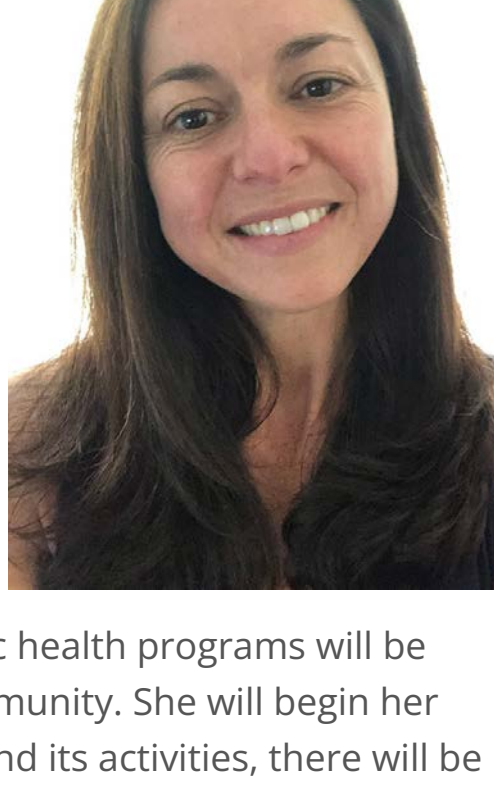


News from Around the Table

Meet Our New Executive Director

Yes, the search is over and we have a new Executive Director: **Alexandra DePalo!** Alex is no stranger to helping those in need, having worked for over 20 years to improve health and wellness across Massachusetts, most recently as the Director of Public Health for the City of Framingham. While there she provided personnel and budget management for the department, worked with a wide variety of community partners, and coordinated many of the City's COVID-19 responses, including emergency food programs.



We know that her experience in creating and running public health programs will be instrumental in our mission to end hunger in our local community. She will begin her tenure October 31st, and with the coming holiday season and its activities, there will be plenty of opportunities to meet her.

Please join us in welcoming Alex to the Open Table family!

Speaking of New Hires...

We have a new Assistant Program manager! Maureen Cannata joins the team keeping our many programs organized and running smoothly. A graduate of UMass Amherst with a BBA, she has a background in Finance and Operations in both large corporations and small businesses. Over the years she has volunteered at Boy Scouts of America, Household Goods and in the Acton Boxborough school district. A long-time Acton resident, she enjoys cooking, art, hiking and biking. Welcome, Maureen!



An Amazingly Successful Ride!

Huge kudos to this year's Ride for Food team, which has raised more than \$37k to help our mission to end hunger in local communities! Twenty-two intrepid riders participated, either in person or virtually, on a beautiful October Sunday. Along with several volunteers, they biked, ran, swam, and coaxed friends and family to support them, giving Open Table one of its most successful rides ever (despite the weather).

Want to donate? **It's not too late!** You can support a rider or the whole team. Fundraising ends November 30th.

[Support the Team!](#)

Concord CROP Walk

The 42nd Annual Concord area CROP Walk for the Hungry will be held on **Sunday, October 23rd**. Nine local food relief organizations, including Open Table, are supported by the walk. Registration begins at 1:30, with music provided by the CCHS Pep Band; step-off will be at 2:15. The 3.5k route starts and ends at First Parish in Concord, and goes through historic Minuteman National Park. It takes about an hour to walk. Cookies and cider are served at the end of the walk. Pets on leashes welcome!



[Learn More](#)

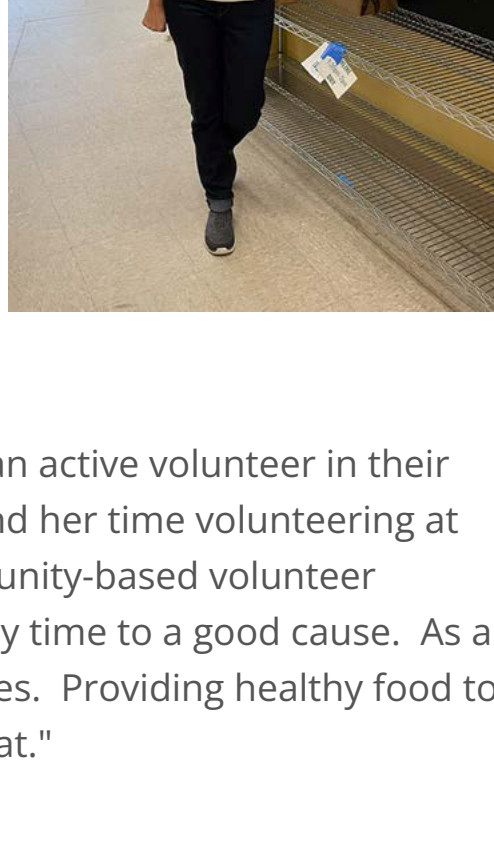
Buy a Bag, Donate a Dollar



This month, Shaws Supermarket on Great Road in Stow is supporting Open Table through its buy-a-bag program. For every \$3 reusable bag you purchase from them, one dollar comes straight to Open Table. This promotion only runs through the end of October, so get over there soon!

Volunteer Spotlight: Danielle Hankey

Danielle started volunteering at Open Table in early 2021 and was quickly swept up into a leadership position, serving as the Volunteer Coordinator for All Pick and Pack and Student shifts. In this role she helps oversee the staffing of 12 volunteer shifts assuring we have enough volunteers to sort incoming donations and pack the groceries for partner distributions and mobile deliveries. Danielle can be found in the pantry on Mondays, volunteering as shift leader for afternoon pick and pack and leading the student shift. Danielle is our resident volunteer expert on online order fulfillment, and she has been an active contributor to the development of procedures as well as training countless volunteers.



Danielle lives in Sudbury where she raised 3 boys and was an active volunteer in their schools and athletics. When asked why she chooses to spend her time volunteering at Open Table, Danielle responded: "I was looking for a community-based volunteer experience where I could meet people while contributing my time to a good cause. As a (retired) nurse, I enjoy helping people to live healthy lifestyles. Providing healthy food to folks who are experiencing food insecurity is a way to do that."

Favorite vegetable:
Beets

Favorite local restaurants:
Main Streets Cafe in Concord, Farmer's Daughter in Sudbury and El Huipil in Maynard.

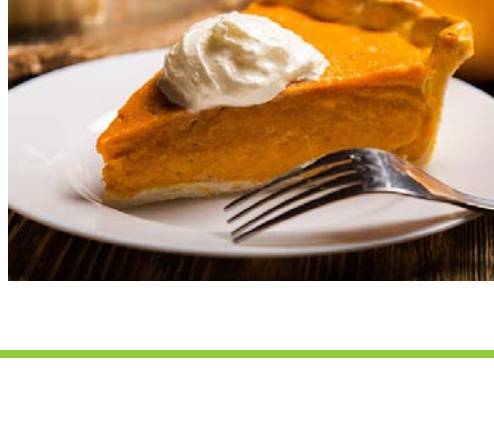
Early Closure October 27th



Just a reminder, Thursday October 27 is the night of **Maynard's Trick or Treat** event. Nason Street will be closed from 4-6 so the kiddos can safely partake of the many events downtown. Open Table will be closing early at 3:30pm. All clients with appointments after 3:30pm are welcome to come earlier, starting at 1:00, or on Tuesday (10/25) 1:00 – 6:30pm. Please plan accordingly.

Give Pies to Give Thanks!

No Thanksgiving meal is complete without pie! And we want to make sure that our clients have a wonderful holiday - so we are asking for donations of pies. All sizes and flavors are accepted, but pies must be store-bought and packaged. Pies can be dropped off at our 33 Main Street, Maynard location between Thursday, November 10th and Tuesday, November 15th.



It Will Be Back - and We Need You!



We are excited to announce that **Chopped for Charity** will return in 2023. We are looking for people who are interested in working with the planning committee. There are opportunities for help to organize the Chefs' competition, plan the event, or help with fundraising and seeking sponsorships. Please reach out to Betsy Scheffel at bscheffel@opentable.org if you would like to join the organizing team for this fun event.

Are You Hungry to Help?

We've started a new program to help coordinate food drives. Food First food drives will happen the first week of the month at Crosby's Market in Concord. The first one, which took place October 6, was hosted by Jen McGonigle of Joy Street Life + Home in West Concord. Learn more how your company or group can host a drive [HERE](#).



Kudos to Jen for kicking off the program, and to all of these wonderful supporters who kept our pantry full this month:

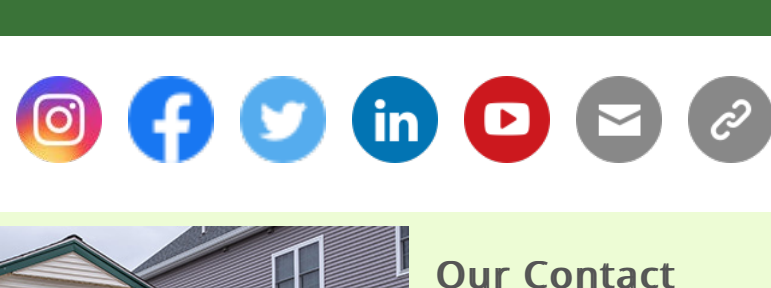
- [Acton Congregational Church](#)
- [Aurelia's Garden](#)
- [Concord Bookshop](#)
- [Concord Runners](#)
- [Crosby's Marketplace](#)
- [Debra's Super Gourmet](#)
- [Donelan's Supermarket, Acton](#)
- [Drumlin Farm](#)
- [Gaining Ground](#)
- [Joy Street Life + Home](#)
- [Roche Bros, Acton](#)
- [Stop & Shop, Acton](#)
- [Stow Lions Club](#)
- [Sudbury Farms](#)
- [The Ridge Neighborhood](#)
- [Trader Joe's, Acton](#)
- [Muji Vader](#)
- [Verrill Farm](#)

Fun Food Facts: Rutabaga



This root vegetable's American name, rutabaga, comes from the Swedish word *rotabagge*, meaning "root lump"; in England it is known as swede, from "Swedish turnip". Swiss botanist Gaspard Bauhin found it growing wild in Sweden in 1620, where it likely originated, as a cross between a cabbage and a turnip. Unsurprisingly, rutabagas thrive in colder climates and the flavor, which is "like a yukon gold potato with attitude", is enhanced after the first frost. During the harsh "Turnip Winter" of 1916-1917 and food shortages during both World Wars, many people resorted to eating rutabagas, which had traditionally been used as animal feed; the vegetable gained a reputation as food of last resort. But rutabagas are rich in iron and vitamins C and E, and are lower carbohydrates and calories than potatoes. Rutabagas can be prepared similar to potatoes, mashed or roasted, or with carrots, honey and lemon as a tasty side dish such as this month's recipe

[Get Recipe](#)



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