

News from Around the Table

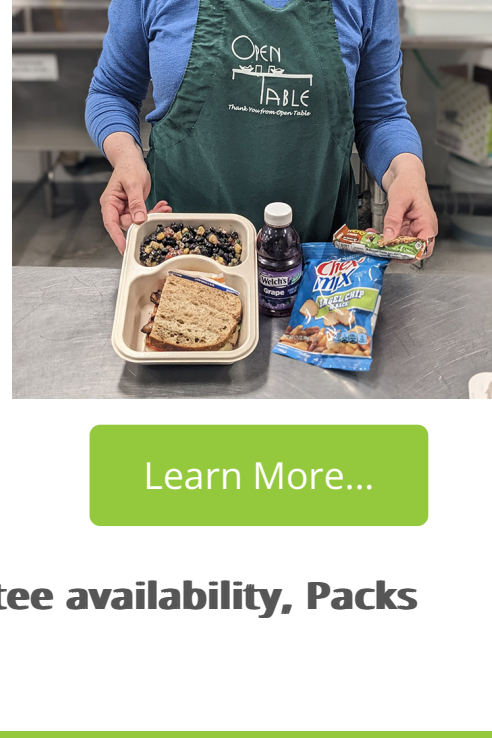
FUEL UP FOR SUMMER

A KID'S LUNCH AND SNACK PACK

Fuel Up for Summer

Fuel Up for Summer is a **weekly lunch bag program** for local families who find it financially difficult to provide daily nutritious lunch and snacks for their children over the summer months. The summer program is free, safe and private for all participants. Kids Packs contain:

- 3 lunches such as wrap sandwiches, veggies and dips, fruit salads and cheese, and pasta salads
- 3 individually portioned snack foods, such as granola bars, goldfish crackers, apples, raisins, and fruit cups.
- 3 water or juice boxes



[Learn More...](#)

Kids packs are **available starting June 20th**. To **guarantee availability, Packs must be reserved in advance**.



Jump in to Help Feed Kids this Summer

Thank you to everyone who contributed to our Hoops Challenge! You donations helped ensure that kids and their families get the meals they need during School Vacation.

We have one more challenge to ahead: a game of Hopscotch! Our Executive Director, Alex, is ready to jump in for the kids, and your donation determines her path.

And if you missed the Hoops action last Friday, watch the video [HERE](#) or on our YouTube channel!

[Learn More...](#)

[DONATE NOW](#)



It's Open!

Yes, it's time to [sign up for the Ride for Food 2023!](#) Every fall Three Squares New England sponsors a bike event for local food pantries. Open Table fields a team that commits to raising funds while training to ride either a 50, 25 or 10-mile loop. This year's event takes place on October 1 at Noble and Greenough School in Dedham.

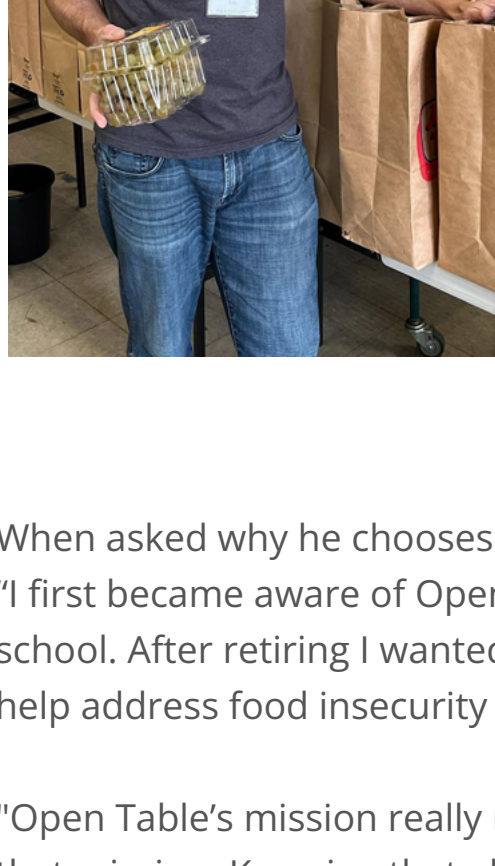
We need YOU to join the Open Table team! As a member, you can join training rides, give tips for how to raise funds, and be part of a fun and enthusiastic group.

Don't like to bike? Walk the 5K trail. Or participate on your own time in Off the Beaten Path, where you can spin, hike, run or swim, or whatever other pursuit piques your interest. **No matter what activity you choose, the money you raise goes to supporting Open Table's efforts to feeding people in our local communities.**

Sign up now and get started!

[Learn More...](#)

[Join the Team](#)



Volunteer Spotlight: Eric Schoen

Eric volunteers as one of Open Table's Pick and Pack Shift leaders where he leads a team of volunteers processing incoming produce and refrigerated items from the farms and grocery stores, and packing approximately 250 produce bags per week for clients. Jill Tsakiris, Program Manager reports he's a "wizard" sorting and packing the frozen protein and managing last minute deliveries. Eric and was instrumental in the success of this year's Chopped for Charity fundraiser.

Eric has been volunteering with Open Table since early 2022 after his retirement from a career at Fidelity Investments. Eric currently lives in Concord with his wife having raised two kids in Sudbury.

When asked why he chooses to volunteer his time with Open Table, Eric responded "I first became aware of Open Table when our daughter volunteered here during high school. After retiring I wanted to give back and get involved locally by doing what I can to help address food insecurity and hunger in our local communities.

"Open Table's mission really resonated with me, and I feel fortunate to be a small part of that mission. Knowing that all the produce and grocery bags we create each week are providing families, seniors, and others in need with healthy meals is what keeps me coming back each week... that and having the opportunity to meet and work with the amazing Open Table staff and other volunteers.

"I've also had the opportunity to join the Greater Boston Food Bank's Board of Advisors. Seeing the need and volunteering at both of these amazing organizations gives me a good perspective on GBFB's broad focuses across Eastern Massachusetts and Open Table's more local focus of ending hunger. One in three families in Massachusetts struggle with food insecurity in Massachusetts... running out of food or not having enough money to get more food each month. We can continue to do more to address that need."

A couple of interesting facts: Eric comes to work at Open Table for his shifts after playing early morning men's ice hockey. He volunteered this winter in Poland and Ukraine.

Favorite vegetable:

Tough question. I'd say a vine ripe summer tomato but the technical fruit definition of a tomato negates that, so I'll go with some fresh grilled spring or summer asparagus as a favorite.

Favorite local shop or place to eat?

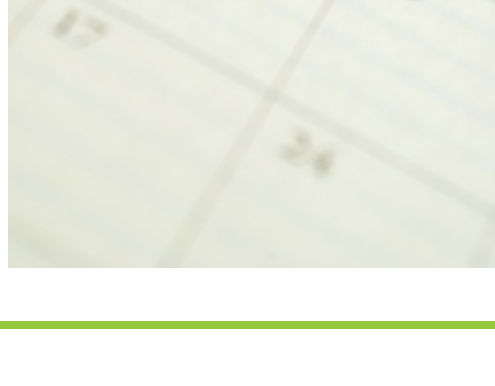
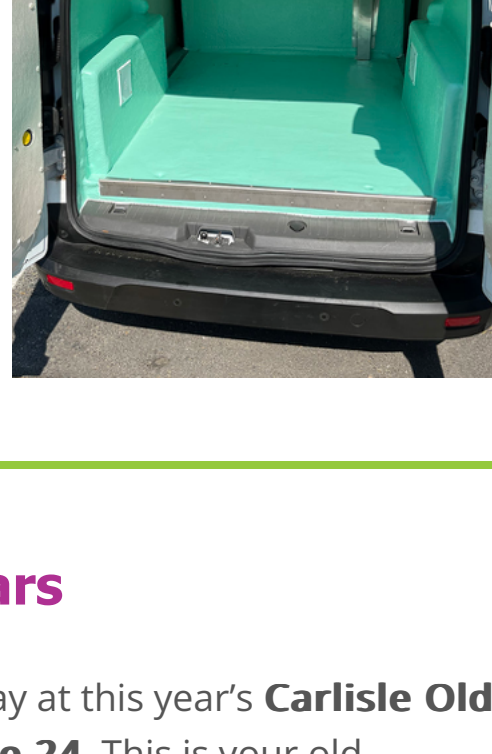
Nan's in Stow for breakfast sandwiches and the Concord Cheese Shop.

Grants Help Expand Mobile Services

Thanks to a generous grant from the [Carrier Corporation](#) administered by the [Greater Boston Food Bank \(GBFB\)](#) the Open Table van was retrofitted with insulation and refrigeration. An additional grant from GBFB provides funding for a part-time pantry assistant and driver. Together these grants will increase our capacity to provide safe and healthy food to community members who are too often under-served due to transportation and scheduling barriers.

We are also thrilled to receive support from the [Concord Carlisle Community Chest](#) for the 28th consecutive year. CCCC's grant supports our general operations, keeping the lights on, paying staff, and maintaining our facilities – all of which are critical to meeting our mission.

Thank you to these generous organizations for helping spread More Love, Less Hunger.



Mark Your Calendars

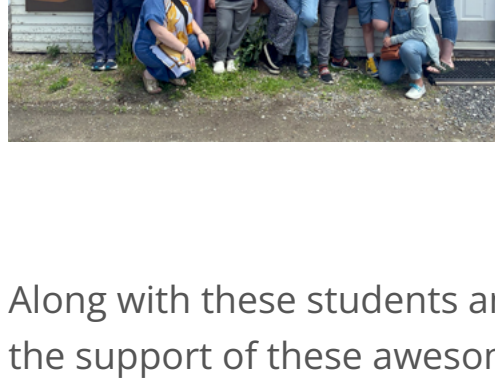
Open Table will have a display at this year's **Carlisle Old Home Day, Saturday, June 24**. This is your old-fashioned, small-town fair with artisan crafts and local civic groups. Come see all we have to offer while enjoying a fun fair!

Please note: Open Table will be closed the **week of July 3rd through the 7th**. The break gives our volunteers and staff some much-needed downtime. We will re-open July 10th with our signature fresh produce from local farms and food for everyone.

We're Hiring!

Open Table seeks a part-time **Marketing and Development Associate** to join our team and advance Open Table's mission. Over the past year, Open Table has experienced a significant increase in the demand for our food distribution programs. This position will play an important role in broadening awareness about the organization, increasing support for our mission and services, and sharing information in a timely fashion.

See the full job description and information on applying [HERE](#).



Students Helping Students

Kudos to [Community Therapeutic Day School](#) in Lexington for its donation of 315 lbs. of pantry items, plus paper grocery bags for us to use! Lucky for us, they also took a batch of kids bags back with them to decorate and return – we can't wait to see what they do with them! They really made a lasting impression for our clients and their kids, which is the goal.

Along with these students and our regular supermarket donors, we were lucky to have the support of these awesome people:

- [Assabet Co-Op Market](#)
- [Aurelia's Garden](#)
- [Caldwell Banker Realty](#)
- [Concord-Carlisle High School](#)
- [Concord Conservatory of Music](#)
- Lucia Cronin
- [Trumlin Farm](#)
- Richard Fortier
- [Gaining Ground](#)
- Karen Guderian
- Max Johnson
- Peter Karb
- Peter Klemp
- Huma Najam
- [Pleasant Cafe](#)
- [Rotary Club of Acton-Boxborough](#)
- [Rotary Club of Concord](#)
- [Saint Matthew's United Methodist](#)
- [Siena Farms](#)
- Traveling Cap Mushroom Company
- [Verrill Farm](#)

Fun Food Facts: Falafel



Looking for a meat-alternative for your meal prep? Falafel is a great go-to. Made of ground chickpeas and/or some form of broad beans, then formed into balls and deep fried, this Middle Eastern dish is usually eaten with tahini sauce and hummus. They're hot and crunchy on the outside and soft and fluffy on the inside. Give [this recipe](#) from The Mediterranean Dish a try!

[Get Recipe](#)



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