



OPEN TABLE

MORE LOVE – LESS HUNGER

News from Around the Table

It's an All-Time High!

918 – that's the number of prepared meals that were created and distributed in the first week of August alone!! Huge kudos to our amazing kitchen staff, and stellar head chef Mark Valentine, who prepared and packaged this record number of meals. Among those meals were 195 sandwiches for kids in summer programs and senior citizens.

**"The prepared meals are a godsend."
- an Open Table client**



Position Open

We're looking for a Programs Operations Assistant. This is a part-time, paid position and a great opportunity to build skills in operations, programming, and managing, among others. If you're looking to get a foot in the door of the job market, this is a great way to start! Check out the full description [HERE](#), or email us at office@opentable.org.

[See Job Description](#)

Seeking Volunteers

Whatever your expertise, we have a role for you! Like talking to people? Sign up to take phone orders, Saturday and Monday from 10-12. Good at keeping things clean? We could use some midday dishwashers. Is cooking your bag? Experienced cooks can help prepare our meals-to-go; multiple shifts are available Monday through Thursday. And if you like working with youth, become a student shift leader, Monday or Wednesday from 4-6 pm. And if you're an aspiring writer, help us to secure the funding needed to achieve our mission by joining our grant writing team which meets monthly.

We're looking to fill these and all of our volunteer shifts now for September and October, ideally on a weekly or biweekly schedule. Come join a great team of people doing good work! Register online at opentable.org/volunteer, or email us at volunteer@opentable.org



[Email Us](#)



Rider Spotlight: Laurie Foster

Longtime Open Table volunteer Laurie Foster has been a member of our Ride for Food team since 2013. She's been a pantry worker, community dinner manager, and driver for a single mom picking up groceries. This past year she started cooking in Maynard, preparing meals to go. "Cooking in the kitchen once or twice a week gave me a structure to my week, a chance to see others, and a sense of purpose that kept me going throughout the year which otherwise would have felt very isolated," Laurie says. "It may sound corny but I think I always feel I have benefitted from my volunteering as much as I have helped others."

Laurie likes being a part of the Ride for Food because it combines the joy of bike-riding with the satisfaction of raising money for a great cause, and the opportunity to meet other like-minded people along the ride. Says Laurie, "I appreciate the feeling of accomplishment when I reach the financial goal I set knowing that it will contribute to Open Table."

We're so happy to have people like Laurie on our team! You can still join us – go here for info and to register.

[Join or Support our Ride for Food](#)

Reminder: Labor Day

Just a note that we will be closed on Monday, September 6, and Tuesday, September 7, for the Labor Day holiday. Our normal pantry hours will resume on Thursday, September 9. Anyone with a Tuesday appointment may come on Thursday instead.



Our Summer Stars: The Farms



Summer is produce season, and our farm partners have outdone themselves with crisp greens, ripe tomatoes and juicy watermelon. Thanks to the farms listed below, healthy eating is on the menu for our clients.

Additionally, the Nashawtuc Swim Team went the distance to collect snacks for kids to take to summer camp. And staff and visitors of the Discovery Museum in Acton donated canned food and dry goods. And we've received generous grants and gifts from other wonderful partners.

- [Siena Farms](#)
- [Aurelia's Garden](#)
- [Gaining Ground](#)
- [Drumlin Farm](#)
- [Concord Academy Summer Camp](#)
- [Discovery Museum](#)
- [Emerson Hospital](#)
- [Middlesex Savings Bank](#)
- [Nashawtuc Swim Team](#)
- [New England Deaconess](#)
- [Harvard Pilgrim Healthcare Foundation](#)

Dog Days of Summer

It's August! And that means we're reaping the rewards of the growing season, with fresh vegetables and fruits galore. Every week the bags we give out are overflowing with healthy produce, like corn, tomatoes and greens, nearly all grown locally.

A [recent article in Food Bank News](#) talked about how food pantries are spending more lately to get fresh food to their clients. We're fortunate to have growing partners right here, as well as generous donors, enabling us to keep to our nutritional mission of offering two-thirds fresh food and one-third non-perishable. We also are able to purchase items for our Healthy Helpings program so we can support people on a DASH diet.

All in all, your ongoing donations along with support from our wonderful partners mean our clients – your neighbors – continue to receive nutritionally balanced food to stay healthy overall. And that makes all of us better in the long run.



[Donate Now](#)

Fun Food Facts: Tomatoes



Tomatoes originated in South America, were imported to Europe by the Spanish in the 1500s, and quickly became popular in Mediterranean cuisines. In Spain they may be also popular for throwing at the annual La Tomatina Festival in Buñol, which features over 40,000 people tossing tomatoes at each other. We'd instead suggest tossing them in salads or storing them stem-side down at room temperature.

Fruit or vegetable? Botanically a tomato is a fruit, the berry of the flowering *Solanum lycopersicum* plant, but, because of its lower sugar content, it is considered a "culinary vegetable". In the 1890s the Supreme Court added to the confusion by declaring it a vegetable, although only for tax purposes. Whatever the classification, they are a delicious addition to any meal, and at their peak of flavor in summer. Here's a great, light summer dish from Open Table Chef Mark Valentine that will highlight their flavor: [Chicken Bruschetta](#).



Our Contact Information

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