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





We're looking for a Programs Operations Assistant. This is a part-time, paid position and a great opportunity to build

Position Open

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

talking to people? Sign up to take phone orders, Saturday and Monday from 10-12. Good at keeping things clean?

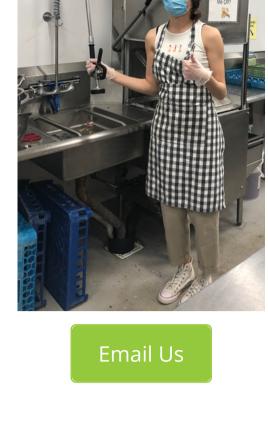
Seeking Volunteers

We could use some midday dishwashers. Is cooking your bag? Experienced cooks can help prepare our meals-togo; 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

Whatever your expertise, we have a role for you! Like

doing good work! Register online at opentable.org/volunteer, or email us at volunteer@opentable.org

biweekly schedule. Come join a great team of people





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

team since 2013. She's been a pantry worker, community dinner manager, and driver for

preparing meals to go. "Cooking in the kitchen once or twice a week gave me a structure"

a single mom picking up groceries. This past year she started cooking in Maynard,

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

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. CLOSED LABOR Our normal pantry hours will resume on Thursday, September 9. Anyone with a Tuesday appointment may

Our Summer Stars: The Farms

Summer is produce season, and our farm partners have

juicy watermelon. Thanks to the farms listed below,

healthy eating is on the menu for our clients.

outdone themselves with crisp greens, ripe tomatoes and

Additionally, the Nashawtuc Swim Team went the distance

<u>Discovery Museum</u>

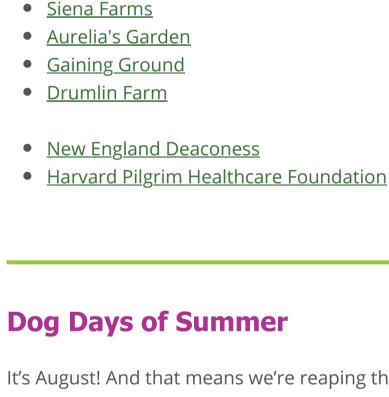
Middlesex Savings Bank

Emerson Hospital

Concord Academy Summer Camp

to collect snacks for kids to take to summer camp. And

staff and visitors of the Discovery Museum in Acton



nearly all grown locally.

run.

info and to register.

come on Thursday instead.

DISCOVERY

donated canned food and dry goods. And we've received generous grants and gifts from other wonderful partners.

Nashawtuc Swim Team

- It's August! And that means we're reaping the rewards of the growing season, with fresh vegetables and fruits
- 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

we can support people on a DASH diet.

galore. Every week the bags we give out are overflowing

A <u>recent article in Food Bank News</u> talked about how food

with healthy produce, like corn, tomatoes and greens,

pantries are spending more lately to get fresh food to

their clients. We're fortunate to have growing partners

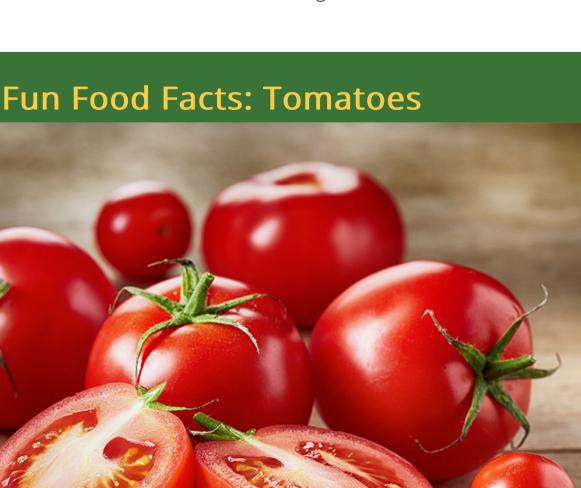
right here, as well as generous donors, enabling us to

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

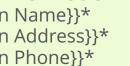
Donate Now



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 are 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.





{{Organization Name}} *{{Organization Address}}* *{{Organization Phone}}*

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