

THE SHARE

Quarterly Newsletter | Nourishing Our Community...Awakening Hope!



WINTER 2026



Volunteer Sharon Gardner (right) watches as a Kids in the Kitchen student presses and rolls rice to make a Rainbow California sushi roll during class, as part of a lesson in learning about colors and their benefits in vegetables. Jan., 8 2026.

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Celebrating Our 40 Year History

Executive Director Tai Jeror looks back on the past year of 40th anniversary celebrations, and how Project SHARE will continue our mission forward.

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From staff Lisa Maddux & Sarah Walters of Project SHARE

Carrying 40 Years Forward: Project SHARE Looks Ahead



BY TAI JEROR
EXECUTIVE DIRECTOR

As Project SHARE brings its 40th year to a close, I find myself filled with gratitude, humility and deep respect for the legacy entrusted to us. Throughout this anniversary year, we have reflected on the seasons that shaped Project SHARE—from its founding vision to its growth through times of challenge, to its continued evolution in response to our community's needs. What has remained constant throughout every chapter is the heart of this organization: compassion, community and hope.

Over the past four decades, Project SHARE has never stood still. It has listened, adapted and responded, guided by the belief that meeting basic needs is about more than food alone. It is about dignity. It's about relationships. It's about ensuring neighbors feel seen, supported and valued. That spirit is woven through the reflections shared by those who came before me, and it is alive and well today in the work happening across all our programs.

As someone new to Project SHARE, I have had the privilege of stepping into an organization that is both deeply rooted and forward-looking. In my first weeks, I

witnessed the extraordinary dedication of staff and volunteers, the generosity of this community and the care that goes into every interaction with the neighbors we serve. This is an organization built not only on programs, but on people. People who show up day after day with kindness, professionalism and a shared commitment to doing good work well.

This past year also offered a powerful reminder of what Project SHARE looks like when our community is tested. During the pause and delays in SNAP benefits, we saw an immediate increase in need—and equally immediate response. Our community stepped up in extraordinary ways, offering generosity, trust and support when it mattered most. At the same time, our staff and volunteers adapted quickly and seamlessly, meeting increased demand with care, efficiency and compassion. Together, we served more neighbors than we have in many years. Not only did we provide nourishment to hundreds of additional families, we provided hope and stability when it meant the most. It was a moment that captured the very best of Project SHARE, a community coming together to ensure no one was left behind.

What we are seeing now is not temporary. Over the past year, the need for our services has increased by about 25 percent, reflecting a broader reality in our community where one in seven children and one in nine adults experience food insecurity. These numbers remind us that while moments of crisis may pass, the need for sustained support remains. In response, Project SHARE is preparing thoughtfully for the future. Our planning for 2026 is already aligned to meet this growing need, ensuring we are ready to serve our neighbors with consistency, dignity and care.

As we close our 40th year, we carry forward the responsibility of honoring what has been built while continuing to grow thoughtfully and intentionally. The needs in our community are changing, and Project SHARE will continue to meet those needs with the same responsiveness and heart that have defined the past 40 years. None of this is possible without the collective effort of volunteers, donors, congregations, partners, staff and community members who believe in this mission.

Thank you for being part of Project SHARE's story—past, present and future. It is an honor to serve alongside you.

A handwritten signature in black ink that reads "Tai Jeror". The signature is fluid and cursive, with a long, sweeping underline that extends to the right.

Welcoming Our New Board Vice Chair, Brian Gochenour



BY BRIAN GOCHENOUR
PRINCIPAL OF NORTH DICKINSON ELEMENTARY SCHOOL

Brian Gochenour, who has served on Project SHARE's board since 2022, reflects on stepping into the Vice Chair role and the shared work of nourishing our community.

Project SHARE has long been a cornerstone of the Carlisle community, rooted in a simple but powerful belief: no neighbor should face hunger alone. Since our founding in 1985, Project SHARE has grown from a small, faith-based collaboration into a vital community resource, serving thousands of individuals and families each month with dignity, compassion and care. As the incoming Vice Chair to the Board of Directors, I am honored to support this mission alongside a dedicated board, passionate staff and the many vol-

unteers and partners who make Project SHARE possible. The role of the board is not only to provide governance, but also to listen, advocate and help ensure that Project SHARE remains responsive to the evolving needs of our community. I look forward to working closely with our Board Chair and leadership team to strengthen strategic planning, foster collaboration and sustain the long-term impact of our programs.

Project SHARE means so much more than food assistance. It is a welcoming space where neighbors can access fresh, nutritious food through our Your Choice Pantry, Farmstand and other distribution programs. It is a place where dignity is honored, relationships are built and hope is restored. For families facing difficult decisions, seniors on fixed incomes or individuals navigating unexpected hardship, Project SHARE offers both nourishment and reassurance.

Food insecurity remains a real and pressing challenge in our region, but it is one we can address together. Through the generosity of donors, the dedication of volunteers and strong community partnerships, Project SHARE continues to meet

neighbors where they are and provide meaningful support.

I am grateful for the opportunity to serve in this leadership role and excited to work alongside all of you as we continue to ensure that everyone in our community has access to the food and resources they need to thrive. Together, we will continue to nourish our community and awaken hope—one neighbor at a time.

Brian Gochenour is in his 13th year as Principal of North Dickinson Elementary in Carlisle. Previously, Brian taught computer education and 2nd grade at Silver Spring Elementary in the Cumberland Valley School District from 1997-2010, as well as served as Assistant Principal at Mifflinburg Elementary and Intermediate Schools from 2010-2013. Brian received his B.S. Ed. in Elementary Education, M. Ed. in Special Education and his Principal Certification from Shippensburg University. He is an alumnus of the Reading Buccaneers Drum and Bugle Corps (1995-2000). Brian and his wife, Kristen, live in Mechanicsburg with their son, Rylan, daughter, Caroline, golden retrievers, Axel and Crash and gray cat, Sizzle. He enjoys spending time at Lake Wallenpaupack with his family, as well as playing golf and watching Penn State and the Dallas Cowboys.



Marie Frey



Diane Reisinger

As SNAP Fell Short, Volunteers Stepped Up at SHARE

COMPILED BY SARAH WALTERS, COMMUNICATIONS COORDINATOR

Each November and December, the Project SHARE warehouse surges with a range of emotions. Uncertainty. Gratefulness. Hope. The holidays can be especially difficult for many in our community, and during these months we typically see a noticeable increase in the number of

individuals and families turning to us for support. Some struggle with rising heating costs or weighing how they can provide gifts to their loved ones; many others are trying to put together a holiday meal on an already tight budget.

This year, those challenges were compounded by the loss of SNAP

benefits at the beginning of November. In that month alone, Project SHARE served 1,200 individuals just through our distribution programs including Your Choice Pantry, an increase of more than 50 percent compared to just two years ago. The margin between stability and food insecurity is thin: ten percent of Cumberland County rely on SNAP, and one in nine people here experience food insecurity. This is not abstract data. These are families. These are people trying to make it work. We see this each and every day.

At the center of our mission are our volunteers, who ensure that every person who comes to us for support are met with care, respect and dignity. To better understand the impact of their work during this period, I spoke with two Project SHARE volunteers, Marie Frey and Diane Reisinger, who shared their experiences at our Your Choice Pantry and Farmstand, and reflected on why they continue to return week after week.

How long have you been volunteering and/or supporting Project SHARE, and which programs do you typically help with?

Marie: I have volunteered for over one year, as I started soon after I moved to Carlisle from West Chester, PA. I have volunteered at the Farmstand and Pantry.

Diane: I've been volunteering since June 2020 after retiring from teaching at Lambertton Middle School in the Carlisle Area School District. I have volunteered with Drive Thru distribution, stocking shelves at Your Choice distribution. I also do as many shifts as possible at the Farmstand.

What does a typical volunteer shift look like for you?

Marie: I primarily do client appointments and client interviews now.

Diane: For the Farmstand, my responsibilities include helping to stock items for our clients. I also do the Park-n-Shop option for clients who struggle with walking or loading their cars. At Your Choice distribution, I stock shelves as needed. But, at both places, I try my best to take time to stop and talk with our wonderful clients!

The holiday season is an especially busy time for Project SHARE. This year, however, we also experienced the SNAP crisis that left many individuals and their families turning to us for support. Did you notice changes in the number of people served or the types of needs people were experiencing?

Marie: I have seen an increase in volume with the SNAP crisis and the holiday season. People that had good jobs and were furloughed had to reach out to Project SHARE. I find that clients are grateful and appreciative that Project SHARE is available to them. Clients are treated with dignity and respect while shopping. The addition of a Social Worker, Alicia Cameron, SHARE Support Program

Coordinator, complements the other needs clients may have and need to be referred to. I find that to be a very valuable addition when I am interviewing clients for eligibility.

Diane: During the holidays and the recent SNAP crisis, we did see an increase in the number of clients we were serving. But, we were able to help all those that were in need.

Can you share a recent memorable moment, interaction or connection you've had while volunteering at Project SHARE?

Diane: I've gotten close to many of the clients, especially those that I help with my Park-n-Shop. They will tell me about their families or things that are going on in their lives. Some ask me to say prayers for them. I always try to take the time the following week to check up on any struggles that they told me about. I've even received hot chocolate on a cold day or a gift from some of the clients. It's a true blessing to give back to the community.

I keep coming back to SHARE because of the special bonds I've made with the volunteers and clients. Some of those that I volunteer with on a daily basis have become very close friends of mine; it's like having a second family. And the clients truly are the reason I keep volunteering each week!

What do you think people in our community might not realize about food insecurity or the work Project SHARE does?

Marie: I think people do not realize how quickly in life their situation can change, and anyone could find themselves needing that extra assistance. We are glad to be able to support clients in need, whether temporarily or for several years. Food is such a basic human need, and when someone is worried about food security, all other aspects of life can be insurmountable.

Diane: There is a lot of work behind the scenes to keep this amazing service running. The staff work extremely hard and are dedicated to creating a welcoming environment for both clients and volunteers! It truly is a very welcoming environment, and it serves the needs of our community very well!

Thank you Marie, Diane and the other hundreds of volunteers who show up each day to keep our mission alive. In 2025, our volunteers dedicated over 18,000 hours to supporting our programs and services. In November and December alone, almost 2,600 hours. After these 40 years, Project SHARE would not be able to be as flexible, as abundant and as impactful without our volunteers and greater community.

Marie Frey moved here to Carlisle from Chester County. She recently retired from a 40-year career in hospital administration. In the last 25 years, she served as VP of Operations for one of the largest volunteer-driven clinics for low-income patients without medical and/or dental insurance.

Diane Reisinger taught in the Carlisle Area School District for 33 years as an eighth-grade math teacher at Lambertton Middle School. After retiring, she began volunteering as a way to give back to her community. Since 2020, she has spent about four days per week at Project SHARE and the Farmstand, finding joy in helping families who use SHARE's programs and services.



Pumpkin mac & cheese and honey mustard broccoli were on the menu as students in Kids in the Kitchen cooked with volunteers Sharon Gardner and Heather Housel, who are pictured helping mix cheese sauce into pasta. Oct. 2, 2025.



Nutrition That Meets People Where They Are



BY BEKAH BECKER, MS, RDN
NUTRITION COORDINATOR

A look at how Project SHARE is expanding access to cooking classes, nutrition support and healthy choices in the pantry and Farmstand.

As we head into a new year of serving our community at Project SHARE, our nutrition programs will be growing! Starting in January 2026, children will have the option of attending one of two Kids in the Kitchen classes offered each month from October to May. This second class was added in response to increased enrollment since lessons began this past October. With limited kitchen space, accommodating larger class sizes became more challenging, and some children interested in joining for the first time

were unable to register. To ensure that our vision—*Nourishing Our Community...Awakening Hope!*—reaches as many people as possible, we are excited to offer this additional class so more kids can get in the kitchen, learn about nutrition with their peers and enjoy cooking a meal together!

In 2026, Kids in the Kitchen will explore the MyPlate food groups while learning about the difference between whole and refined grains, the importance of colorful fruits and vegetables and the role of dairy in promoting fullness and bone health. Classes will include healthy recipe preparation and cooking, team-building activities and a shared meal.

While the added Kids in the Kitchen class opens more registration slots, families looking for additional kitchen experiences are also encouraged to check out our family cooking class. Hosted monthly on Saturdays from 10:30 a.m. to 12 p.m., The Sharing Table

is a fun weekend activity that allows parents and children to cook alongside one another. While Kids in the Kitchen focuses on practical cooking skills and nutrition education, The Sharing Table provides a more relaxed, less structured environment designed to foster positive experiences between parents and children in the kitchen. Families who cook and eat together are more likely to consume fruits and vegetables and build strong, positive relationships.

In addition to expanding our classes, this year will also bring the launch of a brand-new health promotion program and the growth of several established ones. SHARE the Health Nutrition Counseling Services will be available to interested Farmstand and Your Choice Pantry clients beginning in the new year. These counseling sessions will use motivational interviewing to address barriers to eating well, provide practical nutrition education and help clients utilize pantry and Farmstand foods to manage health conditions and improve overall nutrition. At a time when more people than ever rely on

food pantries as a primary nutrition source, this programming is essential for supporting clients facing nutrition- and food-insecurity-related health challenges. As a Registered Dietitian trained in medical nutrition therapy for conditions such as type 2 diabetes, hypertension and heart disease, I believe this counseling will play an important role in advancing the self-sufficiency component of our mission. I look forward to building meaningful relationships with our clients and supporting them as they work toward their health and nutrition goals.

We are also expanding indirect avenues of nutrition education and health promotion. Beginning this year, samples of our Recipe of the Month will be offered monthly at both the pantry and our Farmstand in the Nutrition Corner. Recipe of the Month will be available in both physical and digital formats and will eventually include a cook-along video demonstration to help clients feel confident preparing recipes at home.

Finally, keep an eye out for improved signage throughout the pan-

try and our Farmstand. To enhance the shopping experience and promote healthy choices, signage will be updated to resemble a grocery store. Fresh produce shelves will include nutrition facts and cooking tips, and MyPlate-inspired signage will encourage clients to consider health and nutrition in mind as they shop.

While a new year brings new ideas and initiatives, our staff and volunteers remain grounded in our mission and core values of compassion, community and integrity. We look forward to serving our community for another year and many to come!

Rebekah grew up in Gardners, PA, and recently completed her Master of Science in Nutrition and Dietetics at Marywood University ('25) and became a Registered Dietitian summer of '25. Rebekah is particularly passionate about creating a welcoming, healthy and supportive pantry environment and finding creative ways to promote health within the communities she is part of. At home, Rebekah enjoys reading, crocheting, hiking and playing pickleball.

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Shared Mission, Trusted Partnership: CUMC & Project SHARE



BY REV. JAKE WAYBRIGHT
CARLISLE UNITED METHODIST CHURCH



BY PASTOR QUINTON DE BEER
CARLISLE UNITED METHODIST CHURCH

At Carlisle United Methodist Church, our mission calls us to serve Christ by loving our neighbors, responding to human need and working toward a more just and compassionate community. Project SHARE's mission aligns deeply with these values. Both are rooted in the belief that addressing hunger is not only about providing food, but about honoring dignity, building relationships and meeting people where they are. This shared vision has shaped a partnership that has grown stronger over many years.

Project SHARE has long been a trusted presence in our community, offering consistent and compassionate support to individuals and families facing food insecurity. For CUMC, this trust matters. It means we do not simply support an organization; we stand alongside a SERVE partner whose values mirror our own commitment to care, stewardship and faithful service beyond the walls of the church. When we give to Project SHARE, we know our generosity becomes part of a larger, well established network of care.

This year's Thanksgiving food and fund drive revealed something espe-

cially meaningful about that partnership. When an interruption in SNAP and other benefits became known in November, many families faced an unexpected gap at a time when food costs were rising and needs were already high. Within our congregation, the question quickly shifted from if we should respond to how we could respond most effectively. Because of our history with Project SHARE, the answer was clear and immediate.

What felt what was different this year, was the level of confidence and urgency reflected in the congregation's monetary giving. Financial gifts were not an afterthought or a supplement to food donations; they were a primary expression of trust. Members understood that timely financial support would allow Project SHARE to respond quickly, purchase needed items and adapt to changing demands. The generosity was intentional, informed and deeply responsive to the moment.

This kind of giving reflects a mature partnership, one built over time, through shared values and proven faithfulness. It also reflects a congregation that understands generosity as more than seasonal charity. It is a lived

expression of faith, rooted in relationship and guided by discernment.

As we reflect on this season, we are grateful for a community that knows where to turn when needs arise, and for a partnership that makes meaningful action possible. We believe that our SERVE partnership with Project SHARE will continue to embody what it looks like when a shared mission, community and generosity meet in faithfully responding to those who need us the most.

Rev. Jake Waybright loves seeing people come alive in Christ's love, becoming more at home in who God has created them to be and finding space to live out their gifts in community. Jake likes biking, hiking, games, exploring and eating interesting foods.

Quinton De Beer is an amateur follower of Jesus, deeply passionate about people and serving others. His greatest joy is being a dad to three beautiful daughters and a husband to his amazing wife, Lizel. Quinton feels called to serve within the Kingdom of God through the life of the Church, guiding others to Live Like Jesus.

SNAP Benefits Pause: Our Community's Response



BY LISA MADDUX
DEVELOPMENT DIRECTOR



BY SARAH WALTERS
COMMUNICATIONS COORDINATOR

The community response as SNAP disruptions pushed more families toward food pantries like Project SHARE, and how flexible local support helped meet the need.

During our time at Project SHARE, we have never felt the weight of what we do as much as we did in the last few months of 2025.

Food insecurity has been on the rise in our area for several years now. Since the onset of COVID-19, food insecurity in Cumberland County has increased by roughly 60%, a trend we've seen reflected steadily in programs like our Your Choice Pantry and Farmstand. Five years ago, Project SHARE was feeding 700 families a month. Today, we are feeding over 1,600 families each month. The growth hasn't slowed. Instead, more

families—many for the first time—have been turning to places like Project SHARE to help meet that basic need. This year alone, we welcomed over 1,000 households to our programs; more specifically, that's 2,756 individuals looking for extra support.

Additionally, the end of the year always brings its own sense of urgency. People are trying to make ends meet, stretching already limited resources while facing the added expenses and expectations of the holidays.

But this year's surprise stressor was the uncertainty around SNAP benefits. Following the government shutdown in early October, many families entered November in limbo as their benefits ran out. Nearly 10 percent of Cumberland County relies on SNAP. That's more than 26,000 individuals who suddenly had to figure out how to restructure their entire budget, often turning to food pantries across the county, including Project SHARE.

Honestly, keeping up on the situation almost felt like another full-time job.

Information changed constantly. Sometimes the newest updates about when—or if—benefits would

be disbursed changed by the hour. This additional upheaval and the attention it received at local, state and national levels created an unexpected layer of complexity for Project SHARE's team and clients.

All of this landed differently for us, given the roles we have at Project SHARE.

Our jobs aren't fully client-facing like many of our colleagues'; instead, they rely heavily on our greater community. Lisa's role as the development director is to help make sure that Project SHARE has enough funding to support our many programs aimed at reducing food insecurity. Because we don't charge for any of our services, money for everything—including food, equipment, transportation fleet, salaries and more—comes from the generosity of others.

Working closely alongside development, Sarah's job as communications coordinator is to share information with clients, volunteers, donors, partner organizations and the greater Carlisle area. This includes fundraising, but it's also about transparency. It's about making sure people understand what our clients may be facing, what barriers exist and how

Project SHARE is responding to their needs within our programs.

There were moments when it felt we were sharing information that was already outdated. Trying to answer questions we didn't have answers to. But, at the same time, we remained hopeful.

As stressful as the most recent period has been in some respects, it has been just as inspiring. Not a week went by in the throes of this uncertainty without community members and organizations reaching out to see how they could help. Often more than once a week. Sometimes daily. We had phone calls, emails, meetings and casual discussions with people who wanted to help and then did just that.

Financial support from every base remained incredibly strong. In the weeks immediately after we began addressing SNAP concerns publicly, individual giving more than doubled over the prior year. Congregations, businesses and foundations maintained or, in many cases, increased their support.

Between October and December, Project SHARE saw an incredible rise in new donors. Of the 397 new donors in 2025, a remarkable 279 of them gave in response to the SNAP crisis and other year-end issues. That

number is more than the total number of new donors Project SHARE had in all of 2024. Practically, that meant more food ordered, more flexibility in planning additional distribution hours and greater stability if this uncertainty followed us into the new year.

Support showed up in other ways, too. New and familiar volunteers filled extra pantry shifts. Food and fund drives spiked. People from small businesses, schools and neighborhoods reached out to ask if our most-needed items list had changed. And when it had, they adjusted. During this time, families needed items that are often financially out of reach, including pantry staples like cooking oils and baking ingredients, as well as allergen-free foods. That flexibility mattered more than people probably realized.

It is humbling and awe-inspiring to see how people stepped up when times were tough. In 2025, Project SHARE celebrated its 40th anniversary. As we've listened to, collected and read stories from the last four decades, it's clear how we've stayed so long: The adaptability, responsiveness and compassion of our community have always been why.

Project SHARE is so very blessed to have so many supporters who

also believe in the importance of the work we do—providing access to healthy, nutritious food with relatively few barriers.

The end of 2025 was tough. But the response of this community gives us great hope for the good and necessary work we will strive to accomplish in 2026.

Lisa Maddux started with Project SHARE in 2023 after many years as the Development Director at Saint Patrick School. Born in Ohio, Lisa graduated from Penn State with a journalism degree and spent the early part of her career as a newspaper reporter and editor. After living in Ohio, Georgia and Wisconsin, Lisa returned to Pennsylvania in 2014 with her family. She loves being part of local efforts and conversations to bring about positive opportunities for all.

Raised in Newville, PA, Sarah holds a BA in Advertising from Temple University, where she focused on Art Directing and Graphic Design. Before joining Project SHARE in 2024, Sarah gained experience in book publishing and commercial printing. Her work with nonprofits in historical, educational and community sectors has deepened her passion for local communications.

Congregation Connections

Thank you to our congregational financial supporters who contributed Sep. 16 to Dec. 31.

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