



CATHOLICCHARITIESDC.ORG/SHARE/  
 SHAREORDERS@CC-DC.ORG  
 301.864.3115 or 1-800.21.SHARE  
 3222 Hubbard Road Landover, MD 20785



**FEBRUARY 2023 MENU**

**VALUE PACKAGE \$25**

- 5 lb. Chicken Drumsticks
- 1.5 lb. Boneless Skinless Chicken Thighs
- 1 lb. Flounder
- ...PLUS 8-10 pounds of fresh fruits and vegetables!

**TO PLACE YOUR ORDER:**

1. Scan the QR Code to find a local SHARE site based on your zip code
2. Call the site coordinator to place & pay for your order
3. Pick-up on the selected date/time & location!



**ALL PREMIUM SPECIALS LIMITED QUANTITY!**

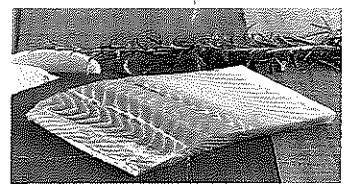
**SIRLOIN STEAKS \$37**

8 – 8 oz. Sirloin Steaks



**SALMON SPECIAL \$28**

4 oz. Skin-on Salmon Filets (5 lb. bag)



**PORK TENDERLOIN \$19**

3 – 1.8 lb. Boneless Pork Tenderloins



**\*\*All menu items subject to change\*\***  
 We accept:  
 Debit/Credit cards, Org. checks, SNAP/EBT, Money orders

- ❖ Order Turn-In 2/6
- ❖ All Final order changes due 2/13 by 12 PM
- ❖ All payments due 2/14
- ❖ Distribution Days: 2/17 or 2/18

*If ordering & picking up from one of our satellite sites (Balt., Southern MD, Frederick/Hagerstown, Northern VA), an additional \$1.00 will be charged to each package to cover transportation fee.*

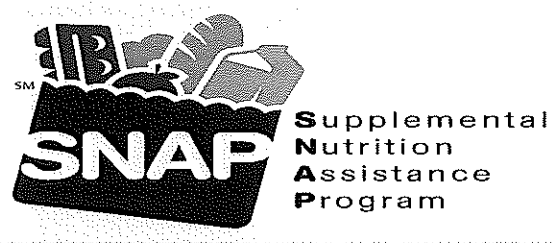
**For SNAP Assistance:  
 1-800-21-SHARE ext. 098**



**January Value Comparison**

Ground Turkey	<b>RETAIL VALUE</b>	
Chicken Breast Tenderloins		
Chicken Thighs	<b>\$61.75</b>	
Beef Sirloin Tips		
Potatoes	<b>AND YOU PAID</b>	
Onions		
Salad Greens		
Brussels Sprouts		
Apples		
Mini Watermelon		
		<b>\$25.00</b>

**You or your children may be eligible to receive benefits from SNAP. We can help you apply & enroll!**  
**Call us: 1-800-21-SHARE ext. 098**



# Fun Ideas to Keep Your Valentine's Day Healthy



When one mentions about Valentine's Day, most people think chocolates, flowers, and a nice dinner at a fancy restaurant. But did you know that you can make Valentine's Day a healthy affair as well? Here are some useful ways to make your special day with your loved one a fun and healthy one!

## ♥ Go for a hike

Consider taking a day trip to a nearby trail to get your heart pumping and take in the scenery! Pack a picnic together to share with a balanced charcuterie board and your favorite wine. Charcuterie is not only a romantic and easy-to-share feast, but it also packs in lots of healthy proteins and fats.

## ♥ Go to a comedy club

Laughter is the best medicine, and it's a pretty good way to spark some romance too! Laughing increases your serotonin levels and releases endorphins. Take your date and let those belly laughs release endorphins and get a dose of joy together.

## ♥ Rent a pair of bicycles

Rent a bicycle and hit the streets and explore with your date. Riding a bicycle is a low-impact exercise, so it's an excellent way to get moving with your date, even if they're not usually physically active.

## ♥ Take a cooking class

If you and your partner both like to try (and make) new dishes, taking a cooking class together is a great date idea. It will help you get to know one another better and bring out your creative sides! Plus, you can learn another way to practice healthy habits in your kitchen.

Source: <https://www.nutrisense.io/blog/healthy-valentines-day-dates>

## This month's recipe: *Pink Party Salad*

### INGREDIENTS:

- ♥ 4 potatoes (washed and cut in half)
- ♥ 3 cups beets, cooked (peeled and diced)
- ♥ 1 cup peas, green, fresh or frozen
- ♥ 3 eggs, hard boiled
- ♥ 1 apple
- ♥ 1 teaspoon lemon juice
- ♥ 2 tablespoons olive oil
- ♥ 3 tablespoons vinegar
- ♥ 1 tablespoon sugar



### DIRECTIONS:

1. Wash hands with soap and water.
2. Boil the potatoes in 2 cups of water in a deep kettle. Cover and cook over moderate heat for about 20 minutes, until the potatoes are tender.
3. When thoroughly cool, dice potatoes and place in a big bowl.
4. Add diced beets and mix with the potatoes.
5. Set aside 1/4 cup of peas for garnishing and add the rest to the bowl.
6. Save 1 egg to use as a garnish. Chop the rest and add to the bowl.
7. Peel the skin off the apple and remove the core. Cut the apple into small pieces, place in a small bowl and sprinkle with lemon juice. Add apple to the salad.
8. Add the vinegar, olive oil and sugar.
9. Mix thoroughly. Chill and serve. Makes 6 servings

Source: <https://snaped.fns.usda.gov/nutrition-education/healthy-thrifty-holiday-menus/valentines-day#recipe-1848>