



**Golden
Share Foods**



QUALITY FOOD AT AFFORDABLE PRICES! " IF YOU EAT, YOU QUALIFY"

1280 North Johnson Ave., Suite 101
El Cajon, CA 92020

S.H.A.R.E. (self-help and resource exchange), began in 1983 in California and quickly moved across the United States. At SHARE, we are dedicated to providing a consistent, affordable, supplemental food package to those willing to help themselves and others. We are welcoming everyone interested in the entire state of California to participate and experience the newly organized and professionally run Golden SHARE Foods Program. We will strive for excellence in serving our community with the highest quality food and service around.

What is SHARE?

You may be wondering. The goal of Golden SHARE is to provide everyone with the highest quality fresh produce and frozen meats around, while at the same time stretching our participants food dollars. In addition, we always encourage the building of relationships with your neighbors in the community.

How are we able to achieve this?

We have thoroughly researched what it is that people would like and purchase mostly at a grocery store. From freshly picked fruits and vegetables, to frozen meats and seafood, we then determine what items will be offered in the SHARE food box. Since we deal directly with the growing grounds on fruits and vegetables, as well as our correlation with other SHARE affiliates, we are able to purchase extremely large amounts of products at a very low cost. Now through volunteers and our distribution centers, which are referred to as "Host Sites", we are then able to deliver the packaged food at the sites. Here is where you are able to pick up your order.

How do we build community?

Our host distribution sites are generally churches, senior centers, schools, community centers. When it comes to an experience, it is when you pick up your food. Everyone will be there, like at a community party. People soon see how many are involved in the program, they meet new people and the energy around is amazing. You can truly feel what it means to be apart of a community with a common bond. Many find out that they love and support how the program works and want to know how they can help for the upcoming month. We always encourage up to 2 hours of volunteerism for every participant, although it is not a requirement. We consider volunteering to be anything from working at the host site, to the warehouse or to just lending a hand to someone in need. Honestly, anything you do to help anyone not in your immediate family for free is volunteering. Most of us do not realize that we already do this in our daily lives. It is when you recognize this, that you find the true meaning of SHARE.