



OPEN TABLE

MORE LOVE – LESS HUNGER

News from Around the Table



Annual Meeting 2022 Feeding People Where They Are

It's Annual Meeting Time!

Once a year, we get together to celebrate our supporters and volunteers and share information on the latest goings on with Open Table and the food insecurity space. This year that will happen on **Wednesday, September 14, from 6:00-7:30 pm**. Come hear about our new Annex, our plans to become a mobile food hub, and to say goodbye to our departing Executive Director, Jeanine Calabria.

The event will be held next door to our facility, on the patio of local and family-owned Mexican restaurant **El Huipil**. Come early and see our new Annex – doors will be open from 6:00-6:30 pm for short tours.

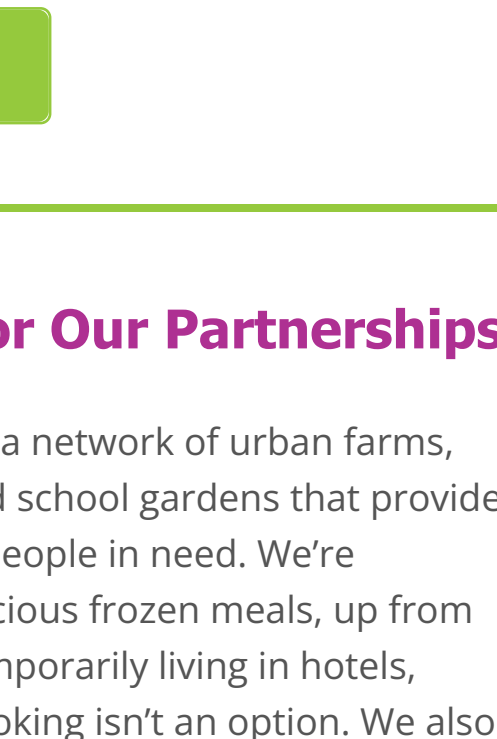
This will be a fun event with light food and good news, so plan to join us Sep 14, 2022!

[Register Now!](#)

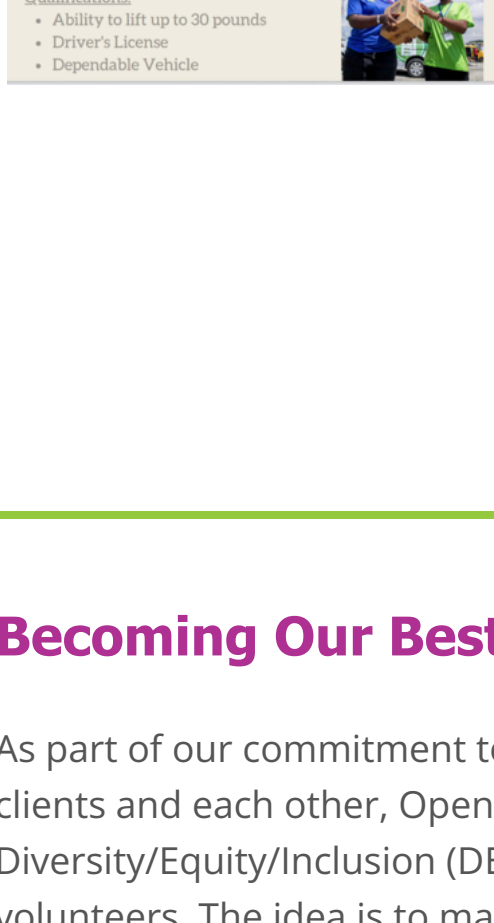
Ride, Baby Ride!

Danny and Aaron are waiting for you to join them as a Three Squares New England Ride for Food teammate! This dynamic duo knows how to pedal their way to fundraising goals and wants you to be there, too! The Ride is fast approaching – takes place Oct 2, 2022.

Use your love of biking (or any other exercise, really) to raise money for Open Table. If you can't join us in person, you are welcome to do so virtually. And, of course, you can financially support a rider or the team. Get all the good info [HERE](#) to register or donate, go [HERE](#).



Wanted: Drivers for Our Partnerships



First up: **Mill City Grows** is a network of urban farms, community garden plots and school gardens that provide fresh, healthy food to local people in need. We're currently delivering 100 delicious frozen meals, up from 60 previously, for people temporarily living in hotels, shelters, and cars, where cooking isn't an option. We also assist people who simply do not have time to cook healthy, nutritious meals for themselves. The meals will go into CSA boxes of people receiving SNAP.

Starting August 19, we need drivers to pick up the meals at the Maynard pantry at 7:45 AM on Fridays and deliver them to the Mill City Grows farm in Lowell. This opportunity runs through the end of the growing season at the end of October. You need an SUV or larger to hold 4 to 5 banana boxes and the ability to lift 25 pounds.

If you can help us out, please email us at volunteer@opentable.org.

Also: **Hudson**. The Hudson Health Department partners with OT to operate a mobile food pantry program that provides food distribution twice a month to Hudson residents experiencing food insecurity. Volunteer drivers are needed on the first and third Wednesdays of each month from 3-5 pm to help deliver food. Training is provided. You just need a driver's license, a dependable vehicle and the ability to lift up to 30 pounds. For information contact Kali Coughlan at kcoughlan@townofhudson.org.

Becoming Our Best Selves

As part of our commitment to better understand our clients and each other, Open Table has embarked on Diversity/Equity/Inclusion (DEI) training for its staff and volunteers. The idea is to make our organization more inclusive and empathetic, at all levels, particularly as our clients may feel they are in a vulnerable space.

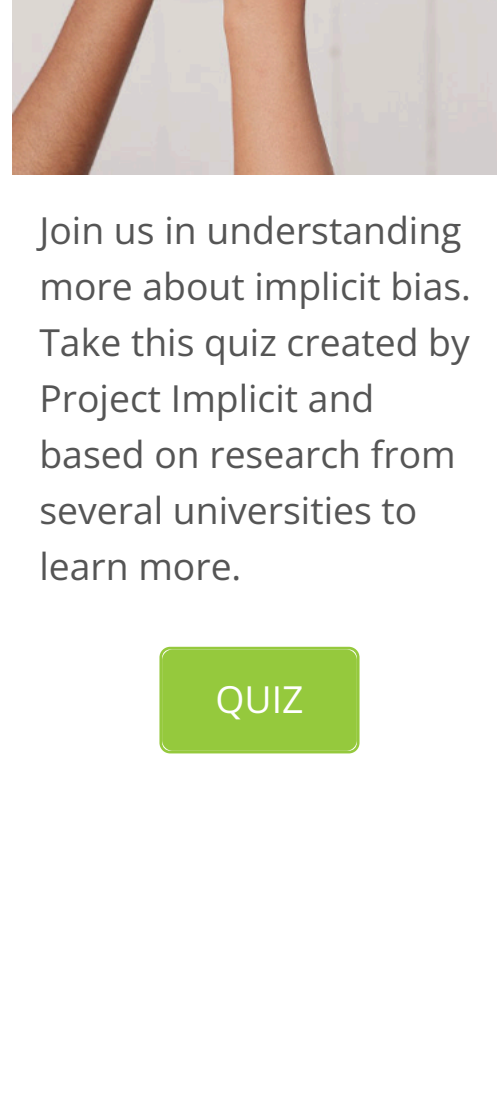
And what do our participants have to say about the training? Just listen:

"As someone who participated in diversity workshops while in school, I thought I had already learned everything there was to know about DEI," says Marisa Singh, intern coordinator. "However, the training at OT has been eye-opening. I've learned that every group of people is different and that we shouldn't assume what people's beliefs or background are."

Financial Analyst Jessica Kirkwood added, "This training is really thoughtful — not only have we come together as a team, but we've also really learned that *listening* is key to understanding the experience of others. And, by listening, we learn and can better meet the needs of those we serve."

And Board Member Michele Fisher agrees that the training "has provided an opportunity to hear important stories and perspectives from others. And has helped me see the role that deep listening can play in work at Open Table."

We're proud of our volunteers, staff, and BOD members for taking the time and effort to elevate who we are as an organization.



Join us in understanding more about implicit bias. Take this quiz created by Project Implicit and based on research from several universities to learn more.

[QUIZ](#)



Garden Designer Needed

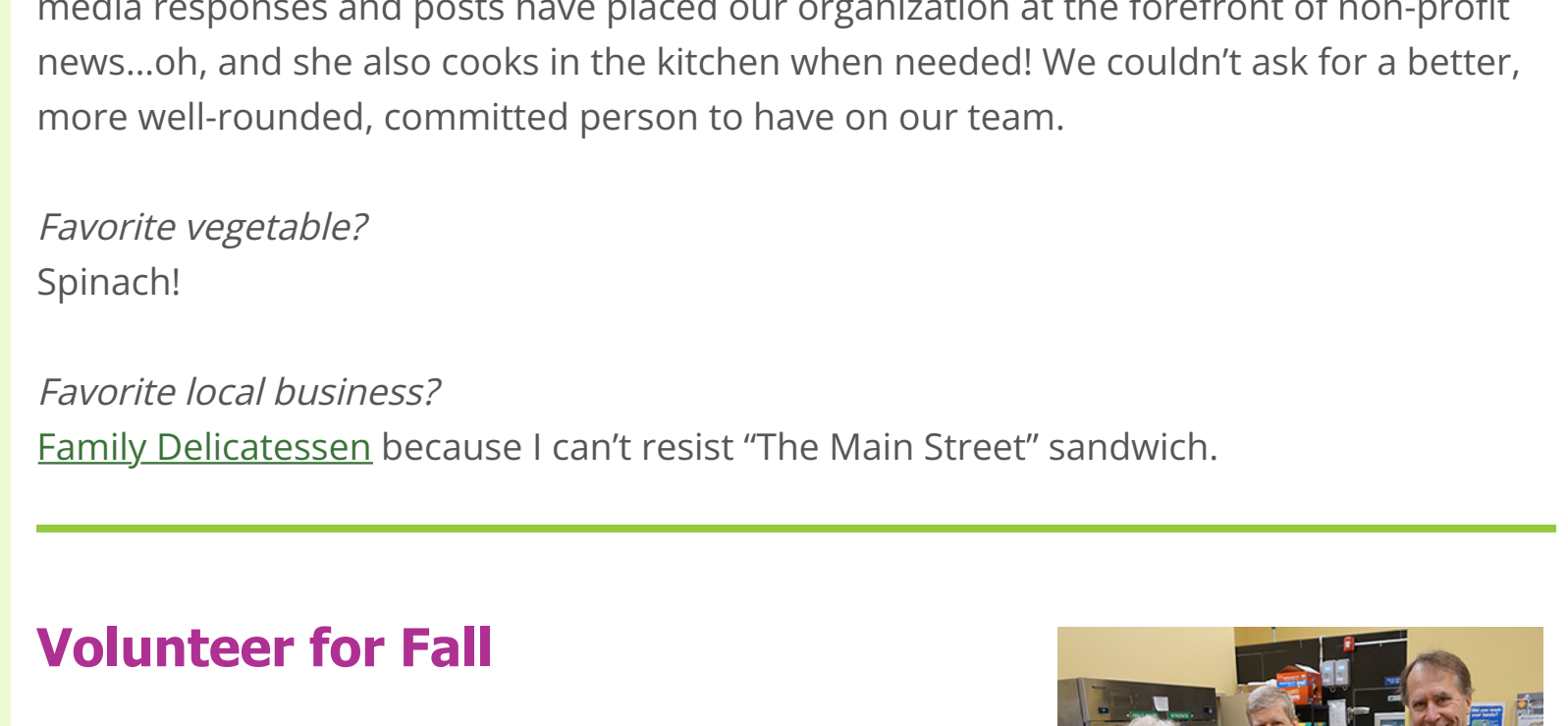
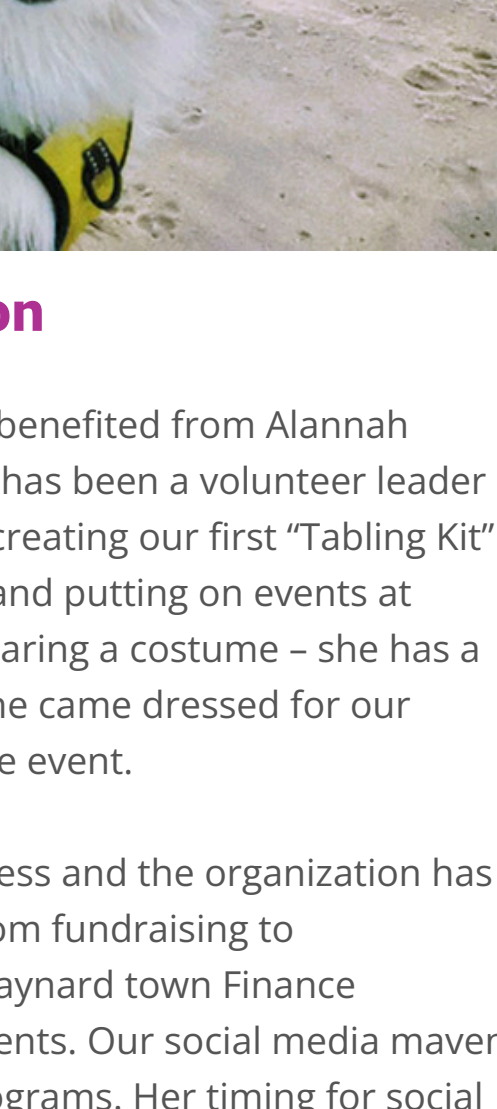
Do you have landscape design experience? Or just a good eye for plantings? We're looking for someone to help us beautify the Municipal Parking area behind our facility. You won't have to do all the work – we have plenty of hands to help out – we just need someone who can advise us on the design and plant selection.

As projects sometimes go, this one took a lot more "prep" work than what we anticipated. It's going to be perfect for fall plantings. Please contact jcalabria@opentable.org if you are interested in supporting this effort! **It's a blank canvas waiting for your vision!**

Job Opening: Assistant Program Manager

Want an engaging position with an organization you already support? Come join our team! We're looking for an assistant to our program manager to address hunger in our local community. You'll help our program manager in all aspects of our onsite and mobile pantry program.

This job is on site at our Maynard office, 25 hours a week, Monday through Thursday. Full details can be found here. If you're interested, send a cover letter and resume to office@opentable.org and we'll get the ball rolling.



Volunteer Spotlight: Alannah Gustavson

There's not a person who supports Open Table who hasn't benefited from Alannah Gustavson's handiwork. For more than five years, Alannah has been a volunteer leader at Open Table, first developing our outreach program and creating our first "Tabling Kit" to bring to events; spreading the word about our services; and putting on events at community dinners with her kids. She's never shy about wearing a costume – she has a background in opera – and within minutes of joining OT, she came dressed for our Maynard Trick or Treat celebration to add to the spirit of the event.

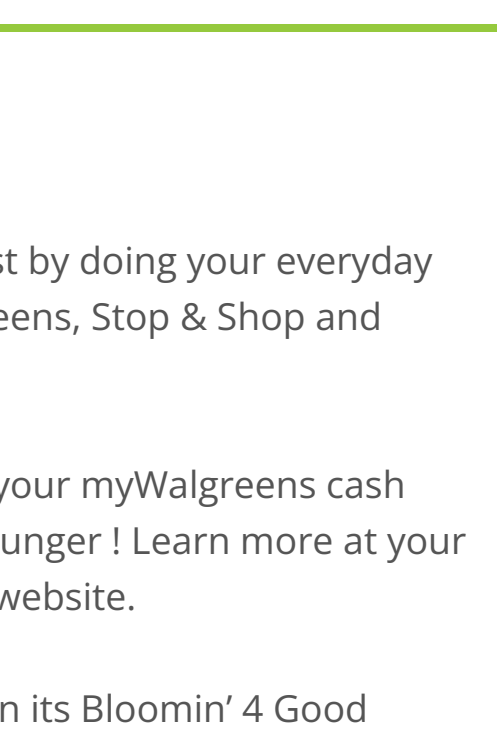
Her infectious sense of humor and creative ideas are priceless and the organization has been fortunate to have her on so many different teams. From fundraising to communications and now we learn she's the chair of the Maynard town Finance Committee - we are only tapping into a few of her many talents. Our social media maven, Alannah has created videos highlighting volunteers and programs. Her timing for social media responses and posts have placed our organization at the forefront of non-profit news...oh, and she also cooks in the kitchen when needed! We couldn't ask for a better, more well-rounded, committed person to have on our team.

Favorite vegetable?
Spinach!

Favorite local business?
[Family Delicatessen](#) because I can't resist "The Main Street" sandwich.

Volunteer for Fall

The end of summer also means the end of student volunteers filling shifts throughout the day as they return to school. Help is needed in the pantry across all service areas. This transition time is particularly difficult to staff the pantry. Please consider joining us to volunteer by filling out an application at opentable.org/volunteer or if you already are a volunteer, please check the schedule for low shifts and consider adding a shift to help out.



Help During the Dog Days

Summer may be when most people take a vacation, but hunger never takes a break. That's why we're especially grateful to the partners who have our backs during the dog days of August. First, thanks to Glen Murphy (pantry volunteer) and owner of the **Blue Meadow Farm** in Sudbury, a family-owned farm that let our volunteers come and pick its crop to give to our clients. Fresh blueberries are the best!

And kudos to **Concord Academy summer camp** for having our backs! Each week the campers focus on a philanthropic activity to aid various segments of society. These last two weeks, they were all about helping the food insecure, organizing a food drive to which the entire summer camp community contributed: 94 pounds of needed food and personal care items.

And of course, we also thank these generous individuals and organizations:

- [Aurelia's Garden](#)
- [Boulton Troop 37 Bear Scouts](#)
- [Concord Recreation Department](#)
- [Crosby's Marketplace](#)
- [Debra's Natural Gourmet](#)
- [Drumlin Farm](#)
- [Gaining Ground](#)
- [Hanscom AFB](#)
- [Jean Husson](#)
- [Jerry Janowitz](#)
- [Roche Bros. Acton](#)
- [St. Isadore](#)
- [Stop & Shop, Acton](#)
- [Strategic Risk Solutions, Inc.](#)
- [Sudbury Farms](#)
- [The Nash Family Foundation](#)
- [Trader Joe's, Acton](#)
- [Verrill Farm](#)
- [Welch's](#)

Shopping for a Cause

Don't you love it when you can support a cause you love just by doing your everyday activities? That's what can happen when you shop at Walgreens, Stop & Shop and Amazon.

Walgreens: Between now and August 31, you can donate your myWalgreens cash rewards to Open Table and help us spread #morelovelesshunger! Learn more at your local Walgreens store or the myWalgreens application and website.

Stop & Shop: Throughout September, S&S in Acton will run its Bloomin' 4 Good program. Look for the special sticker on designated bunches; \$1 from each sale goes to Open Table.

Amazon Smile: Make your Amazon purchases work for you by shopping through smile.amazon.com and choose Open Table as your charity; we'll see a percentage of your purchase price from your eligible purchases.

Fun Food Facts: Blueberries

Blueberries are bursting on the vine in August, ready to be plucked and eaten by the pailful or baked in a treat. As healthy as they are flavorful, these blue orbs are full of antioxidants, key to reducing oxidative stress. They have vitamins and minerals; help manage cholesterol; and can potentially reduce your blood sugar. Cultivated berries are larger and plumper, while the wild ones are tiny and bursting with sweetness. Wild blueberries grow mainly in the cool climates of Maine and Canada, which provide nearly all the frozen berries around the world. This recipe for blueberry pie, from former BOD member and volunteer extraordinaire Stefanie Cloutier, is like summer in a pie plate!

[Get Recipe](#)

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