



# OCTOBER 2017

Whole Life Ministries International  
9000 East Hampton Drive, Capitol Heights, MD 20743  
Host ID #20284  
Phone: (301) 336-5015  
Email: wlministry@yahoo.com

Rev. Frank Bryant, Jr., Pastor – Sister Ollie Martin, Share Food Network Coordinator  
**Order Turnin: October 9<sup>th</sup>, 2017**  
**Distribution Day: October 21<sup>st</sup>, 2017**  
**Pickup Time: 11:30 am – 1:00 pm**

## VALUE PACKAGE \$21

### “FILL YOUR FREEZER WITH FOUR”

Value Package  
\$22  
in November

Citrus Crusted Cod – 1 LB  
IQF Chicken Breast – 1.5 LB  
Ham Steak – 1.25 LB  
Beef, Pork & Turkey Meatballs – 1.9 LB  
Plus 8-12 lbs. of the freshest  
Fruits and vegetables we  
can find for  
you and your family



### PORK LOVERS' BOX

6 Boneless, Center Cut Pork Chops,  
3 Pounds Oscar Mayer Maple Bacon  
18 Sausage Links  
1.25 Pound Ham Steak

**\$29**

### SIZZLING STEAK BOX

This may be the last 2017 grilling opportunity!  
6-8 oz. New York Strip Steaks

**\$21**



### BBQ GLAZED CHICKEN BREASTS

35-40 breasts, 9.5 lbs total,  
fully cooked, IQF,  
just heat & serve

**SUPER LIMITED  
EXCELLENT VALUE \$22**



**PASTA MEALS** Seven generous  
items, enough to serve two (average) appetites, each!  
Stuffed shells (18 oz), Manicotti (18 oz), Ravioli  
(13 oz), Tortellini (16 oz), Stuffed Rigatoni (12  
oz), Potato/Cheddar Pierogi (13 oz), &  
Swiss/Monterey Jack Pierogi (13 oz) **\$19**

## SHARE grows STRONGER with EVERY PURCHASE

SERVING NEIGHBORHOODS FROM  
BALTIMORE, TO CHARLES TOWN, TO MANASSAS,  
TO LEXINGTON PARK, TO HAMPTON ROADS

CONVENIENT PAYMENT OPTIONS:  
DEBIT/CREDIT CARDS, EBT, CASH/MONEY ORDER  
MENU ITEMS ARE SUBJECT TO CHANGE. IF IT IS NECESSARY,  
WE WORK HARD TO MAKE ANY SUBSTITUTION AN UPGRADE FOR YOU.

301.864.3115 800.21.SHARE SHAREdc.org

