



## News from Around the Table



### New year, new us!

As our (fiscal) year draws to a close on June 30, we get ready to welcome three new faces to our Board of Directors and introduce our new president.

**Mary Siegel** is taking over as Board President.

Mary has been on the Board since 2018 and has volunteered with Open Table for years, as well as working in the finance arm of several other nonprofits and raising puppies for Canine Companions for Independence. She lives in Sudbury.

**Barbara Fisher** is a retired healthcare executive who lives in Concord. She has been distributing weekly groceries for OT and assisting with the mobile meals program.

**Lea Tompsett** is Vice President at [Aledade](#), a company focused on strengthening primary care. She has experience in healthcare, supporting social needs such as food, housing and transportation.

**Lisette Arbelli** is a longtime resident of Hudson, where she manages a branch of [Avidia Bank](#). She is a member of the [Assabet Valley Chamber of Commerce](#), a volunteer with [Meals on Wheels](#), and for [Fresh Start Furniture Bank](#).

We are fortunate to have these committed and talented women join our Board!

## Valentine in the Kitchen

Classically trained chef and all-around great guy Mark Valentine is our new kitchen manager, and we couldn't be luckier. He's taking on our newly expanded prepared meals program, incorporating the abundant fresh produce from our local farm partners for a farm-to-table experience. From Paris to Hong Kong to Spain, Mark brings a world of knowledge to the Open Table kitchen, giving our clients a truly world-class dining experience.



Mark is also planning to offer a Cooking with Mark program, a monthly opportunity for those volunteering in the kitchen to learn culinary skills such as knife skills and food prep. Stay tuned for more details in our next newsletter.

Meanwhile, you can read the full article on Mark [HERE](#).



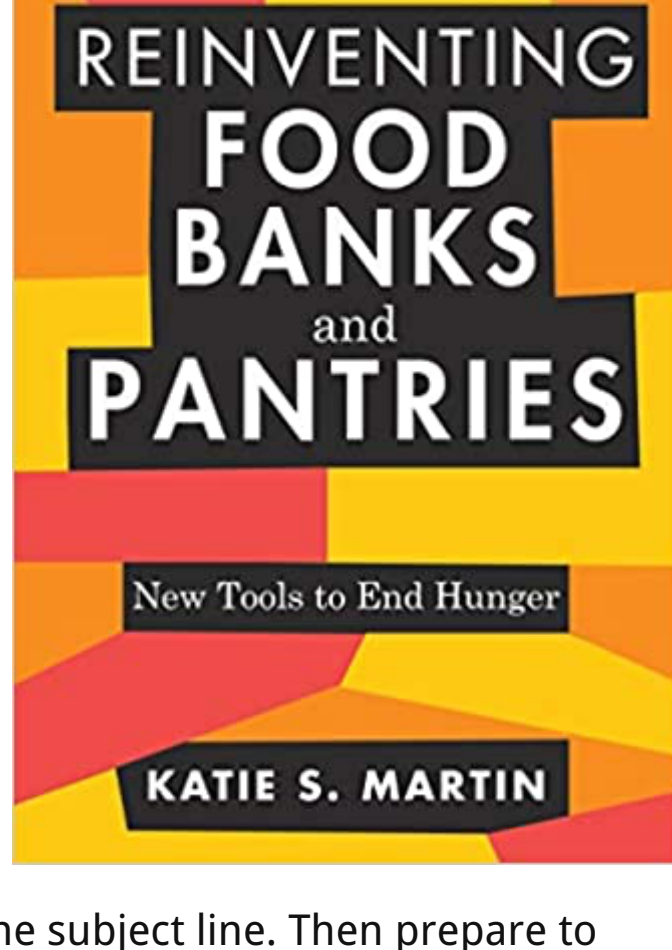
## We've Got Openings!

If you're looking to work, we've got paid and volunteer positions available. Our [Programs Operations Assistant](#) is part-time, paid internship, and starts in the fall. You'll assist our Properties and Facilities Manager with the daily operations of Open Table. To apply, submit a cover letter and resume with "Open Table Internship" in the subject line to [office@opentable.org](mailto:office@opentable.org).

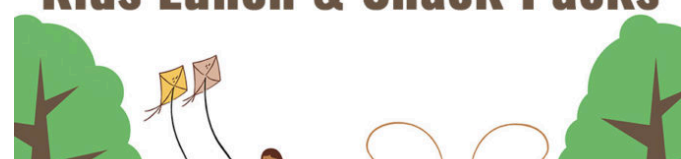
On the volunteer side, we need Mandarin speakers for our online ordering, grant writers and dishwashers. To apply, contact our Volunteer Manager at [gfindlay@opentable.org](mailto:gfindlay@opentable.org).

## Virtual Book Club

Want to be part of the solution? According to the most recent [Feeding America report](#), one in eight people in our region faces food insecurity, the largest pandemic-induced increase in the country. Author Katie Martin has strategies that food pantries and volunteers can use to combat the underlying issues. We'll be discussing her book, [Reinventing Food Banks and Pantries: New Tools to End Hunger](#), in a virtual book group discussion on Tuesday, July 20<sup>th</sup> at 7 pm. To join the conversation, email [events@opentable.org](mailto:events@opentable.org), with Book Club in the subject line. Then prepare to change the world. The book is not yet available in local libraries, but can be found at some local and most online bookstore; Open Table also has several copies available for loan.



## Fuel Up for Summer Kids Lunch & Snack Packs



Summer can be challenging for families, with kids out of school and no longer getting free or subsidized lunches. Open Table is filling that gap with our kids' lunch and snack packs. These weekly packs have cool snacks and healthy lunches that kids can feel good about. They're available for pick up at 33 Main St. in Maynard on Mondays or Tuesdays from 4-6 pm starting in July. No proof of need required.

You do need to reserve your packs to ensure we have enough; just head over to our website to fill out the online form [HERE](#) or email us at [orders@opentable.org](mailto:orders@opentable.org).

## Riders \*Still\* Needed

We still need seven more riders for our uber-cool Ride for Food team. So oil up your chain, adjust your brakes and join us to get out and ride while raising money for hunger relief. We're planning a training ride soon with a fun gathering after; you don't want to miss it. And anyone who signs up before June 30 will receive a batch of delicious homemade cookies from Board member Norma Frye!



Not a biker? Join us anyway! You can hike, swim, or cycle indoors and still be part of the team. Full details [HERE](#).



## Thank you to our June Donors

We are fortunate to receive generous support from the [Concord Carlisle Community Chest](#). And unlike last year, this year's Day of Giving,

where Chest bestows checks on their honorees, was in person. Open Table was proud to be there and so grateful for the community support.

We're also the recipients of a grant from [CHNA 15](#), a program that partners the Mass Department of Public Health with area nonprofits that address different aspects of public health. Our commitment to addressing food insecurity puts us square in their sites, and we feel lucky to be there.

Here are the others who supported us this month financially or with donations or food, kids' bags, personal care products, and/or their valuable skills and time:

- |  |   |
|--|---|
| <a href="#">Siena Farms</a>                    | <a href="#">Maynard High School Senior &amp; Varsity Soccer</a> |
| <a href="#">Hanscom AFB</a>                    | <a href="#">Assabet Valley RTHS</a>                             |
| <a href="#">Gaining Ground</a>                 | <a href="#">Concord Carlisle High School</a>                    |
| <a href="#">Bud Ackerman Fund</a>              |   |
| <a href="#">Memorial Congregational Church</a> |   |

## July Closure

Everyone needs a summer break, and our volunteers are no exception. To that end, Open Table will be closed for grocery and prepared meal pick up from July 5-9, returning to regular operation on July 12.

## Fun Food Facts: Strawberries



Did you know the average strawberry has 200 seeds?? And that technically they're not berries but accessory fruits? The first fruits to ripen each spring, strawberries reach peak sweetness in June, which is why we're celebrating them. According to the US Department of Agriculture, Americans eat an average of 3.4 pounds of the red fruit each year. And now is the best time to pick and eat them!

As for what's the best way to EAT them, well, there are plenty of debates on that. But for something simple and sweet, check out [this recipe](#) for strawberries with balsamic vinegar.

[Donate Now](#)

