

SHARE Hampton Roads

www.hrfoodbank.org

Mona Crump, Share Program Manager

September 2014

596-7188 ext. 104

SHARE Hampton Roads is a community building organization that offers nutritious food packages at discounted rates. Each value food package is worth approximately \$35-\$40, but can be purchased for \$20 and two hours of volunteer service of your choice. Each month a value package will include approximately 4-6 pounds of frozen meat, staple items such as potatoes and onion, fresh fruits and vegetables. It also includes side dish items and a dessert item. There are no qualifications to participate in SHARE! Anyone who is interested is welcome to participate without filling out forms, membership fees, or coupons!

Grilled Steak Salad with Asian Dressing

INGREDIENTS:

- 1 (12 ounce) rib eye steak
- 1 tablespoon soy sauce
- 1 teaspoon Montreal steak seasoning, or to taste
- 1/2 lemon, juiced
- 2 tablespoons rice vinegar
- 2 tablespoons olive oil
- 2 tablespoons white sugar
- 1/2 teaspoon sesame oil
- 1/4 teaspoon garlic powder



DIRECTIONS:

1. Season both side of the rib eye steak with soy sauce and steak seasoning. Cover and refrigerate at least 1 hour to overnight.
2. Preheat an outdoor grill for medium-high heat and lightly oil the grate.
3. Grill steak on preheated grill until firm, reddish-pink, and juicy in the center, about 6 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C). Transfer steak to a platter, sprinkle with lemon juice, and cover loosely with aluminum foil. Allow meat to rest for about 10 minutes, then cut into strips.
4. Whisk rice vinegar, olive oil, sugar, sesame oil, garlic powder, and red pepper flakes together in a small bowl. Combine lettuce, cucumber, avocado, tomato, carrot, red onion, and steak strips in a large bowl. Pour rice vinegar dressing over salad and toss to coat. Sprinkle with sesame seeds to serve.

The food is purchased through a food co-op and no donated food from the Foodbank is used.

REMEMBER

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Order Week:

September 8th – September 12th

Add on Order:

Monday – September 15th

Payment Due:

Time of order

Distribution Day

Saturday – September 27th

5:30am- 8:30am

MARKET DAY

“Only at the Foodbank”

Monday- September 29th

10:00am - 1:00pm

Did you miss your order date?
Come to the Foodbank and you can purchase one of these packages:

PACKAGES

Value Package	\$20
Steak Box	\$12
Breakfast Special	\$12
Holiday Box	\$20
Grab Bags	\$10

Value Package

1.35 lb. Split Breast
1.38 lb. Chicken Drums
1 lb. Pollock Filets
0.75 lb. Bacon (Low Sodium)
0.75 lb. Chicken Nuggets
3 lbs. Potatoes
4 to 5 more
Seasonal produce

Steak Box Special

8- 5oz.

\$12

Breakfast Special

Scwhanns Sausage (Turkey)

Egg& Cheese

20- 2.5oz.

\$12

at risk
of hunger



TAKE ACTION

SEPTEMBER  **IS**

www.hrfoodbank.org

 

Holiday Box

- 1 Canned Ham - 16oz.
- 3 Corn - 15oz.
- 1 Cranberry sauce 14oz.
- 3 Green Beans- 15oz.
- 2 Macaroni & Cheese 7.25oz.
- 2 Canned Yams - 15oz.
- 1 Mashed Potatoes- 3.3oz.
- 1 Box Stuffing - 6oz.

14 items

\$20

Distribution Sites

Peninsula Area

Hampton

23666
Ebenezer Baptist Church #3643
171 Semple Farm Rd.
George Bright-826-6657

St. Mark's Episcopal #3649
2235 West Queens Way
Patricia Brown-927-5062

23669
First Baptist North King #3628
229 North King Street
Sadie Eleazer -890-2998

Queen Street Baptist Church #3667
190 West Queens Way
Susie Robinson – 723-3518

Newport News

23605
Macedonia Baptist Church #2092
5500 Marshall Ave.
Christabell Cherry -766-1800
Or Joyce Miller 247-1308

World Victory Church #5900
5900 Jefferson Ave.
Jeanette Cartwright- 766-0884

23607
Carver Memorial Presbyterian #8307
830 25th Street
Walt Darden – 838-9171

23607
First Church of Newport News #4057
2300 Wickham Ave.
Jacqueline King- 927-4639

Office of Hum Affairs #2708
2708 Chestnut Ave.
Carolyn Carter -244 - 6121

23607
Calvary Revival Church #2208
119 29th Street
Lydia Millington- 245-1747

Newport News

23607
Gethsemane Baptist Church #3616
5405 Roanoke Ave.
Karen Grigsby-256-5441

23608
Denbigh Presbyterian Church #6618
302 Denbigh Blvd
Gerry Ellis – 757-877-4847

Living Stone Monastery #8490
Olivet Christian Church
14425 Old Courthouse Way
Tim Luken 775-4211

POQUOSON

23662
Parish Thrift #3653
487 Wyth Creek Rd.
Maryann Jacobson223-7291

YORKTOWN

23693
Zion Prospect Baptist Church #3673
408 Darby Rd.
Geralene Brown-593-1812

WILLIAMSBURG

23188
New Zion Baptist Church #4401
3991 Longhill Rd.
Ann Marie Taylor-258-0424

PORTSMOUTH

23704
New Mt. Olivet Baptist Church #1000
1000 County St.
Joycelyn Bethea-831-6544

Divine Deliverance Christian #1807
1807 County Street
Yvette Pierce – 537-9421

SUFFOLK

23434
_Macedonia AME Church #3016
127 Pine St.
Mary Daughtry-510-6599

Southside Area

Chesapeake

23321
Church of St. Therese #2434
4137 Portsmouth Blvd.
James Culpepper-403-2170

23324
New Mount Olive AME #1953
1953 Campostella Rd.
Kimico Brown-319-1578
nmo1953share@gmail.com

NORFOLK

23504
NIP Mentorship Program #3306
830 Goff Street
Eleanor Cannon-623-7000

Wesley Memorial UMC #3512
288 E. Little Creek Rd
Jesse Pittman-407-3325
jhpitt@cox.net

Covenant Presbyterian Church #1857
913 Covenant St.
Patsy Jones-543-6339

VIRGINIA BEACH

23462
St. Andrews UMC #2199
717 Tucson Ave.
Terri Walsh-471-5166
sharevb@yahoo.com



2401 Aluminum Avenue
Hampton, VA 23661

SHARE HAMPTON ROADS PARTICIPANT ORDER FORM September 2014

For individual-turn in to your local Distribution Team ONLY!!!

Name: _____ Phone: _____

Please sign below to confirm you have completed two hours of volunteer service per package ordered:

HOURS COMPLETED: _____ ACTIVITY PERFORMED FOR SERVICE _____

Quantity = Total

Value Package	\$20	X		
Holiday Box	\$20	X		

TOTAL AMOUNT: _____