

SHARE's Mission

SHARE (Self Help And Resource Exchange) is a non-profit community-building network dedicated to:

- Providing wholesome and nutritious food to families and individuals at a reduced cost.
- Promoting volunteer service in our communities.
- Building partnerships with community organizations.

SHARE is committed to supporting local community groups where all may participate, serve, and lead with dignity.

What Is SHARE?

SHARE DC-Metro serves an average of 12,000 families monthly, through a network of 300 volunteer Host Organizations. These organizations include churches (of all denominations), senior centers, military installations, Head Start programs, schools, tenant associations etc.

SHARE families save money on their grocery bills, while strengthening their communities through volunteer service.

Who Can Participate?

SHARE is a self-help program that is open to anyone who wishes to participate. *If you eat, you qualify!* There are no income restrictions.

Every participant must pay \$20.00 and perform two hours of volunteer work in their community to receive a delicious package of food worth approximately \$40.00-\$45.00. The food package contains frozen meats, fresh fruits and vegetables, and staple items such as rice, pasta, beans, and potatoes.

SHARE helps families to stretch valuable food dollars, while receiving a thank you for their volunteer service.