

News from Around the Table



Open Table, February is about the love we have for our volunteers, those generous people who give willingly of their time to ensure their neighbors have enough to eat. It's our volunteers who spend hours of their day and week to sort and pack groceries, store food, prepare meals, pick up donations, deliver food bags, organize fundraising projects, create social media posts, none of which would happen without their generous gift of time. It's these volunteers who put the Love in More Love, Less Hunger, and we appreciate and love them this month and every month. In 2022 our amazing volunteers made it possible to: **Thanks to YOU** 

February is the month of celebrating love – after all, it's got Valentine's Day. But for us at

 Sort, bag, and distribute 625,346 pounds of food Cook and package 51,370 meals

Provide groceries to over 4,000 people

- Fill 244 shifts weekly, resulting in over 24,000 volunteer hours
- Without you, our volunteers, none of this would have been possible. You make a difference for so many people in our community.

Thank You!





### begins in 2018 as an Open Table volunteer. At the time, she was looking for an opportunity to share her skills and meet new people; she learned about Open Table from a friend. Gretchen volunteered setting up the pantry for in-person shopping and checking in shoppers as the registrar. She soon found herself spending every Tuesday

here, working back-to-back shifts and getting to know the pantry systems.

In early 2021, Gretchen saw the posting for a Volunteer Manager in the Open Table Newsletter. She was drawn to the position and a chance to build on her background in nonprofit and charitable services. Gretchen was hired and jumped in headfirst, learning the newly adopted CERVIS platform and acclimating to an ever-changing organization. As the Volunteer Manager, Gretchen spends her time recruiting, registering and placing

new volunteers, balancing the right number of volunteers for each shift, filling last minute vacancies, and often working shifts herself. She strives to find meaningful opportunities for each volunteer and to make personal connections with as many volunteers as possible. "The generosity of our volunteers' time and talent makes it possible for Open Table to

serve so many. The staff provides the structure and framework, but **the volunteers** 

are the heart and soul of Open Table. It is an honor to work beside them in this

And Gretchen is creative – she created the beautiful window display!



role. "





## Country Club. TV and radio personality Chef Joe Gatto will be the evening's Master of Ceremonies.

**Needed: Kitchen Assistant** 

This night of glitter and glam will of course feature raffle baskets, live and silent auctions, delicious food and a cash bar. The event will honor Jill Block and Wade Rubenstein and, in memoriam, Debra Stark. Don't miss out on the Open Table event of the year by getting your tickets now! Learn More... **Get Tickets!** 

Full information can be found <u>HERE</u>. To apply, send a cover letter and resume to **jhackney@opentable.org**.

Want to use your cooking talents to make a positive

impact? Join our team! We're looking for a part-time

Kitchen Assistant in our Maynard kitchen, where you'll

volunteers to create healthy, prepared meals for our

Mobile Meals program. Join a great team and put your

work with the kitchen manager and a group of committed

you don't have the transportation to get the free food.

That's why Open Table began delivering groceries and

currently serve an average of 170 households a month.

**Foundation**. A recent grant from their organization is

allowing us to bring healthy and culturally appropriate

foods, as well as prepared meals, to convenient locations

We could not do this without the support of our partners

prepared meals to suburbs like Hudson, where we

and funders, including the **MetroWest Health** 

Learn More...

We're

Kitchen

Assistant

# The Best Partnerships... It's hard enough to have to ask for food; it's harder when

The Nashoba Area Social

*Justice Alliance made Kids* 

Bags on MLK Day

talents to good use!



where clients can easily get them.

At Open Table we understand that people need more than food. Families may need

diapers; women may need menstrual products; and seniors may need incontinence

products. These things aren't covered by SNAP and WIC, and aren't what donors are

Concord Lions Club Crosby's Marketplace **Debra's Natural Gourmet** Donelan's Supermarket, Acton <u>Drumlin Farm</u>

The Fenn School

**Gaining Ground** 

Sofia Girolimetti

GW & Wade

Alexandra Gibbons

Great Brook Farm State Park

Bristol-Myers Squibb Foundation

- **Holden Fruit & Produce** Linda Lyons
- **Rotary Club of Concord** Saint Stephens Knanaya Church Dunkin/The Pesce Network Siena Farms **Stop & Shop of Acton** The Forseter Family & Friends Janice Smith **Sudbury Farms** Trader Joe's

Verrill Farm

Willard School

Caroline McBride

Roche Bros., Acton

New England Deaconess

**Trinity Congregational Church** 

Nashoba Area Social Justice Alliance

Fun Food Facts: Leeks



don't know what to do with. A milder version of an onion, they add a sweetness to

whatever you're cooking. They can collect a bit of dirt in their layers, so rinse them well,

Leeks were probably first cultivated by the ancient Egyptians – images of leeks adorn the walls of their tombs – but are now considered a national emblem of Wales, and are worn on Saint David's Day, March 1st. And leek growing is becoming a competitive sport, particularly in coal-mining areas, as the "manure from pit-ponies" makes great leek fertilizer.

this a heart-healthy veggie.

Bonus: leeks have high concentrations of folate and polyphenols, both of which make





or better yet, cut them up and soak them before cooking.





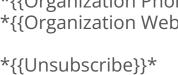






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