



# OPEN TABLE

MORE LOVE — LESS HUNGER

## News from Around the Table



### Annual Meeting 2022 Feeding People Where They Are

## Tonight's the Night!

Tune in at 6:30 pm TONIGHT to virtually join our Annual Meeting (in-person is full) and hear all the cool info about our coming year. The meeting will be broadcast on Facebook Live on our page: [opentablema](#)



## Our Newest Acquisition

We bought a building! And it's right next to our current site. This new annex will enable us to keep more food onsite and, in turn, better support our growing client needs. How, you ask? By giving us more space to store food and prepared meals as well as organize food distribution, thus helping us achieve our goal of becoming a mobile food hub.

With more food on hand, we can increase the number of people we're serving through partnerships. For those clients who want in-person shopping, we'll be able to offer a wider selection of food and prepared meals. And, by moving operations from our existing building to this new one, we can return to in-person shopping in our original location at 33 Main. A win-win!

## Executive Director Update

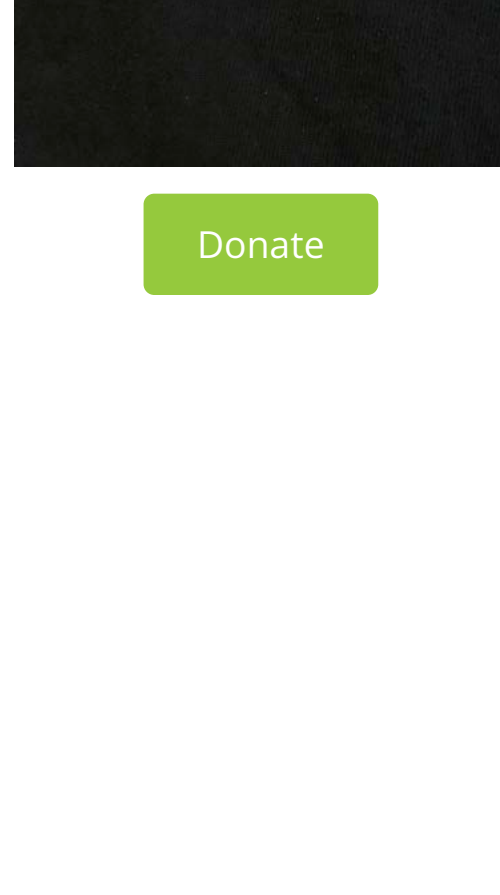
The Transition Team is finalizing the selection of the new Executive Director from several excellent candidates. In the interim, current Program Manager Jill Tsakiris has generously agreed to fulfill the role of acting ED, even as she continues in her current role. Keep an eye out for an email with more details.

## September is Hunger Action Month

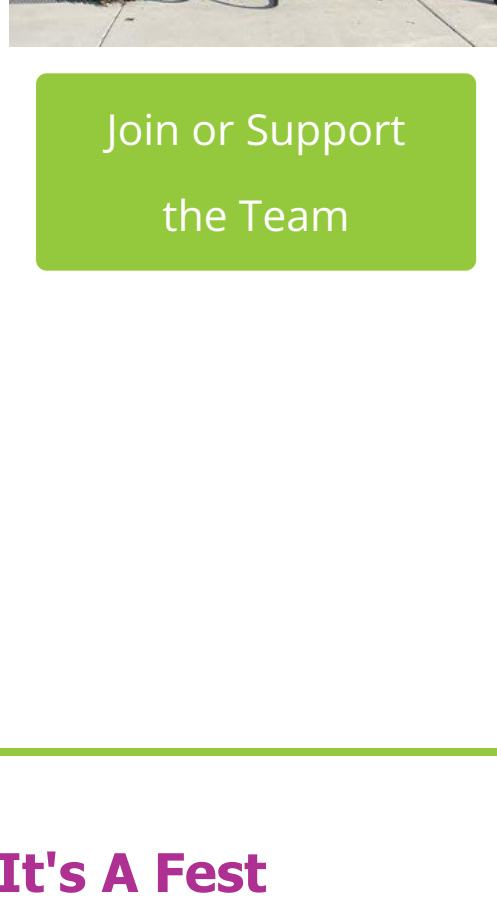
September is the time to take ACTION to end hunger in our community. Your actions, voice, and commitment will ensure nobody has to make an impossible choice between food and other necessities such as medicine, utilities, or childcare.

Here are a few ways you can help families facing hunger NOW:

1. **Wear a Button** - We'll have Hunger Action Month buttons available at our site (while supplies last). Help spread the word and encourage others to take action.
2. **Be Social** - Take a photo of yourself wearing orange and post on your social media accounts. Be sure to tag us @opentablema and #HungerActionMonth #MoreLoveLessHunger
3. **Volunteer** - Share your time and skills to help get food to people in need. Learn more [HERE](#).
4. **Run a Food Drive** - A great project for a club, team, scout troop, school, business, or neighborhood to do together. Learn more [HERE](#).
5. **Donate** - Help get meals to local families NOW.



Donate



Join or Support  
the Team

## We Need Your Help!

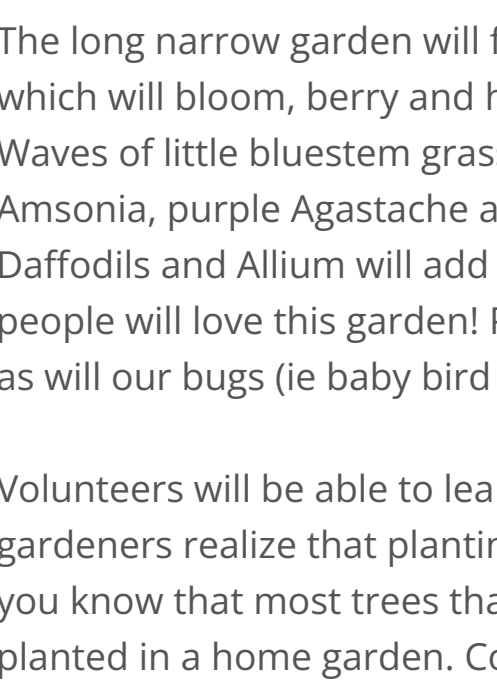
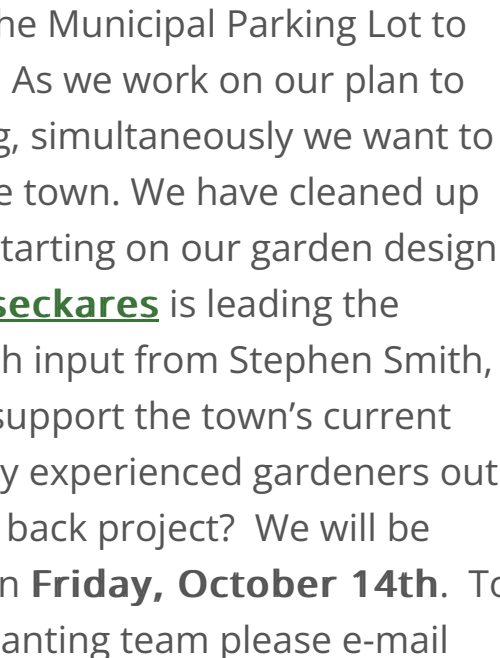
The [Ride for Food](#) is one of our major fundraisers, and as of now we are only one-third of the way to our goal. Please consider supporting our team! Become one of our riders: this fun one-day event will have you biking on the beautiful roads of Dedham, Norwood, and Dover and then hanging out with great people eating free food. OR donate to our team or one of its members. You can even put up a yard sign to let people know what we're doing and enticing them to donate.

It all culminates on **Sunday, October 2**, at Nobles & Greenough School in Dedham. If you can't join us day of, consider being a virtual team member, doing an activity that works for you and fundraising on your own. All the details can be found [HERE](#) or by contacting [pcoffin@opentable.org](mailto:pcoffin@opentable.org). Thank you!

And the ride organizers, [Three Squares New England](#), are looking for volunteers to help with setup, registration, directing riders, handing out water, and more. Sign up [HERE](#) to help.

## It's A Fest

Come join us on **Saturday, October 1st**, for [Maynard Fest](#)! This all-day event will highlight the great goings-on in downtown Maynard. This year we're featuring all our wonderful community partnerships that help Open Table fulfill our mission. Come check out our booth in front of our building and enjoy popcorn and treats courtesy of the Lions Club. The event takes place from 9 am to 3:30 pm. Join the fun!



Hawthorne blossoms

Help Plant

## Come Plant a Tree

Since March of 2020, the Town of Maynard has generously made available the Municipal Parking Lot to facilitate a drive-thru pantry. As we work on our plan to return to in-person shopping, simultaneously we want to create a BIG thank you to the town. We have cleaned up the fence row and are now starting on our garden design. Maynard's own [Demetra Tseckares](#) is leading the landscape design project with input from Stephen Smith, Maynard's Tree Warden, to support the town's current plans to update the area. Any experienced gardeners out there? Want to join our give back project? We will be executing Demetra's design on **Friday, October 14th**. To join our Beautiful Maynard planting team please e-mail [office@opentable.org](mailto:office@opentable.org)



## Volunteer Spotlight: Polly Meyer and Rebecca Snyder

If you've run a food drive, created kids' bags, or donated groceries at our Beharrell Street location in the last year, you've probably met our amazing Food Drive Coordinators, Polly Meyer and Rebecca Snyder. This dynamic duo is full of energy, creativity, and a true passion for helping others.

Both women learned of Open Table through their children. When Rebecca's kids were in preschool, she had them help bring food donations to the pantry to learn about community service. When they started school full time, she began volunteering as a Pick & Pack team member and later shared her strong writing skills with the grants team. When it became obvious that we needed a team of organized and outgoing community leaders to lead our Food Donations efforts, she was a natural fit. And it's not surprising that Rebecca has initiated several programs with the Concord Library and schools to help kids (and their families) learn more about food insecurity and how to make a difference.

Polly's boys (she has 4!) volunteered with Open Table, she was one of the TriCon members who delivered weekly donations (pre-Covid), and she became more familiar with the organization while working for the Concord Carlisle Community Chest. Several years ago, Polly and a friend founded [Living Concord](#), an online community resource, calendar and newsletter, with the intention of supporting organizations such as Open Table by getting the word out about what they do and their events. As she became more familiar with the numerous ways Open Table is addressing food insecurity, she wanted to become more directly involved, and joined Rebecca as co-Coordinator.

Rebecca and Polly are excited to launch new food drive events and programs. If you too are **hungry to help**, watch your email and follow us on social media for some fun, innovative activities through which you can help spread more love, less hunger in the near future!

*Favorite vegetable?*

Polly: Roasted Brussels sprouts

Rebecca: Don't make me pick! I love so many!

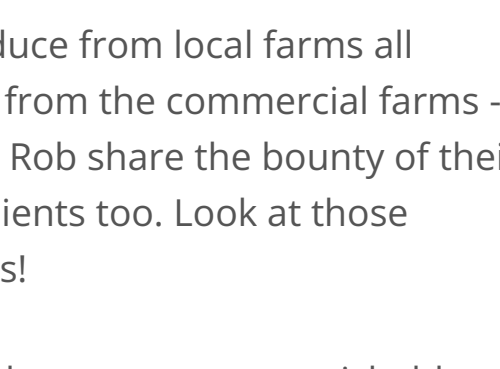
*Favorite local business?*

Polly: Nan's Country Kitchen, [Verrill Farm](#)

Rebecca: [Sally Ann's Bakery](#)

## Volunteer Opportunities

Enjoy volunteering at Open Table? Recommend it to your friends. We need more volunteers. Or add a shift in another area to your schedule to make an even bigger impact. Check out some of the current opportunities and contact us at [volunteer@opentable.org](mailto:volunteer@opentable.org) if you can help!



Some of our volunteer positions are unique and require a volunteer willing to commit weekly:

- **Maynard COA Grocery Delivery Assistant:** A volunteer is needed weekly to ride along in the OT van and assist in delivering boxes of groceries to Maynard seniors. Tuesdays, 12-2pm
- **Beharrell Donations Sorting Leader:** Needed weekly to lead volunteers sorting donated goods at our West Concord Community Donations Center. Wednesdays, 4-6pm
- **Home Delivery Program On-site Order Prep:** Needed every other week to organize and prepare orders for our home delivery drivers. Wednesdays, 2-3pm
- **Administrative Assistance:** Help our business manager in the OT office with administrative tasks. Tuesdays or Thursdays, flexible hours.

Have a little more free time in your week? These shifts are in need of some help:

- **Cooking:** Monday 2-5, Wednesday 9-11:30, Thurs 9-11:30 and 2-5
- **Dishwashing:** all shifts
- **Distribution:** Tuesday 4:15-6:45, Thursday 12:15-2:30
- **Pick and Pack:** Monday 12-2 and 2-4, Wednesday 9-11, Thursday 9-11 and 11-1



## From Farms to Families

We get wonderful fresh produce from local farms all season long. But it's not just from the commercial farms - residents such as Carrie and Rob share the bounty of their own garden plots with our clients too. Look at those fabulous signature Zucchini!

As fall arrives, we begin to rely more on non-perishable foods. Learn more about what is most needed [HERE](#).

- [Alcott Elementary School](#)
- [Aurelia's Garden](#)
- [Concord Free Public Library](#)
- [Crosby's Marketplace](#)
- [Debra's Natural Gourmet](#)
- [Discovery Museum](#)
- [Drumlin Farm](#)
- [Gaining Ground](#)
- Alexander Gibbons
- [Income Research + Management](#)

- [Middlesex Saving Bank](#)
- [Nashoba Brook Bakery](#)
- Catherine Rigg
- [Roche Bros. Acton](#)
- Rebecca Snyder
- [Stop & Shop, Acton](#)
- [Sudbury Farms](#)
- [Trader Joe's, Acton](#)
- [Verrill Farm](#)
- [The Umbrella Arts Center](#)

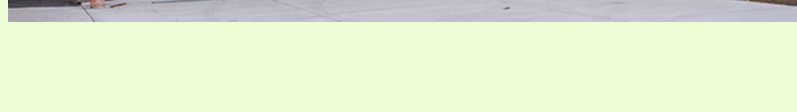
## Fun Food Facts: Corn



The corn we eat is sweet corn, a genetic variant with less starch and more sugar than the more widely grown (99% of US corn crops) field corn which is used for animal feed, ethanol production, corn oil and a wide variety of other products. Sweet corn is usually harvested at the less mature "milk stage", while it still contains plenty of moisture, about 20 days after the silk tops turn brown. And did you know that there is one silk for every kernel on the cob; with an ear having between 500 and 1,200 kernels (typically around 800) it isn't hard to figure out why shucking corn can be such a messy business!

This month Ellen Green presents a recipe for Corn Chowder with Wild Rice for that end-of-summer corn on the cob - enjoy it with a BLT while tomatoes are still fresh locally!

Get Recipe



**Our Contact Information**  
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