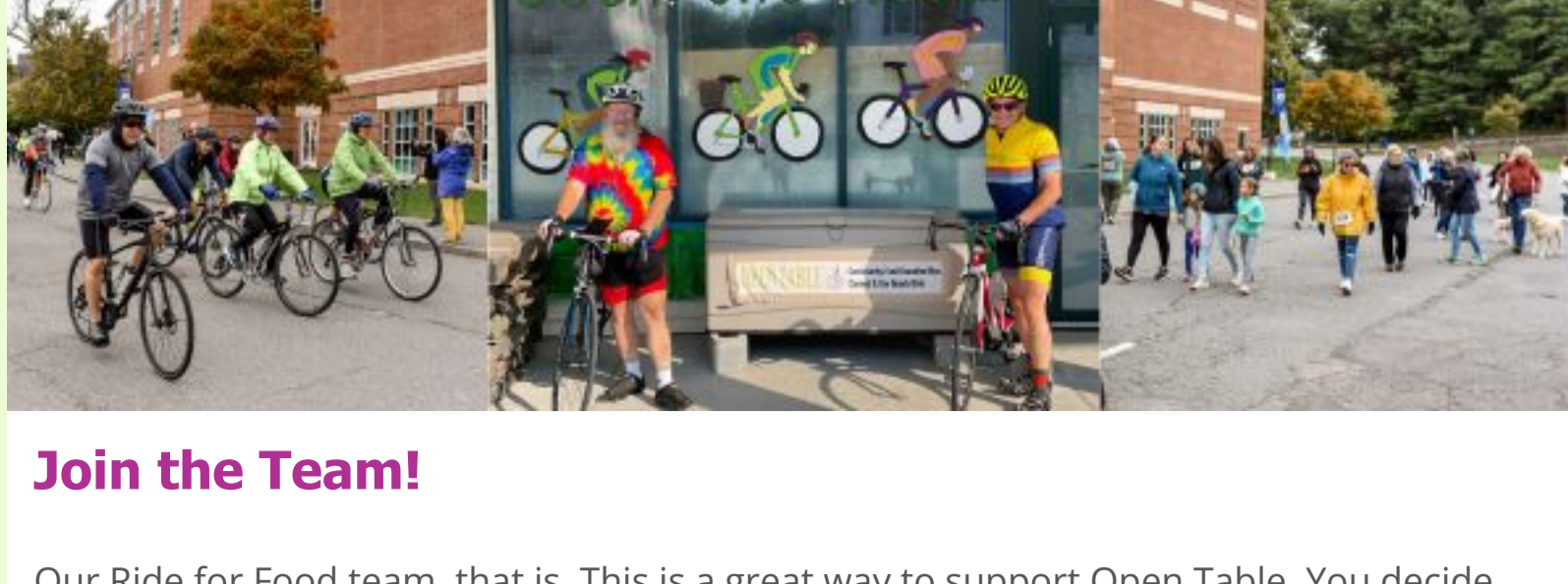




OPEN TABLE

MORE LOVE – LESS HUNGER

News from Around the Table



Join the Team!

Our Ride for Food team, that is. This is a great way to support Open Table. You decide what activity you want to do – ride, spin, swim, run or hike – then ask friends and family to support your participation in the final event. Connect with our team and make new friends through training rides! It all culminates in a day of biking, eating, music and fun at Nobles and Greenough school in Dedham, Sunday, October 1st. There you'll meet other riders from food pantries around Eastern Massachusetts, all working toward the same goal of feeding people. Thank you to Three Squares New England for hosting this event and supporting food security organizations!

For a limited time, we have secured discounted registrations rates - making it even easier to join the team!

- \$50 for the in-person ride - code OPENRIDE23
- \$35 for "Off the Beaten Path" with code OPENVIRTUAL23

The Ride for Food has become one of Open Table's biggest annual fundraisers. You can learn all of the event details and register to join our team here. And if you just can't participate, consider supporting our team with a donation!

We hope to see you out there!

[Learn More...](#)

[Join the Team](#)

Summer Success!

Another successful summer internship program is coming to an end. Over eight weeks, 16 high schoolers from nine local towns have worked 40 hours over their two-week session. That's a lot of learning for them, and a ton of help for Open Table. The program was led by this year's Summer Student Internship Coordinator, Camille Butters, who is a 2023 graduate of Lincoln-Sudbury high school and worked as an intern herself last summer.



Camille Butters
Intern Coordinator

"I really enjoyed being a part of the Open Table community last summer, and thought this would be a great, impactful way to spend the summer before heading off to college," Camille said.

Camille explained that this summer the interns were exposed to more sides of just what our pantry does. They not only worked on packing and distributing food, but helped with kids' lunch program, attended manager presentations, and went offsite to help with mobile pantries, visit partners such as Gaining Ground, and work at the Beharrell Street community donations center. "It's great to see how the other moving parts work," Camille said; "It's bigger than just what you see at the pantry."



For most interns, it's eye-opening to see just how much food insecurity is in their neighborhood, and to understand the impact it has. On their last day, as they reflect on what they've learned, every intern mentions how grateful they are to have learned just what it takes to feed people, and to be a contributing member of their community.

It makes such an impact that many of them come back to volunteer.



Save the Date

Our Annual Meeting is coming up on September 13th! We hope you can join us at Sanctuary in Maynard to hear about all of the great things that happened this past year and to thank our volunteers for the amazing ways they help feed our communities.

The event will take place from 6-8 pm. Invitation coming soon, or email events@opentable.org for more information.



Bags, Bags, Everywhere

When you go to the grocery store, it's likely you bring your own bags. Because we pre-bag our items for pick up, our clients can't do that. So we pack in good old paper bags – between **3,000 and 6,000 a month**. That's a lot of bags! We're lucky to get donations from generous sources, such as the **Town of Bolton** - Joan Finger started a collection program there, and Edwin Rivera, Jr keeps them organized until Kelly Fitzgerald transports them to our pantry.

But we can always use more. Consider saving your paper bags and dropping them in the donations bins at either our Maynard or Beharrell Street locations. It will make our bagging and packing so much easier!

Volunteer Spotlight: Richard Fortier

Richard has been a constant contributor to Open Table's distribution team for the last 4 years. He works weekly on the Thursday afternoon shift as a "shopper", weaving his cart through the pantry, picking out items on the client's order, and delivering them to the clients' cars.



Richard moved to the area for college after growing up in Wisconsin. He has been here ever since, living in Concord for 40+ years with his wife. He has 4 adult "kids" and 8 grandkids, all who live in the area. They congregate often at his home and will be gathering shortly to celebrate Richard's 80th birthday!

Richard retired from a career in Mechanical Engineering working in medical device development. Aside from volunteering at Open Table, he enjoys designing and building furniture, running and playing local gigs with his band. Richard shares his talents with Open Table in many ways. He built an electronic storage compartment for our administrative console to keep all the walkie talkies and other devices in order and **his band Standard Time will be performing 60's and 70's rock music at Open Table's Volunteer celebration on September 13th!**

When asked why he spends his time volunteering at Open Table, Richard shared that he most enjoyed the client interaction that his role in distribution allows. "A 'thank you Richard' warms me. I know the time I give to Open Table is small compared to the need, but it is an important part of my week."



Most Wanted in August

This month our Most Wanted item is Fruit Cups to put in our Fuel Up for Summer lunches and Kids' Bags. We haven't been able to get the large quantities through the Greater Boston Food Bank that were once available. We would appreciate any variety of fruits, in fruit juice (not syrup), please.

Donations can be brought to our 33 Main Street location or left in any of our [drop off locations](#).

Help Needed - Volunteer Opportunities

Many shifts need volunteers in late August. Students who have helped fill the pantry's rosters all summer are preparing to go back to school, leaving many shifts short of volunteers. Help is needed in:

- Distribution - Tuesday and Thursday afternoons
- Pick and Pack: Monday 12-2pm, Tuesday, Wednesday and Thursday 11am-1pm; Labor Day 11am-1pm
- Kitchen: Monday 9-11am, Monday, Wednesday and Thursday 2-5pm

Hosts for Beharrell: Volunteers are needed to lead groups in sorting donations and making Kid's Bags at Open Table's Beharrell Street Community Donation Center in West Concord on Wednesdays from 4-6pm

If interested in helping out please sign up [HERE](#) or contact volunteer@opentable.org

Blueberries for All

On a beautiful August morning, our friends at [Blue Meadow Farm](#) again opened their fields to over a dozen volunteers who arrived on short notice and together picked over 130 pounds of blueberries! The delicious bounty was thoroughly enjoyed by our Pantry guests. Thank you to farm owners Glen and Audrey Murphy for this fun summer tradition!



And we are lucky to have the thoughtful support of these organizations and individuals (and many more) during the past month:

- [Apellis Pharmaceuticals](#)
- [Assabet Co-Op Market](#)
- [Aurelia's Garden](#)
- [Crosby's Marketplace](#)
- [Debra's Foundation](#)
- [Debra's Natural Gourmet](#)
- [Discovery Museum](#)
- [Drumlin Farm](#)
- [Gaining Ground](#)
- Alexandra Gibbons
- Jane Healey
- [New England Deaconess Association](#)
- [Roche Bros., Acton](#)
- [Saint Matthew's United Methodist](#)
- Janice Smith
- [St. Isidore Church](#)
- [Stop & Shop of Acton](#)
- [Sudbury Farms](#)
- [Lauren Tetreault & Team](#)
- [The Food Project](#)
- [Trader Joe's](#)
- Traveling Cap Mushrooms
- [Trinity Episcopal Church](#)
- [Verrill Farm](#)
- [Welch's](#)

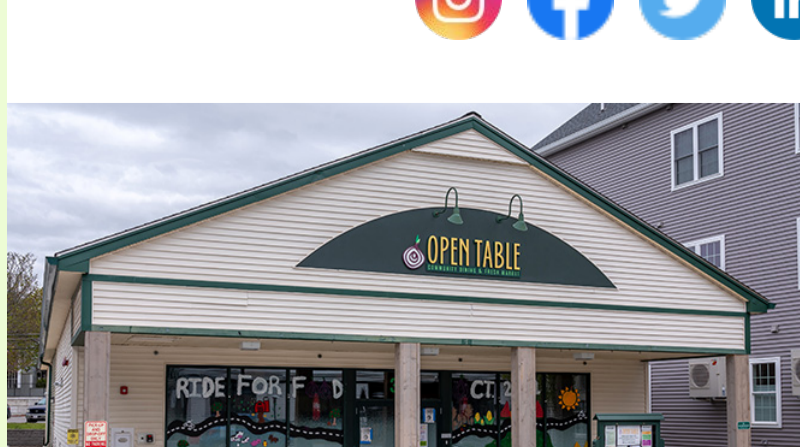
Fun Food Facts: Tomatoes



Ah, tomatoes – those plump, juicy, red fruits of summer! Yes, they are fruits, members of the berry family. Sun-warmed and sweet, they're the perfect accompaniment to your summer meal. They are also full of antioxidants and high in lycopene, thought to improve heart health and aid in cancer prevention. Add them to a salad, cook them into a sauce, or just cut them and sprinkle with salt. But whatever you do, don't let the summer go by without eating some local ones. Here are two recipes for taking advantage of this seasonal delight.

[Tomato Cheese Pie](#)

[Tomato Basil Pasta](#)



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