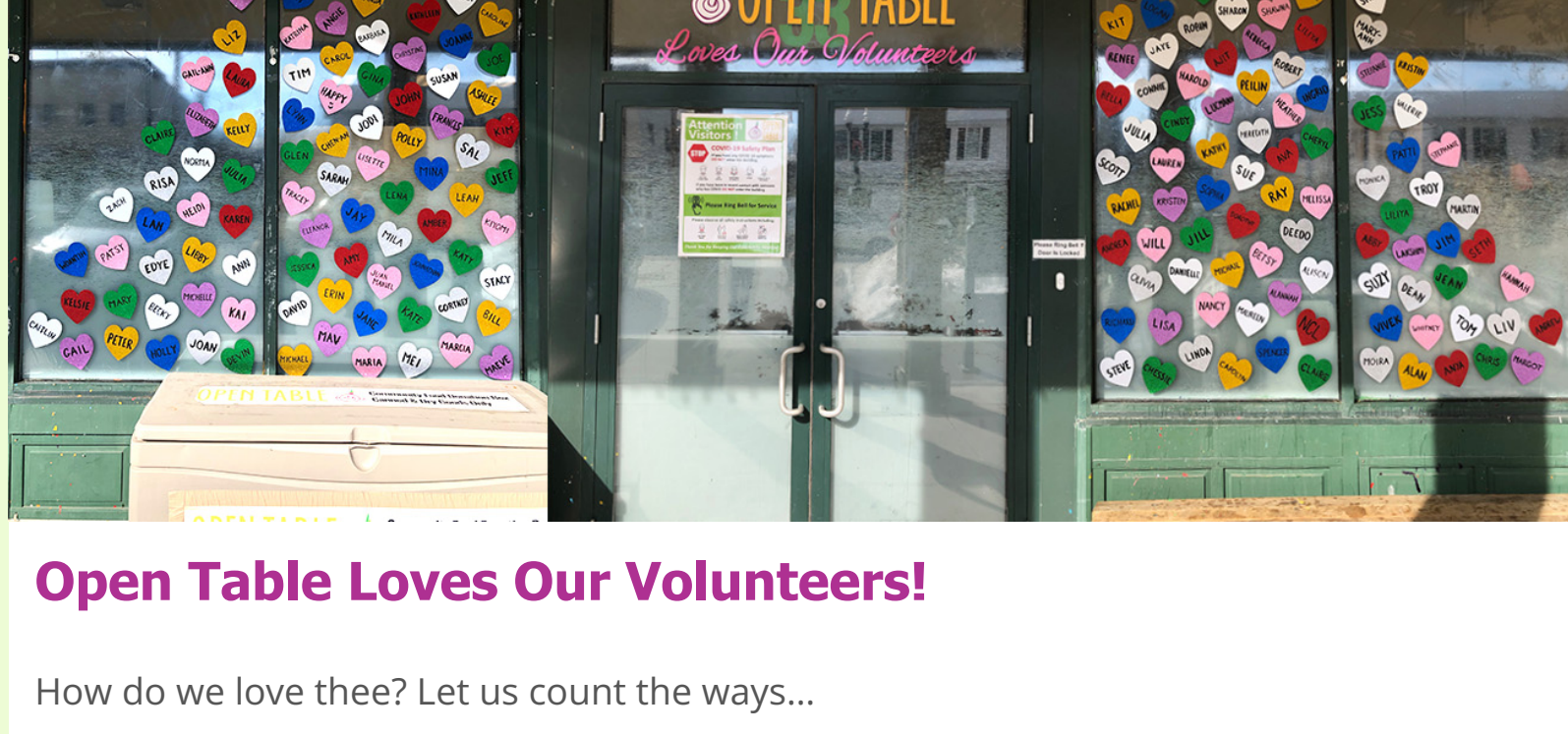


## News from Around the Table



### Open Table Loves Our Volunteers!

How do we love thee? Let us count the ways...

1. Providing groceries and meals to 1085 individuals a month
2. Preparing 46,000 meals in our kitchen in 2021
3. Launching the online ordering program and “shopping” for clients to provide food choice
4. Your flexibility during changing times and helping OT run without interruption throughout COVID
5. Coming to the pantry with warmth and friendship
6. Stepping up to fill 225 volunteer positions each week
7. Cooking, sorting, packing, washing, driving, writing, calling, shopping, fundraising, distributing, and so much more
8. Delivering 322,148 lbs of food to OT for distribution
9. Contributing 25,000 hours of service
10. Working toward “more love, less hunger”

And that's just 10 of the ways that you, our wonderful volunteers, have made a difference in our community in the past year. Thank you!

### History Lesson

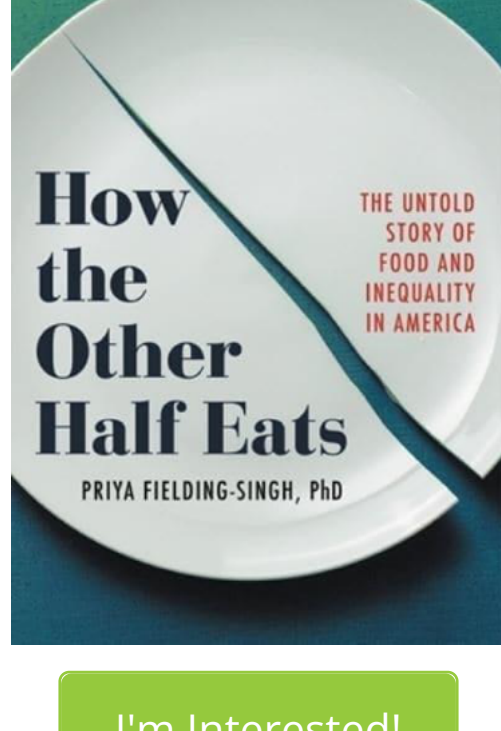
February is Black History Month, conceived to honor the contributions of African Americans and to raise awareness of Black history. And while Open Table strives to honor the diversity of all our clients, we're happy to dedicate this month to embracing the cultures of those who are Black.



Making Haitian Soup in 2018

With the goal of respecting people and understanding differences, we strive to include culturally relevant foods among our grocery offerings and in our prepared meals. In the past, we invited Haitian cooks to prepare and serve dishes from their culture; now we invite them into our kitchen to create delectable take-home meals. In this way, we celebrate and educate ourselves about the differences in our Open Table community.

For anyone who wants to better understand their own views of the diverse world, Harvard University offers a series of implicit bias tests you can take on this website: <https://implicit.harvard.edu/implicit/takeatest.html>. It's enlightening, anonymous, and provides the university with important data on how people interpret the world around them. And then go out and learn about Black history in your own area.



I'm Interested!

### Read a Book!

Our first virtual book club was so successful we're doing it again! Join us on March 23rd at 7 pm to discuss "**How the Other Half Eats: The Untold Story of Food and Inequality in America**". Author Priya Fielding-Singh follows four families from across the income spectrum to examine nutritional disparities in our country. The book should be available at [The Concord Bookshop](#) for those who live locally.

Programs Manager Jill Tsakiris and Board Member Gina Cummings will lead the online discussion on how race, culture and media complicate what we choose to eat. It promises to be an illuminating evening. Interested in joining? Email [events@opentable.org](mailto:events@opentable.org) with the subject “Book Club” and we'll send you the link in mid-March.

### Staff Spotlight: Soman Karimi

Soman Karimi is an Assistant Program Manager at Open Table. Soman comes from a family of six and is originally from Kabul, Afghanistan but now lives in Maynard, MA. We were very lucky she joined our staff and interviewed her via email recently to learn more about her. Here are a few excerpts from our conversation.

What do you do at Open Table?

*Administrative support for the management of online orders to packing slips, program assistance and evaluation for the Afghan program, program coordination and data management for the healthy helpings program, and on-site support for Fresh Air Pantry operations and program evaluation as needed.*

Why did you look for work specifically at Open Table?

*Its services completely impressed me.*

Any favorite aspects or stories about Open Table?

*Meeting Afghan clients makes me happy, and the way people treat me at Open Table is very good.*

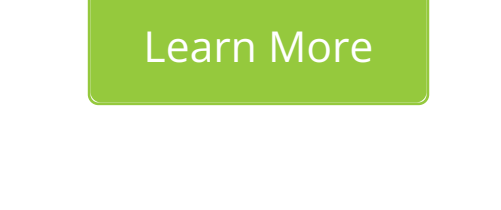
Any other thoughts?

*I really appreciate the work which Open Table does for all - especially Afghans.*



Learn about how you can help welcome Afghan families by donating needed food:

Learn More



Learn More

### Needed: Summer Student Internship Program Manager

Do you know college students returning this summer looking for a way to meaningfully spend their time back at home and receive excellent employment experience? Are they extroverts? Natural leaders?

Open Table is currently accepting application for a Summer Student Intern Program Manager. The part-time (25 hour/week) position, which requires availability June 10 through August 19), will be leading groups of six student interns for each of four, two-week sessions, as well as planning, coordinating, and safely guiding the groups through a wide range of daily activities.

For more details, check out the listing [here](#).

### Expanding Our Recipe Repertoire

At Open Table, we know it is important to provide food and meals that are not just healthy and nutritious, but that meet the dietary and cultural needs of our clients. With the expansion of our Afghan Family Program, we are thrilled to be learning and serving recipes that help our new neighbors feel welcome.

If you were within a quarter-mile of Open Table last Thursday, you know the smell of kofta: sizzling beef, onion, and warm spice so thick you can taste it in the air. This simple dish is found all over the Middle East. Ground meat is mixed with onions, parsley, and spices, shaped into a smallish log, and either grilled as a kebab or braised. For 100 servings, it's a bit of a labor of love--we had four people shaping kofta around two huge bowls of meat--but it's as easy as Italian meatballs to make at home. If you have a grill, fire it up! Adding smoke to the spices makes it a lot more exciting and distinctive.



Get the Recipe



### Inclement Weather Policy

At Open Table, we recognize that we provide vital services to our clients, so during inclement weather, we do all that we can to maintain our regular hours while still keeping our clients, volunteers, and staff safe. If the governor declares a state of emergency, we will close. Otherwise, we will stay open unless our Operations Manager feels it is unsafe to do so. Closures or changes to our schedule will be announced on our website and social media pages, and registered clients will be contacted via email. Volunteers and clients should use their best judgement on whether it is safe to venture out from their homes. If pantry days are cancelled we will do our best to accommodate clients at the next pantry distribution. Volunteers should notify their shift leader or the volunteer manager if they are unable to attend a shift. Stay safe!

### Thank You

When our wonderful volunteer Tom Marshall heard that we needed flour for relocating Afghan families, he reached out to the **King Arthur Baking Company**, and they came to the rescue, donating a full pallet of 5lb bags! Realizing the generosity of many food companies, Tom decided to ask another of his favorites for support, and **Dot's Pretzels** sent boxes of their delicious homestyle snacks for inclusion in our grocery offerings and meal recipes (stay tuned for some recipes)! We are so grateful for the support of these companies and so many others this past month:



- [Acton Boxborough United Way](#)
- [Acton Chinese-American Civil Society](#)
- [Carlisle Public School 4th Grade](#)
- Chris Stamm
- [Dot's Pretzels](#)
- [Drumlin Farm](#)
- Emily DiMeo
- [Fenn School](#)
- [Gaining Ground](#)

- [Greater Lowell Community Foundation](#)
- [King Arthur Baking Company](#)
- [Nashoba Area Social Justice Alliance](#)
- [OXFAM](#)
- Neil Forgacs
- Sudbury Girl Scout Troop 82453
- [MEM Tea Imports](#)
- [Willard Elementary School](#)

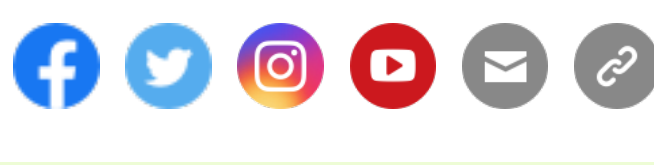
### Fun Food Facts: Flour



Bread is often called the “staff of life” and we wouldn't have bread without its single, most elemental ingredient: flour. Simply put, flour is grain that has been ground into particles tiny enough to mix with water and other ingredients to be ultimately transformed into porridge or bread. Archeologists and other experts place the advent of flour as late as 10,000 years ago and perhaps as early as 30,000 years ago. While it's unclear exactly how early humans consumed their ground up grains for dinner, we can guess that the earliest breads were simple flatbreads. What we do know is that depending on the type you choose, flour contains protein, carbohydrates, fiber, and vitamins - all of which are critical building blocks of nutrition. You don't have to be a master baker to create a delicious tortilla, scallion pancake, baguette, or flatbread. A little flour goes a long way in creating a simple snack or part of your daily diet.

We're big fans of **King Arthur Baking Company**, an employee-owned New England company that specializes in all things a baker needs to transform ordinary flour into delicious baked goods. When we reached out for a donation to help provide recent Afghan refugees with basic foodstuffs, King Arthur generously donated 480 5# bags of its signature Unbleached All-Purpose flour! It's only fitting that we feature their fabulous (and fabulously easy) recipe for Afghan Naan. Thanks to everyone at King Arthur!

Get Recipe



#### Our Contact Information

\*{{Organization Name}}\*

\*{{Organization Address}}\*

\*{{Organization Phone}}\*

\*{{Organization Website}}\*

\*{{Unsubscribe}}\*

Donate Now