



# MilitaryShare

*a Fresh Express Program*

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.

For the convenience and privacy of the individuals and families served, MilitaryShare distributions take place on-site at armories, VFW and AMVET locations throughout the Central Pennsylvania Food Bank's 27-county service area. 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



MilitaryShare is funded by donations which help to subsidize the Food Bank's food and transportation expenses. While requests to include specific items in a distribution may impact the cost, you can sponsor a distribution for just \$10-15 per family. To learn how you or your organization can sponsor a MilitaryShare distribution in your community, please contact Greg Stegall at 717.564.1700, ext. 2315 or [gstegall@centralpafoodbank.org](mailto:gstegall@centralpafoodbank.org).



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 nearly 650,000 nutritious meals to people in need every week.