

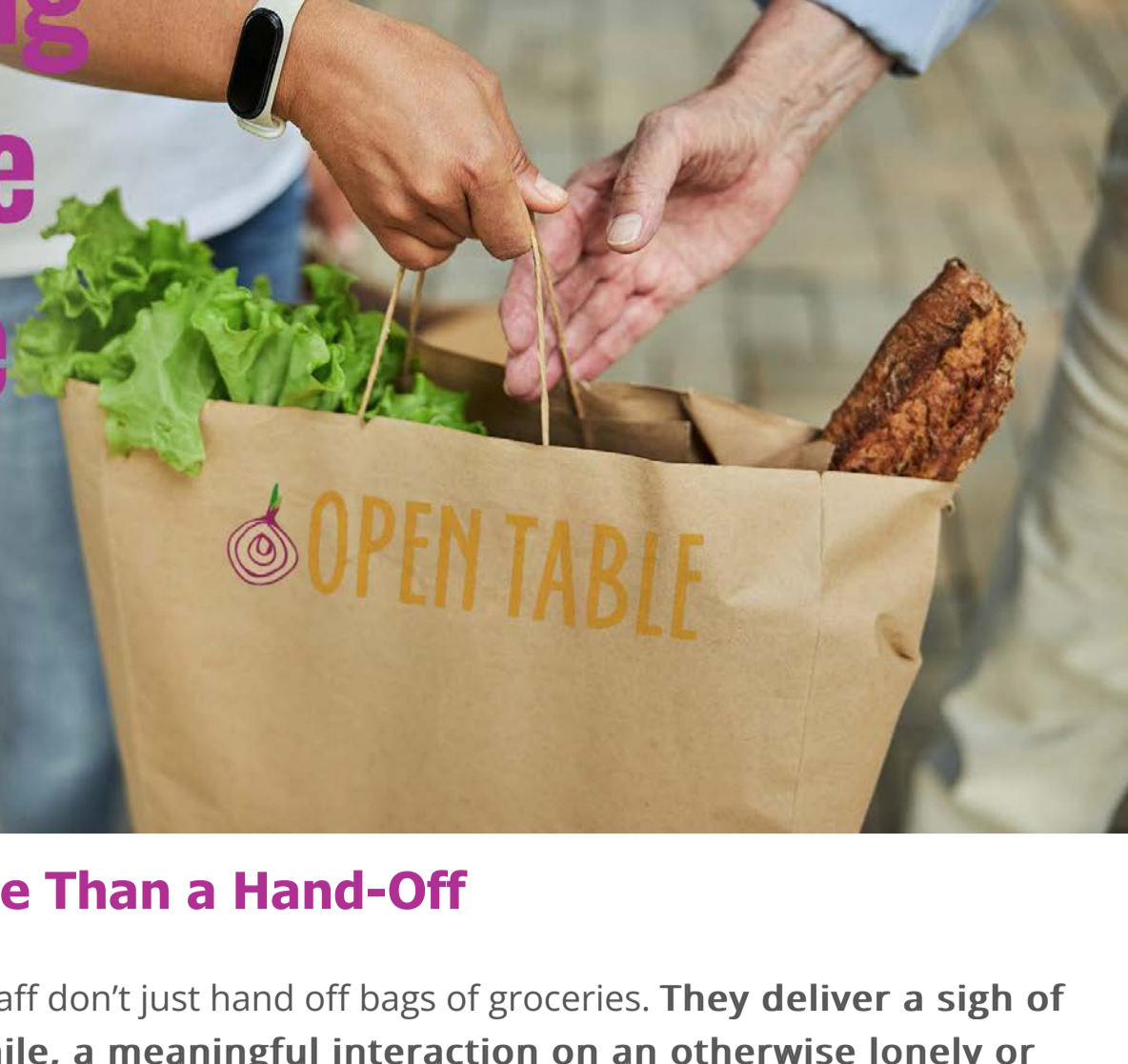


# OPEN TABLE

MORE LOVE – LESS HUNGER

## News from Around the Table

# Feeding People Where They Are



### It's About More Than a Hand-Off

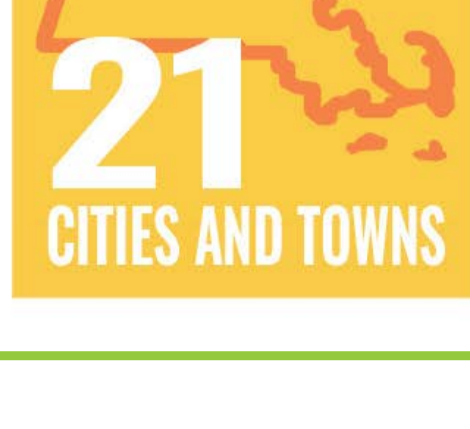
Our volunteers and staff don't just hand off bags of groceries. **They deliver a sigh of relief, a friendly smile, a meaningful interaction on an otherwise lonely or stressful day.** Food insecurity isn't just about an empty stomach. It's often about worry, shame, fear, and guilt. We want to fill more than empty cupboards and refrigerators. We want to provide hope, reassurance, and fellowship.

**Feeding people where they are is more than being a place to get a bag of groceries. It's about being a place to get what you need - at our door or yours.**

We ended 2022 with a successful \$50k Match Challenge from the Gilson Family Foundation. Thank you to all who donated towards this effort and to the Gilson Family for the matching donation!

**You can still help** if you give by January 31st and help to achieve our fundraising goal needed for 2023 operations. Please visit <https://www.opentable.org/appeal/> today with your donation. Thank you for helping spread #MoreLoveLessHunger.

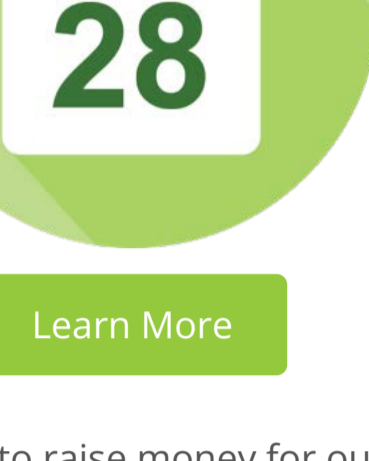
Donate NOW



### Chopped is Back - Save the Date!

Open Table's annual fundraising event, Chopped for Charity, is back in 2023! Watch three professional chefs battle in a culinary competition with Television and Radio Personality **Chef Joe Gatto** as the Master of Ceremonies. Chopped will also feature raffle baskets, silent and live auctions for all guests, and a cocktail hour for VIP ticket holders.

**Friday, April 28th  
Nashawtuc Country Club, Concord MA**



Learn More

Join us to raise money for our pantry, delivery, and mobile operations.

Purchase tickets online at [opentable.org/chopped](https://www.opentable.org/chopped) starting in February.

If you're interested in becoming a sponsor or purchasing a program book ad, please email **Jonathan** at [jmagasanik@opentable.org](mailto:jmagasanik@opentable.org).

### The Message of Dr. King

January is when we celebrate Martin Luther King, Jr. and his message of service. In fact, the suggested way to honor MLK is to do an act (or two) of service this month. We at Open Table are **fortunate to have a large and dedicated force of volunteers EVERY month.** It's why we spotlight one each month in our newsletter, shining a light on those individuals who make not just Open Table but the world as a whole a better place.



If you want to honor MLK, consider joining us for an hour, a day, or longer. There are many different opportunities, some onsite while others can be done from home. We believe in his message of service, and we welcome all who come. Check out the new volunteer opportunity below and can see opportunities [HERE](#); or reach out to our volunteer coordinator at [volunteer@opentable.org](mailto:volunteer@opentable.org).

### Meal Delivery Volunteer Needed

Open Table provides 200 meals every other week to the Robinson Middle School in Lowell providing weekend nutrition for students who are very low income and often unhoused. We are looking for a volunteer to pick up 10 boxes of meals from Open Table and deliver them to the school in Lowell every other Friday morning at 10am starting 2/10. Large SUV or truck needed or willing to drive the Open Table van. Please contact [volunteer@opentable.org](mailto:volunteer@opentable.org) if interested.



### Volunteer Spotlight: Lan Zhang and Lily Lee

Open Table provides services to a community of Chinese-American elders who live in Maynard. Lan Zhang and Lily Lee are two volunteers who are indispensable in getting food to these clients. Each week Lan and Lily collect pre-packed boxes of groceries at Open Table, load up the OT van and drive it to the housing development where most of the clients live to deliver groceries and meals. They are assisted in serving the Chinese community by Angela Zhang, Eleanor Ting, Woanyih Lin and Peilin Reed. Members of the team also communicate with the Chinese community members on the weekends to collect orders from those who have a language barrier or difficulty with the online technology.

Lan and Lily both live in Sudbury and have been helping with the Chinese community delivery for the past 18 months since the program's inception. When asked why they chose to volunteer their time with Open Table, Lily responded "I strongly support reducing food waste and want to help people in need, especially seniors. Since I speak Chinese, delivering groceries to the Chinese-American elders is helpful for Open Table, and for me, more rewarding." Lan added, "Seeing their smiles and feeling their appreciation from the bottom of their heart at the end of each day gives me more courage and dedication to come back again. Volunteering has changed my life since then. To be of service to others, to help those in need, and to appreciate what we have made my heart full every day. I always wish I could do more."

Thanks to Lan and Lily and the rest of the team for the support to support this community. Having volunteers with special skills helps Open Table reach communities it might not otherwise have the resources to support.

*Favorite vegetables?*

Potatoes and eggplant (Lan) Snow pea pod leaves (Lily)

*Restaurant to recommend?*

Feng Shui in Burlington for great Chinese

### Happy Lunar New Year!

January 22 marks the start of the new lunar year, also known as Chinese New Year.

We are thrilled to partner once again with the [Acton Chinese American Civic Society](#) to celebrate the holiday with our clients this month.

Here's "hopping" everyone has a prosperous year of the Rabbit!



### January Bounty

Ah, January! The month that comes after the holiday hoopla and before the shortest month of the year. A good month for hibernating.

And yet donations of food and other items keep coming in: [Welch's](#) brought the juice (literally) and the [Concord Rotary Club](#) delivered the goods. And a special thanks to the Casher-Seibel, Bellusci, Palmer, Shipley and Triantafillou families who hosted their third annual Family & Friends Cookie Fundraiser

Here's a list of some the many angels who kept the giving going during and after the holidays:

- [aPriori](#)
- [Barret Sothebys International Realty](#)
- [BNI Minuteman](#)
- Bonnie Bertolaet
- Carolyn Coffin
- [Concord Carlisle Human Rights Council](#)
- [Concord Park](#)
- [Crosby's Marketplace](#)
- [Debra's Natural Gourmet](#)
- [Donelan's Supermarket, Acton](#)
- [Dyne Therapeutics](#)
- Early Life Center, Acton
- Elizabeth and Phill Gross
- [Epsilon Associates, Inc.](#)
- [The Flower Pot](#)
- [Gaining Ground](#)
- Gilson Family Foundation
- Girl Scout Troop 67509
- [Hannaford's Supermarket](#)
- [Hanscom AFB Commissary](#)
- Hutchins Farm
- [Lincoln Public Schools](#)
- Mary Rauscher
- [Osterman Family Legal Services](#)
- [Minuteman High School](#)
- [Newbury Court](#)
- [Osterman Family Foundation](#)
- [Roche Bros., Acton](#)
- [Stop & Shop of Acton](#)
- [Sudbury Farms](#)
- Sudbury BSA Troop 65
- [Sudbury United Methodist Church](#)
- [Trader Joe's](#)
- [Trinity Episcopal Church](#)
- [Verrill Farm](#)

### Fun Food Facts: Chocolate

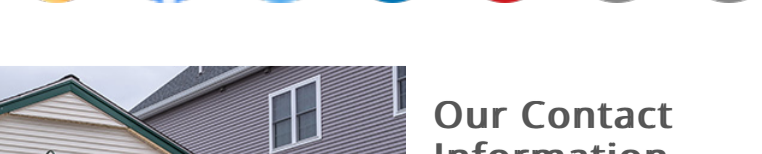


Is chocolate a food? Why, yes, it is! Thought to be invented by the Mayans, chocolate has a long history as a celebrated drink, a unit of currency (Washington used bars of chocolate to pay his soldiers), and for medicinal purposes to cure liver and stomach ailments. But on a cold winter's day, there is nothing more satisfying than a cup of hot chocolate, topped with whipped cream or marshmallows.

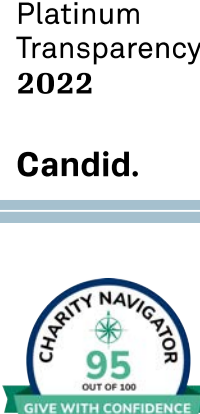
It's also a luxury for many of our clients whose first priority is protein, fruit and veggies. So it's nice when donors tuck hot chocolate, tea or coffee into their donations of pantry basics. Learn more about food donations [HERE](#).

For a delicious twist on the cup of cocoa, using ingredients commonly found in the fridge and pantry, check out this whipped hot chocolate recipe from Eating Well magazine.

Get Recipe



**Our Contact Information**  
\*{{Organization Name}}\*  
\*{{Organization Address}}\*  
\*{{Organization Phone}}\*  
\*{{Organization Website}}\*  
  
\*{{Unsubscribe}}\*



Donate Now

