

News from Around the Table



Chef Kelly Scolnick of *Wright-Locke Farm*, Chef Matt Kenah of *WECO Hospitality*, and Chef Ben Elliot of *Saltbox Kitchen* will be competing in *Chopped for Charity 2023!*

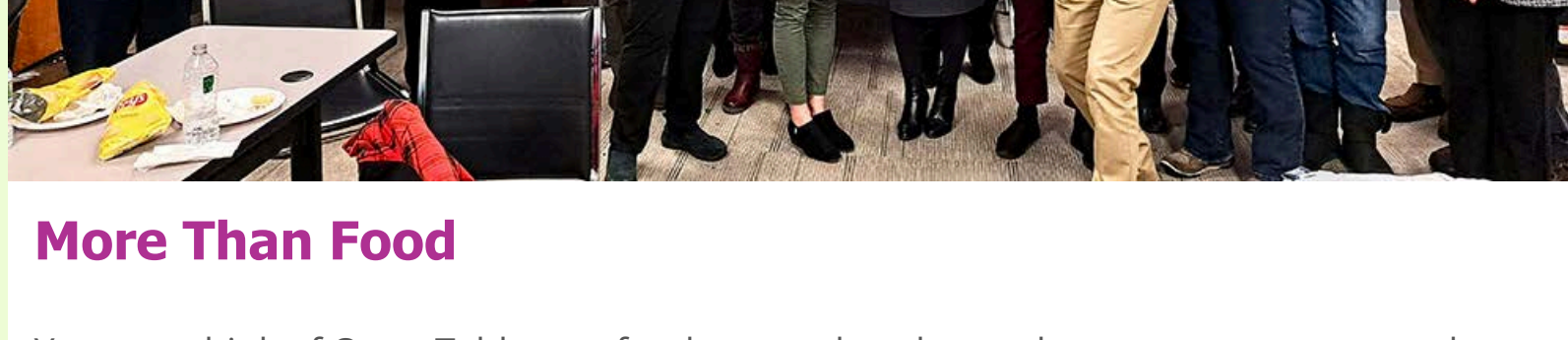
Chopped for Charity 2023

Tickets to our signature fundraising event are sold out, but you can still attend virtually! Join in the fun and fundraising with a \$25 donation, and your whole family can participate from home. You'll get to watch our chefs compete for the title of Chopped for Charity Champion and vote for your favorite. **Best of all, you'll have the opportunity to help feed local families.**

The event is emceed by TV and radio personality Joe Gatto. It will be judged by Andy Husbands of The Smoke Shop BBQ; Peter Malloy, executive chef at Nashawtic Country Club; and Tiziana Dearing, host of Radio Boston on WBUR. Join us from your couch on Friday, April 28. You can log in starting at 7:00 and streaming will begin at 7:15!

[Learn More...](#)

[Get Tickets!](#)



More Than Food

You may think of Open Table as a food pantry, but those who come to us may need more than food. Specifically, personal care items which can be expensive to buy and hard to come by for free. Thanks to the **Rotary Club of Concord** and the **Rotary Club of Acton-Boxborough**, our clients have more access to these critical items. These two clubs recently presented Open Table Executive Director Alexandra DePalo with a generous grant to purchase these items, and they are **hosting collection bins in area businesses**. This effort has already collected hundreds of items.

What are some of the items people need? Glad you asked! Here is a list. Consider throwing an item or two in your basket next time you go shopping and drop them off at the [Rotary business locations](#) or at an [Open Table donations bin](#).

- Diapers in sizes 3,4,5,6
- Baby wipes
- Laundry detergent
- Dish soap
- Toothpaste
- Shampoo



Summer Is Coming!

And with it an opportunity for summer internships! **Registration is NOW OPEN** for high school students to apply to our 2023 Summer Internship Program. Participating students will be exposed to each of the different volunteer roles – from cooking and packing mobile meals to pantry distribution and fulfilling online orders – while also learning how they can support food relief in their local community.

The 2023 Open Table internship program will consist of four two-week sessions with students in each session working 11:30-4:30, Monday to Thursday, for a total of 40 hours over two weeks. The program is unpaid, but students will receive credit for community service hours, learn valuable skills, and make a significant contribution to food relief efforts in their community.

Applications will be accepted until April 24th and evaluated on a rolling basis. All applicants will be notified by April 30th.

[Learn More or Apply](#)



Volunteer Spotlight: Ben and Matthew Su

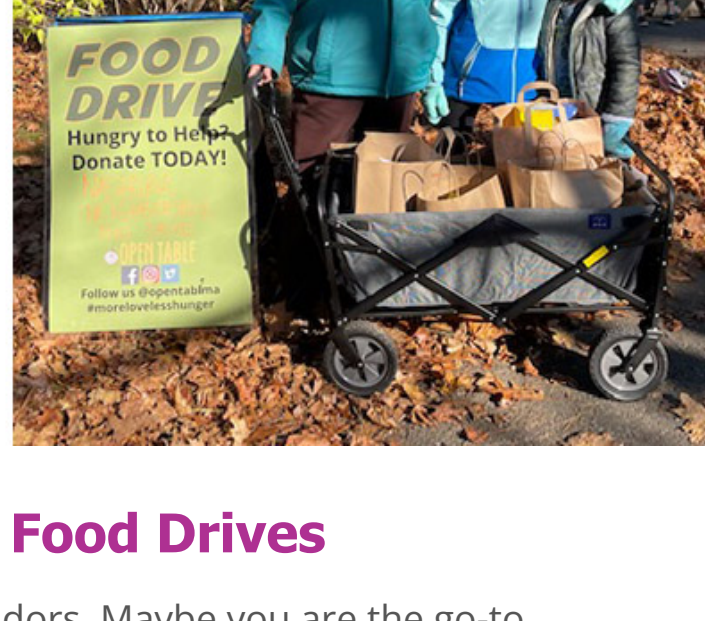
These two brothers have more in common than most: they are both students at Acton Boxborough Regional High School where they both play hockey. And both volunteer at Open Table. Ben and Matthew are brothers who volunteer weekly on Open Table's Student team. Ben, a senior, has been helping on the shift for over a year and was promoted to student leader in the fall. After a break in the winter to play on the AB hockey team, Ben is back leading the students on Wednesday evenings. Matthew, a sophomore who, in addition to hockey, debates on AB's Speech and Debate team, joined his brother on the student team in October. Their favorite tasks? Matthew enjoys cutting up cardboard for recycling, while Ben finds assembling the standard grocery bags satisfying. Recently, both started helping with a weekly mobile delivery, transporting and distributing groceries and meals to the homes of Open Table's Chinese community clients in Maynard.

When asked why he chooses to volunteer his time at Open Table, Ben responded, "I find my time at Open Table to be very gratifying. In particular, delivering groceries to the elders because they're always so happy to see us, and in turn, it lifts my mood. And also, coming to the pantry is a well-needed change of pace in my life. To momentarily let go of my schoolwork and college applications allows me to reset myself. Because of all this, I look forward to coming every week." Matthew added that he "wanted a way to both give back to the community and help fight hunger close to home."

These remarkable young men, as well as our other student volunteers, come to their late afternoon shift full of energy and are an essential workforce for meeting the ever-increasing demand for services at Open Table. Youth are key agents for social change, and volunteering inspires and empowers them to make a difference in the world around them and potentially set a course to continue this important work in the future. We are so fortunate to have a robust and dedicated group of students like Ben and Matthew.

Favorite vegetable?
Broccoli (Ben) and zucchini (Matthew)

Favorite local place to eat?
Smack Noodle just a few doors down from Open Table and Bueno y Sano for Mexican



Spring Neighborhood and Team Food Drives

Open Table is looking for neighborhood ambassadors. Maybe you are the go-to organizer for neighborhood or team events, or maybe you would like to find a new way to bring neighbors together. If so, read on!

Spring is here! Sunshine and warmer days mean it's a great time to organize a neighborhood food drive before everyone starts traveling for the summer. If you've been reading our newsletters and keeping up with the news, you'll know the current need for food is high - Open Table has seen a startling 129% increase in new households served for the same period of time from 2022 to 2023.

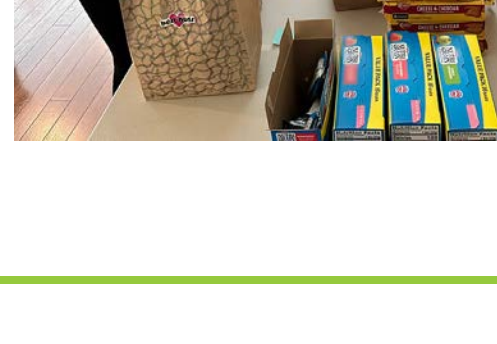
A food drive is a great way to build a sense of community with your neighbors by working together for a greater good that helps neighbors in need. Oh, and to catch up after hibernating all winter!

Would you consider organizing a neighborhood food drive before the end of June? If so, please email fooddonations@opentable.org to learn more.

[Email Us!](#)

More Opportunities for Students

Student Team: Monday and Wednesday 4-5:30pm. Volunteers needed for Pick and Pack shifts after school hours specifically for students. Weekly tasks are varied and may include fulfilling online orders, assembling grocery bags for distribution, bagging produce and breaking down cardboard boxes, among others. Join fellow students in our pantry and earn your service hours volunteering with friends.



[Learn More...](#)



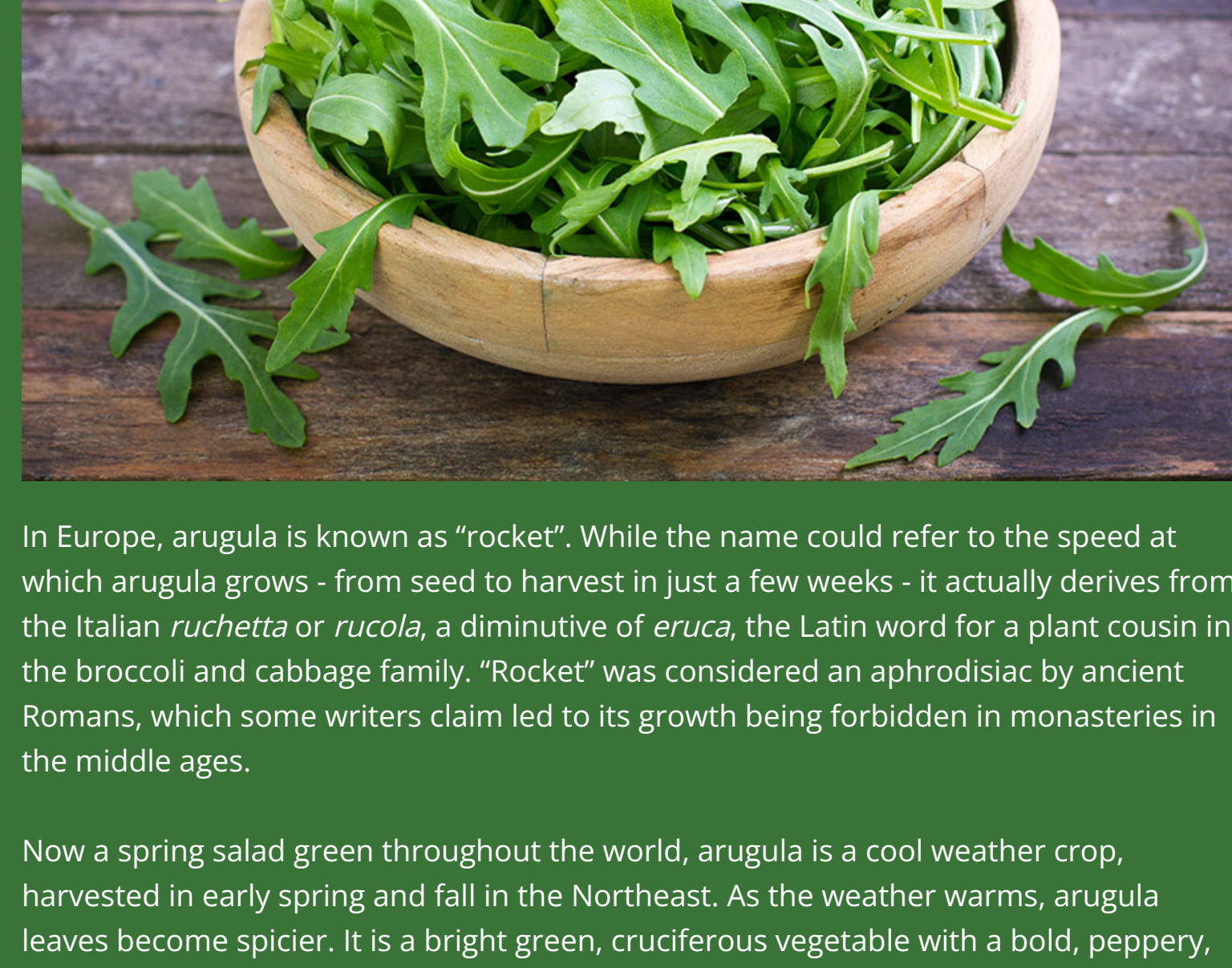
Kids Are Hungry to Help

We love partnering with local schools – the staff and students are extremely creative and inspiring. It helps young people see the value in community service, and school food drives often collect many needed items for our clients. The Birches School students learned about food insecurity and created thoughtful posters to encourage donations to be dropped off at their library. They collected over 30 grocery bags full of pantry items!

And thank you to these generous donors who also came through this month:

- [Acton Boxborough Rotary Club](#)
- [Amelia Peabody Foundation](#)
- [Birches School](#)
- Melissa Bonzagni
- [Concord Rod & Gun Club](#)
- [Crosby's Marketplace](#)
- [Debra's Natural Gourmet](#)
- [Discovery Museum](#)
- [Donelan's Supermarket, Acton](#)
- [The Food Project](#)
- [Gaining Ground](#)
- Alexandra Gibbons
- Girl Scout Troop 82453
- Bree Goldstein
- Hanscom AFB
- Paul Langlois
- [Lincoln-Sudbury Regional HS!](#)
- Meagan MacNutt
- Carolyn McBride
- Noreen Poirier
- [Roche Bros., Acton](#)
- [Rotary Club of Concord](#)
- Rotary District 7910
- [Saint Matthew's United Methodist](#)
- [Siena Farms](#)
- Jemima Sowden
- [St. John Lutheran Church](#)
- [Stop & Shop of Acton](#)
- [Sudbury Farms](#)
- [Trader Joe's](#)
- [The Umbrella Arts Center](#)
- [United Way of Tri-County](#)
- [Verrill Farm](#)

Fun Food Facts: Arugula



In Europe, arugula is known as "rocket". While the name could refer to the speed at which arugula grows - from seed to harvest in just a few weeks - it actually derives from the Italian *ruchetta* or *rucola*, a diminutive of *eruca*, the Latin word for a plant cousin in the broccoli and cabbage family. "Rocket" was considered an aphrodisiac by ancient Romans, which some writers claim led to its growth being forbidden in monasteries in the middle ages.

Now a spring salad green throughout the world, arugula is a cool weather crop, harvested in early spring and fall in the Northeast. It's a weather warms, arugula leaves become spicier. It is a bright green, cruciferous vegetable with a bold, peppery, flavor, and is delightful eaten raw in salads (combine with milder greens if the flavor is too strong) or atop pizza and sandwiches, lightly sautéed as a side dish, or paired with bright citrus or salty cheeses, such as in this [Arugula and Ricotta Pesto](#) recipe.

[Get Recipe](#)



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