main Dish Kitchen for donating about 12 meals every week for S.H.A.R.E. families
-  Robin Ginter for her exceptional computer help
-  Mom's Club of the Carlisle area for donating baby diapers
-  Bosler Library for collecting food instead of fines during National Library Week
-  Youth at 12 local churches for collecting food and money on Souper Bowl Sunday
-  Congratulations to Matt McKenrick, 1st prize winner of 2006 Youth Garden Grant
-  Paul Monko whose donation of time was matched by IBM with 2 new computers
-  CAHWF for helping us turn \$2000 into \$275,000 worth of food

**2006 WISH LIST**

- Pick-up Truck Drivers
- Clothing Room Volunteers
- Artists to paint pictures of food
- Compact Laminator

**\$ Minimum Wage \$**

Since 1997 the minimum wage has been \$5.15. Right now House Bill 257 to increase the minimum wage is in committee in the State Senate. The following from the PA Hunger Advocate gives a good perspective on the need for an increase from \$5.15 to \$6.25.

"To pay employees today what was minimum wage back then would require around \$6.25 an hour. While it looks like an increase of \$1.10, it really would only restore the buying power of \$5.15 an hour. In fact, the cost of many of the items routinely purchased by low-income workers has increased much more than is reflected in the Consumer Price Index. In the past eight years, the price of food has increased 21%, rent by 28%, heating fuel by 50% and gasoline by 81%."

**Meet Richard Rotz, New Staff**



Rich joined the team in May. He's married with 3 kids and 5 grandkids. Logistics is his area at S.H.A.R.E.. WELCOME Rich!

**MAY DISTRIBUTION STATISTICS**

- S.H.A.R.E. served 745 families in May.
- The retail cost for food per family was \$118.53.
- The S.H.A.R.E. cost per family was \$13.95.
- 95 home deliveries are made every month to the homebound by 14 volunteer teams .
- 50 parents use the Baby Room each month to receive infant formula.
- Smoke detectors were given to seniors in May by the Red Cross.



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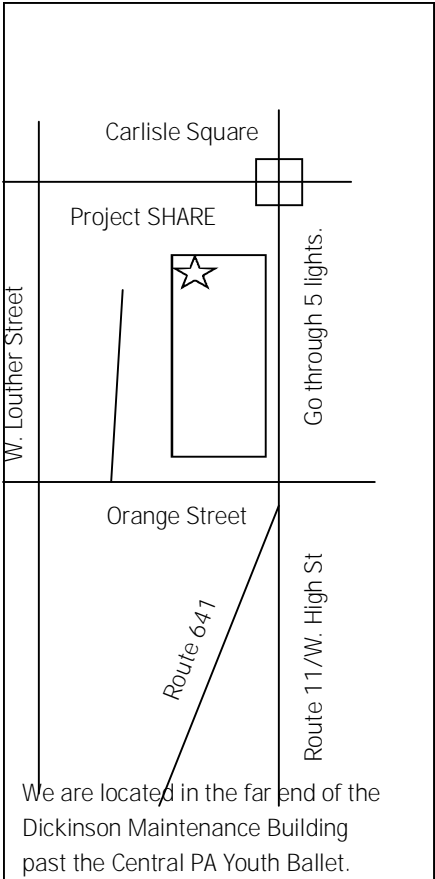


NON-PROFIT ORG  
 US POSTAGE  
 PAID  
 CARLISLE, PA 17013  
 PERMIT #40

LOOK FOR OUR WEBPAGE: [WWW.PROJECTSHARE.NET](http://WWW.PROJECTSHARE.NET).  
 THE DEVELOPMENT AND MAINTENANCE OF THIS SITE  
 IS THANKS TO WEBMASTER PAUL V. CATHRO, WHO  
 DONATES HIS EXPERTISE.  
 SPECIAL THANKS ALSO TO ROWE'S PRINT SHOP FOR  
 PRINTING OUR NEWSLETTER!

### CALENDAR OF EVENTS

Office Hours	Monday–Friday, 8AM–4 PM
Soup to Nuts Cooking Club	Every Thursday 9am-1pm (except food week)
Clothing Distributions	Every Wed. 1pm-5:30 (except food week)
Gleaning Trips	June–October
Farm Stand	June-October: Tue, Wed, Fri, 10-2pm
Food Distributions	June 13, 14, 15 & 17
Food Distributions	July 18, 19, 20 & 22
Food Distributions	August 15, 16, 17 & 19
Boiling Springs Triathlon	August 26, 7am at Boiling Springs Pool
School Supplies Distribution	August 27, 2pm-4pm
Gospel Concert: St. Matthew Lutheran Church	August 27, 4:30pm



### School Supplies Drive

This summer S.H.A.R.E. will be collecting school supplies and backpacks for K through 12th grade students. WIOO Radio, The Point at Carlisle Plaza and the Carlisle Evangelical Free Church are also collecting supplies.

On Sunday, August 27th, CEFC will sponsor lunch and games for



families while the school supplies are given away.

More than 400 children came last year. Please donate to this effort.



### **Savor the Flavor, a Taste of Carlisle**

**23 Carlisle restaurants joined together to support S.H.A.R.E., the Downtown Association and the Chamber of Commerce. S.H.A.R.E. received \$4146 from this event. 700 hams were purchased with these funds for the Easter food distribution.**



### Post Office Food Drive

Letter Carriers in Carlisle and Boiling Springs collected food as they delivered the mail on May 13th. Their efforts and the generosity of local people brought in 9,500 pounds of food. Thank you!

Need a speaker for Vacation Bible School? *Your students can join the mission of Project S.H.A.R.E. to serve the most needy among us. Call us to come visit your class.*

### Farm Project Reminder:

To get out into the warm sunshine and fresh air at local farms, call 249-7773 or email [pamshare@pa.net](mailto:pamshare@pa.net) and ask about gleaning.



### Boiling Springs Triathlon : Come Swim/Bike/Run.

Pick up a registration form at the SHARE office or email [bstriathlon@yahoo.com](mailto:bstriathlon@yahoo.com) for more information. All proceeds of the Boiling Springs Triathlon will benefit Project S.H.A.R.E. .5 mile swim, 15 mile bike ride and 3 mile run



St. Matthew Evangelical Lutheran Church  
59 W. Main St., Plainfield



Will present their annual  
Gospel Concert,  
a benefit for Project S.H.A.R.E.,  
on August 27 at 4:30pm.

A light dinner of hot dogs, sandwiches, drinks and desserts will be available for purchase. Bring a lawn chair and come enjoy good company, music and refreshments!

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## Feinstein Foundation Challenge Met by S.H.A.R.E. Donors!

S.H.A.R.E. donors gave  
59,377 food items during the months of March and April  
and  
\$99,267 in financial contributions:  
\$45,944 from individuals, congregations and civic groups,  
\$53,323 received from various grants.