THE SHARE

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

PROJECT SHARE

SUMMER 2026



A participant squishes the soil of a tomato seedling to loosen its roots before planting it during a free container gardening workshop hosted by Penn State Master Gardeners of Cumberland County at Project SHARE's headquarters on May 12, 2026.

Featured Stories

Fare 4 SHARE, Sunday, August 30th

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CCFSA & *Building Better Plates: Practical Nutrition for Real Life*



In May, Project SHARE upgraded and added six coolers and freezers to our pantry (pictured) and Farmstand.

Firm, Business, Foundation & Organization Support

Apr. 1 - Jun. 30

Ahold USA
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Boiling Springs Lions Club
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CAF - Deloitte
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Community Aid Inc
County of Cumberland
DAFgiving360 (Donor Advised Charitable Giving, Inc.)
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LifeGuide Financial Advisors
Lions Club of Harrisburg PA
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M&T Bank
M&T Charitable Foundation
MAZON
Mid Penn Bank
Morgan Plant & Associates
Partnership For Better Health
Strickler Agency
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Congregation Connections

Apr. 1 - Jun. 30

Carlisle Baptist Church
Carlisle Church of God
Carlisle Seventh Day Adventist Church
Green Spring First Church of God
Lighthouse Church of God
Mt. Rock United Methodist Church
Opossum Hill Union Church
Otterbein United Methodist Church
Redeemer Orthodox Presbyterian Church
St. Paul Evangelical Lutheran Church
Youngs Church of Mechanicsburg

Every Choice Matters



BY TAI JEROR
EXECUTIVE DIRECTOR

When a parent shops in one of our choice pantries, every choice matters.

Which protein will stretch the furthest? What vegetables will my children eat? How can I prepare healthy meals that fit my family's needs? Behind every selection is a family doing their very best to nourish the people they love.

At Project SHARE, those moments shape the decisions we make, too. Every operational choice we make is guided by one simple question: How can we better serve our neighbors?

Sometimes, the answer looks like a new program. Other times, it's found behind the scenes. In a cooler, a freezer or a truck. While these investments may seem like equipment upgrades, they represent something much bigger. They help us create a more welcoming, efficient and dignified experience for

every family who walks through our doors and allows us to continue to meet growing needs.

In May, Project SHARE invested in six new coolers and freezers across our pantry and Farmstand. Some replaced aging equipment that had become increasingly difficult to maintain, while others expanded our capacity to store fresh, nutritious food. These improvements were made possible through the generosity of community partners, including a grant from St. John's Episcopal Church, along with thoughtful stewardship of organizational resources. But the greatest impact wasn't simply adding coolers; it was improving the experience for the families we serve.

One of the most meaningful improvements came from something observed simply by spending time in the pantry and listening. We watched families thoughtfully consider their protein choices. They weren't simply just selecting food. They were planning meals, thinking about their children's favorite foods, considering dietary needs and stretching every resource they had. Just like any of us preparing meals for our own families, every choice mattered.

We also noticed the protein section had become one of the busiest areas in our pantry. Conversations with staff and volunteers confirmed what I was seeing. Together, we developed a simple solution: to expand from two protein freezers to four. By stocking matching selections in each set of freezers, two households can now shop for protein at the same time. It may sound like a small operational change, but it has a meaningful ripple effect. With fewer bottlenecks and less time spent restocking during distributions, we can now serve two families at a time in the protein section, allowing us to serve an additional 20 families per shift if needed. That means, if the needs continue to rise, we have already made room for an additional 20 appointments per shift, allowing us to serve more families every shift without having to add additional distribution days.

Just like every choice matters to a parent trying to feed their family, every operational choice matters to Project SHARE trying to serve that family well. For our neighbors, choosing food is personal. It should be. Our responsibility is to ensure the systems behind those choices honor the same care and thought they bring to feeding their families.

Another exciting investment this year is Mary, our newest truck. (Yes, we name all of our trucks!) Thanks to a Food Recovery Infrastructure Grant through the Pennsylvania Department of Environmental Protection, Mary joined our fleet just in time for gleaning season. Named after her home state of Maryland, Mary is already helping us rescue more fresh produce from local farms throughout Cumberland and Franklin Counties.

Gleaning is one of the ways Project SHARE sources produce that provides more fresh variety and abundance to our pantries. It also reflects our commitment to environmental stewardship by rescuing wholesome food that might otherwise go to waste. Mary's stake-bed design allows us to safely transport larger quantities of produce while allowing loading and unloading faster, easier and more efficient. What once required a pickup truck and trailer, extra preparation, physical labor and difficult maneuvering through farm fields can now be accomplished much more effectively. That means more fresh food reaching families' tables and less food going to waste.

Mary's arrival was truly a team effort. From securing the grant, to finding the right truck, coordinating the purchase, traveling to bring her home and welcoming her to Project SHARE. It also builds upon years of dedication from our local farming partners and volunteers like 'Gleaning' Glenn Franklin, whose commitment has helped make fresh produce a staple in our pantries.

Watching our staff and volunteers light up with excitement over these improvements reminded me that investing in our mission also means investing in the people who carry it out every day. Whether it was brainstorming better ways to organize our pantry, celebrating an idea becoming reality, welcoming Mary home or hearing volunteers excitedly talk about the changes, I was reminded that when we equip our team with the tools they need to succeed, everyone benefits, especially the neighbors we serve.

One thing I've learned throughout my career is that the best ideas rarely begin in the Executive Director's office. They begin by listening. To the families we serve, who know better than anyone what works for their households and to the dedicated staff and volunteers who serve alongside our neighbors every day. My role isn't to have all the answers. It's to listen, learn and help turn those ideas into action.

Behind every cooler, every truck and every improvement is one simple goal: serving our community well. As Project SHARE continues to grow alongside the needs of our community, we'll keep listening, because the best solutions begin with understanding the people we serve and the people who serve alongside them. Every thoughtful improvement we make is another way of ensuring that when a family walks through our doors, they can focus on what matters most, choosing the food that will nourish the people they love.



Attendees peruse and order dinner from food trucks like Grappling Crab Shack at last year's Fare 4 SHARE event held at The Meeting House on September 7, 2025. Photo courtesy of Jason Malmont, The Sentinel.

Fare 4 SHARE: Come for the Food, Stay for the Community



BY ANDREW RAZANAUSKAS
CARLISLE CONSTRUCTION MATERIALS

When you set foot in Project SHARE's warehouse or Farmstand, you begin to embrace its vision statement more fully: *"Nourishing Our Community… Awakening Hope!"* The words greet you in printed literature, but they also greet you in the people and resources you encounter at Project SHARE. There's an undeniable sense of community that engulfs the clientele, the volunteers, the staff; this is one of the top reasons I am so proud to call Carlisle home.

Perhaps their motto got me in the door when I first decided to volunteer in 2019, but it is something intangible that has kept me involved in various ways to the present day. I've had the opportunity to serve on dis-

-tribution days, gleaning trips and the Development / Fare 4 SHARE Committee and, most recently, on the Board of Directors. In each of these settings, the interactions with others—from committed volunteers to the gracious individuals facing food insecurity—have been remarkably fulfilling. I have seen the great people of the Project SHARE network giving and nourishing in so many more ways than just food, truly awakening hope through community.

When I think about what community means, Fare 4 SHARE takes center stage. This welcoming event brings the community together in a way that combines all my favorite things about Project SHARE into one day. I encourage each of you to make time to support this year's Fare 4 SHARE, whether it would be your first time or your 101st time engaging with this brilliant organization.

I think it underscores the event's community value to reflect on its beginnings. At the apex of the COVID-19 pandemic in 2020, Project SHARE needed to pivot from its standard fundraisers to an event that allowed for safe social distancing. Enter the food trucks, at the time just a temporary fix. But they brought the community together in such a way that the event has remained wildly popular, even in the post-pandemic era. In recent years, we have expanded to include an online auction, new trucks, hospitality tents and much more—all sourced locally.

Fare 4 SHARE takes place on **Sunday, August 30** (we're now running the event *before* the NFL season starts), at The Meeting House on Walnut Bottom Road in Carlisle. From 2:30 to 7 p.m., you and your loved ones can enjoy a delicious meal, dessert and milkshake; take in live music and activities for kids; and bring home memories and leftovers. More than that, you can form connections, meet board members, learn more about Project SHARE's mission and know that the money you are spending is staying in the community and helping combat food insecurity in our county.

I hope you will join us, in whatever capacity you and your loved ones are able, for this year's Fare 4 SHARE. If you can't attend, consider bidding in the online auction or making a donation to support the mission of Project SHARE. Whatever you do, and in whatever capacity, I am certain you will feel that sense of community.

Andrew 'Raz' Razanauskas joined Project SHARE's Board of Directors in March 2026 and has been involved in the organization in various capacities since 2019. He works in Environmental Sustainability at Carlisle Construction Materials. In his free time, Raz enjoys spending time with his fiancée, their two dogs and keeping active through distance running and recreational sports.

Food Trucks:

MILKSHAKES!!
Grappling Crab Shack
Chameleon 1360 Grill
Creekview Food Company
R's Eats n' Treats
Playa Bowls
La Maison Tacos

Resouces:

Sadler Health Center
Central PA Blood Bank
First Responders
Bosler Memorial Library
and more!

Also enjoy a kids' zone featuring a bounce house and games, plus live music from Antoine Cameron (The Pianoman) and more!



Photo courtesy of Jason Malmont, The Sentinel.

Online Auction!

Auction opens Monday, Aug. 24!

32auctions.com/SHARE2026

Project SHARE volunteers fan out across fields to glean sweet corn at Burkholder Farms in Southampton Township on July 28, 2025.





The Harvest After the Harvest: Gleaning Season



BY SARAH WALTERS
COMMUNICATIONS COORDINATOR

In between long rows of corn stalks, about a dozen volunteers wade through spiny leaves and harvest bright green ears on a balmy summer evening. Glenn Franklin wedges a fresh one into his purple strapped canvas sack slung across his shoulders. He grins and waves at the others as they too fill sacks, buckets and bins with corn that will be distributed to families in the greater Carlisle area over the next week.

After more than two hours of labor in the fields owned by the Burkholder family in Franklin County, the volunteers have filled three gaylords with thousands of pounds of corn on the back of a trailer. It's a small dent in what would be harvested at the farm, but it's a significant amount of produce that will be brought back to Project SHARE's pantry and Farmstand rather than being left to rot in the fields.

Glenn 'Mr. Glean' Franklin represents Project SHARE and a few other food banks and pantries across Cumberland and Franklin counties as a Gleaning Ambassador. A former rural postal carrier for 34 years, Glenn was introduced to the concept in the summer of 2009 after joining a gleaning expedition hosted by Project SHARE.

"My first night I didn't get home 'til after 10 o'clock," he chuckled. "My wife said, 'If it's going to be this late, you're not gleaning.'"

Despite his wife's warning he stuck with it, now for almost twenty years.

"I feel that gleaning is my purpose," he added.

Gleaning is the practice of harvesting produce that remains in farmers' fields after first yield. Sometimes it's left behind because of fluctuating market prices. Other times the produce may be perfectly edible but isn't up to standard. Too small. Too imperfect. Even too ugly. Unfortunately, the more common reason is the lack of labor to harvest fields at their peak. Over the last



> **“We’re supposed to help others. I feel that gleaning is my purpose.”**
>
> **Glenn Franklin, pictured above**

decade, however, we’ve been fortunate enough that farmers have set aside fields just for Project SHARE.

Last year, Glenn and other hardworking volunteers harvested 47,931 lbs. of food from multiple farms, including three of the Burkholder family, Dickinson College Farm and St. Peter’s Orchard, over a five-month period. Corn, cantaloupes, watermelons, tomatoes, asparagus, green beans and apples—grown less than twenty miles away—were being inventoried, refrigerated and distributed weekly to families facing food insecurity.

Glenn believes those partnerships exist because the farmers believe in our mission, too.

“They’re helpful people, they work together,” he said. “Rather than just plow the food under, if somebody can eat it, they’ll let us pick it.”

When asked how many pounds go to waste in Cumberland County, Glenn became somber.

“I couldn’t even begin to tell you. Just the few farms that we have, I see so much going to waste.”

It’s not just a local issue. According to ReFED, a nonprofit working to solve food waste nationally, the U.S. generates 240 million tons of food each year, and about 60 million tons go to waste. Of that, 16.9 million tons are left to rot on farms alone. Meanwhile, only 1.6% of surplus food is donated to food security programs. But even as surplus remains abundant nationwide, fluctuating market conditions can leave less produce available to glean in Cumberland and Franklin counties.

“It’s getting a little tougher in that respect because the prices were so good and people have cut back on the amount of planting, especially corn,” Glenn explained. “What we’d normally pick, we’d take a field—about a half-acre of corn—and we used to get two to three bins of corn off of it. Now we’re just getting one because we’re picking closer. [The farmers] are selling seconds.

“The seconds last year were bringing in six dollars a dozen, so I don’t blame them for selling it, but that cut down on what we were getting. As long as we’re getting something, I’m still going.”

This year marks Kristin Malloy’s first season coordinating Project SHARE’s gleaning program under the Farmstand Coordinator position. In addition to learning the ins and outs of gleaning and reinforcing our relationships with farms, she’s most excited to provide fresh, local produce to families.

“[It] provides an increased level of nutrient density,” she explained. “When we glean, we are taking the produce right out of the field to be distributed to our clients. No ship-

-ping, no freezing, which allows for maximum nutritional value."

Everything is going up in cost: gas, rent, utilities and food, more specifically produce. "When you are trying to stretch your budget and feed your family, fresh produce isn't always an option. Gleaning provides us with another way to get our clients the [food] they need."

On average, only 10% of U.S. adults eat the recommended serving of vegetables daily (about 2.5 cups). In the lowest income brackets, i.e. those commonly experiencing food insecurity, only 6.8% of adults ate the recommended amount. Individuals experiencing food insecurity are especially susceptible to chronic health conditions like Type 2 Diabetes, hypertension and malnutrition. When access to fresh fruits and vegetables is limited, their health risks increase.

Come April, Farmstand clients were already asking Kristin when gleaning was going to start. "They look forward to [it]," she said. "Produce that's available in the winter months doesn't always provide clients with the biggest variety, which is something they enjoy."

Project SHARE doesn't just accept fresh fruits and vegetables from gleaning larger farms. If you're someone who tends to a home garden, consider donating your excess.

"So many people ask me if they can donate produce from their gardens and I always tell them yes," she expressed. "Giving is so multi-faceted—time, money and talent. Donating excess home-grown produce is a unique way for people to give back to the community."

By the time this newsletter has reached mailboxes, we've trekked dozens of field rows, gleaning thousands of pounds of produce. And we will continue to do so year after year.

As Glenn put it: "It's a need that needs done."

If you'd like to join one of our gleaning sessions this summer, visit *projectsharepa.org/volunteer/* to learn more and sign up. Questions about gleaning or donating excess produce? Please reach out to Farmstand Coordinator Kristin Malloy at kmalloy@projectsharepa.org or call (717) 249-7773 x247.

Born and raised in Newville, PA, Glenn Franklin's life has been shaped by food security. While serving in Vietnam, he watched villagers collecting scraps to eat from trash piles while he was assigned garbage duty. That experience became a turning point for him. He later worked for the post office for 37 years, 34 of those years as a rural mail carrier, where he built connections with local farmers. Since becoming involved with Project SHARE in 2009, he has coordinated gleaning expeditions for Project SHARE, Shippensburg Produce & Outreach (SPO), Big Spring Area Food Bank and Paw Packs, often gleaning as many as six days a week with volunteer groups or his cousin, Bob. In 2025, Franklin joined the Cumberland County Food System Alliance (CCFSA) as its gleaning and general farming representative, supporting the organization's mission to build a more sustainable local food system.



Summer Feeding 4 Kids: Halfway Mark

This summer, a record number of children are receiving meals through Project SHARE's Summer Feeding 4 Kids program.

Summer Feeding 4 Kids is more than halfway over. In the first six weeks of the program, Project SHARE has served 26% more children than we did during the same time last year. In week six in 2025, we served 493 kids. This year, that number has grown to 714 kids. We're serving between 100 to 200 more children each week than we did last summer, the highest particpation we've ever seen in the history of the program.

We're incredibly grateful to everyone who has made this year's program possible so far, especially for our volunteers who have spent days organizing, packing and distributing meals each week at our headquarters, Amelia Givin Free Library and Plainfield First Church of God.

While we feel fortunate that we can reach so many families, these numbers also mean our resources are being stretched further. With just a few more weeks left, we still need your support.

A gift of **$250** provides nutritious breakfasts and lunches for one child for the entire summer. Even just **$25** helps feed one child for a day. The remittance envelope on the previous page allows you to make a check or online donation. Thank you for helping us nourish local children.

Make-A-Will Month



BY LISA MADDUX
DEVELOPMENT DIRECTOR

Money isn't easy to talk about for most people. I say that as someone who talks about money for a living. As Project SHARE's development director, it is my job to help secure funding for the organization's programs and services. From weekly and monthly food distributions to cooking classes to a variety of education and outreach programs, everything Project SHARE offers is free to clients. The money to run these programs has to come from somewhere—and it's my job to help make that happen.

While we're at it, I'm going to throw another even more delicate subject into the mix—planning for what happens to your money after you're gone. If there's one thing people probably want to talk about less than money, it's death. Thinking about your own mortality or that of a family member, let alone talking about it, is also very uncomfortable for most people.

It is not lightly that I write this to encourage you to consider both of these matters if you are looking for an impactful way to support our work at Project SHARE.

In the last year and a half, we have focused on additional strategies to make sure we have options available to those interested in donating through stocks, QCDs (qualified charitable distributions), wills and estate planning. To make it easier, we partnered with FreeWill, a company that works exclusively with non-profit organizations to encourage estate planning and end-of-life giving. You can explore more about it on our website under 'Get Involved' to view our Planned Giving page.

Since partnering with FreeWill last year, we have been touched by one unexpected result. Several clients and former clients have created wills using the resource, and many have also named Project SHARE as a beneficiary.

Such generosity is not required or expected for anyone who uses FreeWill. The tool is available for anyone who needs or wants it, with no strings attached. It never occurred to us that this would be a way for clients who do not have the means to offer financial support today to consider a way to help us after they're gone.

A lot of people are struggling day-to-day or maybe year-to-year or maybe just for a season of their lives. We are here to support people no matter where they are in their life's journey. But those who can't help today may be able to help someday. And this planning and these conversations are designed to make that seem less daunting and perhaps even less scary.

Everyone knows that people need to eat. Most people can agree on the fact that people should have a choice of what they eat and that in those choices should be healthy nutritious options. By supporting Project SHARE, you help us create a space filled with choice and dignity for our community. Your money stays local and helps your neighbors, whether you know them or not.

Whether you explore options through FreeWill, talk with your own financial planner or want to start a conversation with me, I encourage you to consider if there's a place in your financial plan to support Project SHARE.

August is National Make-A-Will Month, and we'll be sharing more information about that on social media and through email. If you don't have a will, consider using our free resource to make one. You don't have to designate anything to Project SHARE in doing so; it truly is a free resource to help protect your future funds and wishes.

If you already have an estate plan and would consider including Project SHARE as a beneficiary, please reach out. I would love to tell you about some of the ways your support can help feed the work we're doing at Project SHARE, now and in the future.

Are you interested in planned giving or have already included us in your will? Please contact Development Director Lisa Maddux at lmaddux@projectshare-pa.org or call (717) 249-7773 x233.

How to Regrow Vegetables from Scraps: Green Onions



BY KATHRYN NEWTON
PENN STATE EXTENSION MASTER
GARDENERS OF CUMBERLAND COUNTY

Did you know that you can regrow some vegetables from kitchen scraps? The cut ends from produce we use for our meals often end up in the trash, or maybe in the compost pile if you have a home garden. But many vegetables can regrow easily from cut ends with a little water and sunlight—and maybe a small pot of soil to keep them going. Celery, romaine lettuce, basil, cilantro and green onion can all be regrown and harvested for future meals. Other plant food scraps like carrot tops, avocado pits and even pineapple crown ends are fun to regrow but won't produce anything edible.

One of the easiest vegetables to regrow from the cut ends is the green onion (*Allium fistulosum*), also known as scallions or bunching onions. All you need is the cut root ends of the green onion with root fibers attached, a small transparent container, a little water and maybe a small pot of soil to keep them going longer. Follow the steps on the next page and in a few weeks you can have fresh green onion leaf to harvest from scraps you would have thrown away.



Green onions sprout new growth from kitchen cuttings as part of a home experiment to show certain veggie scraps can be regrown at home. Photo courtesy of Kathryn Newton.

1. Remove the green tops and save for cooking



You can wrap them in a damp paper towel and store in a plastic container in the refrigerator if not using right away.

2. Take the white bulb end of the green onion, with roots still attached, and place it with the root end down in a small transparent container—**glass works best to let sunlight through.**

Select a container size, like a baby food jar, that will keep the green onions standing upright.



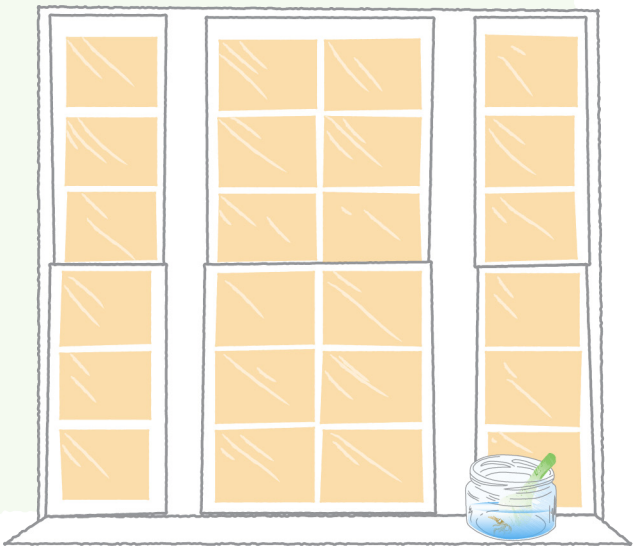
3.

Add just enough room temperature water so that the root end (the little stringy bits) is submerged.

Rainwater over tap water is **preferred.**



4. Place the container in a warm, bright spot like a sunny windowsill.





5. Check daily to ensure roots are under water. **Add water as needed.**

6.

Keep the water clean. Every 3-4 days take the onions out, rinse the container in warm water, replace the onions and add fresh room temperature water. **Do not use soap—it's not good for the plant!**



NOTE: If the onion gets discolored or the water is dirty, thow it our and start over.

In one week, you should see the stringy roots getting longer and green shoots starting to grow from the top of the bulb. Keep following step 6 – keep the water clean and the roots submerged. In another week or so you should be able to cut off the green shoots and use in your cooking!

You can keep this up for a few months, but eventually the plant will run out of energy. To keep the plant going longer, you can replant it in soil so that it gets some nutrients. Follow the steps below once the stringy roots have grown about an inch and you see fresh green shoots coming out the top.



1. Use a small pot (about 6" deep) with drainage holes.

2. Fill the pot with clean, pre-moistened potting soil.

3. Use your finger to make a hole for each green onion, deep enough to bury the stringy roots and the white bulb (leave the green shoots above the surface of the soil). *Be gentle so you don't break the new roots.*

4. Add soil as needed to fill the holes.

5. Lightly water and you're done!

6. Place the pot of freshly planted green onions outside where it can get 6 hours of full sun—a little afternoon shade is fine in the heat of the summer.

7. Onion roots like to be in moist soil, but not wet, so check daily and water as needed. Cut off the green tops as you need them.

That's all there is to it!

For more information about growing your own food and other gardening tips visit:

Penn State Extension Home Gardening Resources at *extension.psu.edu/trees-lawns-and-landscaping/home-gardening*

Garden Hotline: Contact a Master Gardener with your gardening questions on Tuesdays 10 a.m. to 2 p.m. at (717) 706-6050 or *cumberlandmg@psu.edu*

Learn more about Penn State Extension Master Gardeners of Cumberland County at *extension.psu.edu/programs/master-gardener/counties/cumberland*

Building Resilience Through Partnerships & Conversations



BY XIN LI
PROJECT COORDINATOR of CUMBERLAND COUNTY FOOD SYSTEM ALLIANCE

Rice Power Bowl dish to be featured at CCFSA's community conversation, Building Better Plates: Practical Nutrition for Real Life *in conjunction with Project SHARE and the Central Pennsylvania Food Bank.*



Why should a resilient local food system matter to each of us? Because when unexpected hardships hit—at the federal, state or even personal level—our neighbors who are at-risk are often the ones who feel it first and hardest. A strong local food system means we don't have to wait for help from elsewhere. We have the relationships, resources and knowledge here in Cumberland County to make sure everyone has access to fresh, nutritious food.

But this kind of resilience requires ongoing conversion, collaboration and a shared commitment among those who grow, distribute and access food.

That's why in September 2018, after a year of roundtable discussions led by the Partnership for Better Health, the Cumberland County Food System Alliance (CCFSA) officially formed. Guided by a leadership council composed of local partners and organizations, including Project SHARE, CCFSA's mission is to "support a sustainable local food system that promotes economic vitality, increases food security, promotes wellness and advances community resilience in Cumberland County."

Today, we continue under the foundational support of the Partnership for Better Health and ad-

-ministrative support of Shippensburg University's Center for Land Use and Sustainability. Development Director Lisa Maddux represents Project SHARE on CCFSA's leadership council, ensuring that the voices of food pantry clients and staff remain central to the alliance's work. Together, we are working to build a food system that serves everyone with dignity and hope.

Beyond local event collaboration, CCFSA actively advocates for state and federal food policies that strengthen the charitable food network. Three programs are particularly vital to our work:

SNAP (Supplemental Nutrition Assistance Program) — This essential federal program provides a critical safety net. For every meal a food bank provides, SNAP provides nine.

SFPP (State Food Purchase Program) — This Pennsylvania program provides cash grants to all 67 counties for wholesale food purchases, helping keep pantry shelves stocked.

PASS (Pennsylvania Agricultural Surplus Program) — An agriculture-first program that connects food banks with Pennsylvania farmers to divert surplus crops to the charitable food system. Since 2016, PASS has provided $42 million to food banks to purchase 49.8 million pounds of nutritious surplus food from local farms.

These programs ensure that food pantries like Project SHARE can provide fresh, nutritious food to neighbors in need while also supporting local farmers and reducing food waste.

CCFSA and Project SHARE are also partnering on several projects to provide nutrition education for the community. Access to food is only part of the equation—knowing how to prepare healthy, affordable meals is equally important for long-term food security. That's why we are thrilled to invite you to our bi-annual community conversation this fall.

On the evening of **Thursday, September 24**, we welcome you to join us at Project SHARE's headquarters (5 N. Orange St., Ste. 4, Carlisle, PA 17013) for a lecture and interactive cooking experience titled: *Building Better Plates: Practical Nutrition for Real Life.*

Picture this: Small groups of friends, families or new acquaintances gather around kitchen stations to prepare a delicious Rice Power Bowl (complete with a vegetarian option). While they enjoy dinner, dietic experts Rebekah Becker, MS, RDN, LDN (Project SHARE's Nutrition Coordinator) and Jazmin Gorham (Central Pennsylvania Food Bank's SNAP-Ed Nutrition Educator) will share practical, everyday tips that make healthy eating simple, affordable and genuinely enjoyable. Learn why brown rice is healthier than white rice; why plant-based proteins are important, especially when they provide all nine essential amino acids; and why teaching kitchen skills to children is important for their development.

Bring a group of up to four, or join us on your own and we will happily partner you into a team. The event is open to everyone ages 7 and up (all younger participants must be accompanied by an adult). Thanks to the generous support of the Partnership for Better Health, registration is completely free. However, space is limited. **Please RSVP by September 20** by scanning the QR code or visiting the link at the end.

Community conversations like this one are the heartbeat of food system resilience. They bring us together—not just to talk about challenges, but to find practical, joyful solutions. Whether you are a regular pantry guest, a service provider, a student or simply a neighbor who cares about their health, your presence at the table matters. We hope you will join us on September 24 to share a meal, pick up a new skill and strengthen the bonds that make Cumberland County such a special place to live.

To register your group, please visit: *eventbrite.com/e/1992551874294*

Xin Li is the Project Coordinator for the Cumberland County Food System Alliance. A mechanical engineer by training and a community builder at heart, she brings a passion for bridging diverse partners—a skill honed through years of cultivating strategic relationships. Since moving to Central Pennsylvania in 2021, Xin found her own connection to the land through her backyard vegetable garden. She is thrilled to channel her love for practical problem-solving into CCFSA's mission, working alongside organizations like Project SHARE to ensure every neighbor has access to nutritious food and a resilient local food system.

To learn more about CCFSA, how you can get involved or when to attend a future community conversation, please follow their Facebook page: @CumbCoFoodSystemAlliance

Scan to RSVP!

Closes Sunday, September 20.

eventbrite.com/e/1992551874294

Project SHARE of Carlisle
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www.projectsharepa.org

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POSTAL RETURN SERVICE REQUEST

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Carlisle and
Cumberland County

Gratefully on the campus of
Dickinson

Project SHARE's Annual

FARE 4 SHARE



Aug. 30, 2:30 - 7 PM

The Meeting House, Carlisle PA

projectsharepa.org

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