

Project SHARE of Carlisle

DESCRIPTION OF PROGRAMS & SERVICES



Mission: *In response to God's call to love one another, and bolstered by the spirit of generosity in volunteers, staff, clients, gleaning partners and donors, Project SHARE food pantry programs and partnerships meet the evolving needs of people on their journey to freedom from want.*

Vision: *"Nourishing Our Community . . . Awakening Hope!"*

MONTHLY DISTRIBUTION is Project SHARE's main activity, serving as a safety net, and provides an average 950 households (or approximately 3,100 individuals) monthly, along with home deliveries and emergency distributions, with access to nutritious food. Monthly Distribution uses a modified client choice model empowering Clients, in many cases, to choose food they need. Distribution is held the week of the third Thursday of each month. On average 60-65 nutritious fresh, frozen and canned food items (retail value approximately \$200) are provided—the equivalent of approximately one week's worth of groceries for a family of four. Over 450 volunteers from the community, congregations, businesses, and organizations help with distribution days. During Monthly Distribution, twenty teams of volunteers deliver food to nearly 70 homebound Clients.

Project SHARE's FARMSTAND location (at the corner of Lincoln and Pitt Streets in downtown Carlisle) is open 2-3 days/week and serviced by dedicated neighbors and Client volunteers who distribute fresh fruits, vegetables and other perishable products, supplementing monthly food distributions. Food is donated, left over from distribution week, and purchased wholesale. The Farm Stand is open to anyone in need within the community and services an average of 200 Clients every week.

WEEKEND NUTRITIONAL POWER-PACK PROGRAM provides 260 children at 10 elementary schools and 2 middle schools with packs of food that are sent home to students. These students are identified by school guidance counselors as unsupervised during the weekend and need extra help with non-cooked food items in order to have nutritional food.

SUMMER LUNCH & LEARN provides morning snack and lunch, activities, reading literacy sessions and other hands-on experiences to low-income children at various sites within the greater Carlisle area. Held 3 days/week for 8 weeks (June-August), the program is operated by more than 100 volunteers such as teachers, assistants, and cooks. In addition to a provided snack and lunch, children are provided with food at the end of each week to nourish them through the weekend.

YOUTH AND ADULT NUTRITION EDUCATION opportunities empower children and families to reach their full potential by having the energy and good health needed to accomplish their goals. Good nutrition should be both life changing and fun. Project SHARE programs are designed to do that and more. Participants will grow in their skills and the knowledge to make healthy choices through regular attendance and participation. Educational offerings include:

- **Tots in the Kitchen** (ages 4-8) – held monthly and designed for Pre-K to early elementary school age children, students learn basic nutrition and build a healthy relationship with food through interactive worksheets and other hands-on activities.
- **Cubs in the Kitchen** (ages 8-12) – held monthly and designed for older elementary age children who are ready to take their skills to the next level. Students will not only learn basic culinary skills like measuring, mixing, and assembling, but will also explore mathematics and science through the lens of nutrition and food.
- **Slice of the Month (Adults)** - interactive adult cooking class, held monthly, that teaches adults how to prepare easy, delicious recipes with the food available at our main Distribution and/or at Farmstand each month. Participants learn new techniques from chopping and mixing, to sautéing and baking. Participants walk away with valuable nutrition knowledge, simple recipes, as well as lasting friendships and full bellies.
- **Food for Life (Nutrition Education)**
Our dynamic group, Food for Life, prepares healthy recipes and warm hospitality for all our volunteers and clients during the week of Distribution. The participants use ingredients offered through our Distribution to provide creative and nutritious ways to feed the whole family. Recipe cards are prepared for Clients and distributed along with the ingredients during Distribution. Food for Life meets on Monday of Distribution week from 8:30 – 11 am to prepare food.
- **Super Cupboard** with Penn State Extension and Salvation Army Super Cupboard is a collaborative effort between Project SHARE, Penn State Extension and Salvation Army offering classes where we model what to do with the food we distribute at food distribution and emphasize locally grown foods. Fun, nutrition, and stretching the dollar are all part of the message. A Penn State Educator teaches the class.

FARM PROJECT is a gleaning program that harvests fresh fruits and vegetables from local farms for distribution. In 2017, more than 1,000 volunteers harvested 90,000 lbs. from more than 15 local farms. Volunteers from churches, businesses, families and Project SHARE Clients work together in the fields to collect fresh, edible produce not gathered at regular harvest times. Distribution of the harvest occurs at our Monthly Distribution and weekly Farmstand distribution.

SOCIAL SERVICE AGENCY COLLABORATIONS Project SHARE partners with numerous community resources and services that provide tools needed for our Clients to feel empowered and continue in their challenging journeys toward a more stable life. Many times during the year, these social service agencies set up information/demonstration tables at monthly food distributions. Such groups as the Tri-County Blind Association, Carlisle Arts Learning Center, Hope Station, PA Health Dept., Todd-Baird Lindsay Foundation, Mid-Penn Legal Services, Sadler Health Clinic, and WIC/Tapestry of Health, Carlisle Family Life Center, Northwest Services Stevens Center, YWCA, YMCA, Carlisle C.A.R.E.S., Salvation Army, and Penn State Extension participate with us. We provide information and referral to all local agencies for the Clients.

- **Visiting Clergy** - Four times a month at the food distributions local clergy visit to offer a prayer and mingle with the people.
- **Home Visits** - SHARE staff and volunteers visit Client homes to keep in touch with families and talk about areas of concern.
- **In-take Interviews** - Trained volunteers do initial in-takes and yearly up-dates of Client information. As interviewers go over the information sheet, they often take the opportunity to refer people to other agencies as needs arise.
- **Community Service site** - Local schools use Project SHARE for Community Service. We have five Life Skills classes that come each month and do a terrific job of packing strawberries, packing chicken patties, and packing rice to name a few. River Rock Academy, Yellow Breeches Educational Center and the Autism school also come.

VOLUNTEERS are the backbone of Project SHARE. More than 3,300 individual volunteers assist Project SHARE with programs, activities and events in 2017. Sixty-seven church congregations and more than forty businesses and organizations help throughout the year.

For more information about becoming involved with Project SHARE, please:

Call 717-249-7773

Email info@projectsharepa.org

www.projectsharepa.org

Project SHARE

5 N. Orange St., Suite 4, Carlisle, PA 17013

