July Closure

We’re closed for the week of July 5-9, returning to regular operation on July 12.

Everyone needs a summer break, and our volunteers are no exception. To that end, Memorial Congregational Church on Hanscom AFB and Siena Farms will be closing for the week of July 5-9.

Here are the others who supported us this month financially or with supplies:

- Memorial Congregational Church
- Hanscom AFB
- Siena Farms

We're also the recipients of a grant from CHNA 15, which will help us cover expenses for the coming fiscal year.

Valentine in the Kitchen

Katie Martin has nearly 20 years of experience in nutrition education and government policy. She is the author of the book, “Pantries: New Tools to End Hunger,” which focuses on strategies that food pantries and other organizations can use to combat the largest pandemic-induced increase in hunger in the country. Author Katie Martin has written about the importance of food pantries in her book, “Pantries: New Tools to End Hunger.”

We're planning to distribute 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.

...and for those who join us:

Not a biker? Join us anyway! You can hike, swim, or cycle indoors and still be part of the team. Full details are available at our website to fill out the online form for the fun gathering after; you don't want to miss it. And if you're still not sold on the idea of a training ride soon with a fun gathering after, you can always support us virtually.

You can read the full article on Mark Valentine’s newsletter.

Meanwhile, you can read the full article on Mark Valentine’s newsletter.

---

Virtual Book Club

Aledade, the healthcare advisory firm, has partnered with Open Table to support their efforts to reduce food insecurity. Aledade is facilitating a virtual book group discussion on Mary Meeker’s book, “Primally Inspired: How to Change the World.” The book is not yet available in local libraries, but can be found at some local and most online bookstores; Open Table also has several copies available.

If you’re interested in joining, you can email orders@opentable.org to our website to fill out the online form to join the book club.

---

Meals on Wheels

Open Table is filling that gap with our kids’ 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.

---

We've Got Openings!

If you're looking to work, we've got paid and volunteer positions available. Our team is part of the fabric of our community, strengthening primary care. She has experience in healthcare, supporting the work of many nonprofits.

We are fortunate to have these committed and talented women join our team:

- Barbara Fisher
- Lea Tompsett
- Lisette Arbelli

Barbara Fisher is part of an arm of several other nonprofits and raising puppies for Canine Companions for Independence. Lea Tompsett is a longtime resident of Hudson, where she manages a social enterprise, and as a lifelong volunteer with Open Table, she’s able to use her unique skills to support our organization. Lisette Arbelli is a retired healthcare executive who lives in Concord. She has volunteered at Open Table for years, as well as working in the finance department of the Assabet Valley Chamber of Commerce.

---

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 have been around since before 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 one thing we do know is that strawberries are a great source of vitamin C. So go ahead and enjoy them! We're also the recipients of a grant from CHNA 15, which will help us cover expenses for the coming fiscal year.