

If You Eat, You're In

Hunger Action is currently recruiting churches and community groups in central Pennsylvania to host SHARE sites. SHARE (Self-Help and Resource Exchange) is a program where people can purchase a package of food for minimal cost and two hours of community service. Everyone in the community can participate. SHARE's motto is "If you eat, you're in!"

SHARE is a private, non-profit program that provides ways for neighbors to purchase food economically and get more involved in their neighborhoods through community service. The food is procured in large quantities and the savings are passed down to the consumers. Each customer receives about \$35 worth of food for the cost of approximately \$18.

SHARE buyers purchase the food from growers, brokers and packaging plants. The food is not donated, government surplus, or salvage. It is high quality and nutritious food. A choice of items is available including meat, staples and fruits and vegetables. During the summer months packages with farm fresh produce from Lancaster County are available. There are many ways to pay for the food including cash, check, credit card and the EBT/Access Card. Anyone is welcome to fill out a monthly order form.

Each SHARE participant must give two hours of community service for each food package purchased. Community service is defined as service to benefit one's neighbor or community. Anything done for another person or organization without pay is community service.

"More SHARE programs are needed in the central Pennsylvania region," stated Berry Friesen, executive director of the Pennsylvania Hunger Action Center. "SHARE makes buying healthy food accessible to everyone in the community, regardless of economic level. That's what distinguishes SHARE from the rest." To inquire about what it takes to host a SHARE site, contact Sonia Fernandez at Hunger Action at 717-233-6705.