



# MilitaryShare

a Fresh Express Program

**Tuesday, February 7, 2017**

**Lewistown Armory**

**28 Armory Lane, Lewistown, PA**

In central Pennsylvania, nearly 26% of households receiving food assistance have at least one member who has served or is currently serving in the military. MilitaryShare, a Fresh Express Program of the Central Pennsylvania Food Bank, is designed to provide fresh, nutritious foods for families with at least one member who has served or is currently serving in the armed forces.

While the specific items distributed will vary based on the Food Bank's available inventory, each eligible, registered family will receive fresh produce, one quart of fresh milk, one dozen eggs, cheese, and a box of shelf-stable pantry staples such as soup, pasta, sauce and cereal. When available, meat, fish and poultry products may also be included. While not all inclusive, a list of commonly included items is below:

**Deli / Dairy**

- Cheese
- Eggs
- Fresh Milk

**Pantry Staples**

- 100% Fruit Juice
- Cereal
- Complete Meals
- Crackers
- Granola Bars
- Pasta
- Peanut Butter
- Soups

**Meats, Fish & Poultry**

- Ground Beef
- Ground Turkey
- Chicken Quarters
- Canned Chicken
- Canned Tuna

**Fresh Fruits & Vegetables**

- Apples
- Carrots
- Lettuce
- Onions
- Oranges
- Potatoes
- Strawberries



To register for the *FREE* MilitaryShare distribution at the Lewistown Armory, please contact: **Darla Rickert, FACS, by phone at 717.769.9671 or email [darla.f.rickert@gmail.com](mailto:darla.f.rickert@gmail.com).**

MilitaryShare is funded by donations which help to subsidize the Food Bank's food and transportation expenses. To sponsor a MilitaryShare distribution in your community, please mail a check to Central PA Food Bank, 3908 Corey Road Harrisburg, PA 17109, and designate for "MilitaryShare Mifflin County."



The Central Pennsylvania Food Bank is a non-profit organization whose mission is to reduce hunger in 27 counties across Pennsylvania. By working with more than 800 local agencies the Central Pennsylvania Food Bank provides nutritious food to more than 55,000 people in need every week.