



# OPEN TABLE

MORE LOVE – LESS HUNGER

## News from Around the Table



### Annual Meeting & Volunteer Appreciation

Thank you to everyone who came out last Wednesday to Sanctuary for a night of celebrating Open Table's volunteers and learning about our past year's accomplishments. We want to thank Will and Liz Doyle for the use of their wonderful event space. And thank you to all of our wonderful volunteers who support Open Table's mission every week through your service! If you'd like to take a closer look at the slides Alex presented that evening, you can find them [HERE](#).

[Learn More...](#)

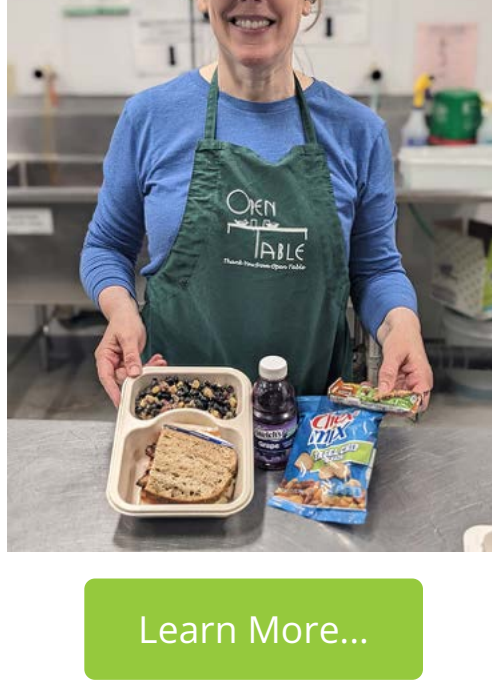
### Only Two More Weeks to the Ride!

YOU can still support Danny, Aaron, and whole Open Table Team!

We are in the home stretch in our Ride for Food! Our team is training for either 25 or 50 mile rides, or a 5K walk on October 1st. We need YOUR donations to get us to our \$50,000 goal to spread More Love, Less Hunger.

And if you'd like to join us that day, Three Squares New England needs volunteers to help at the event. You can sign up [HERE!](#)

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### Thanks for Fueling Kids This Summer

Between June 20 and August 17, over 3500 lunches were distributed as part of Open Table's Fuel Up For Summer program. For families who find it financially challenging to provide nutritious lunches to their children during the summer, the lunch and snack program made a positive impact. The families served cited the improved nutritional quality of what their children ate, reduced financial stress on the family, and the convenience of the program. In addition to distributing the lunch/snack packs directly, Open Table was able to provide fresh sandwiches to the Acton Food Pantry and to Concord Recreation for distribution to children living in the shelter in the former Best Western. Thanks to all who supported this program.

### Welcome to Maeve and Alannah

We are excited to bring two new staff members on board- Maeve Hall as our Program Associate and Alannah Gustavson as our Marketing and Development Associate. Both have served as volunteers at Open Table; Maeve began volunteering in 2021 and Alannah joined us in 2018.

Maeve spent over 25 years in software services prior to joining Open Table. She was a Distribution and Pick and Pack volunteer when "I saw the opportunity for the Program Associate, I jumped on it." Maeve loves to travel, cook, read and host gatherings with family and friends. We asked what her favorite vegetable was and she said "it is hard to pick just one vegetable for me, I love most depending on how they are prepared."

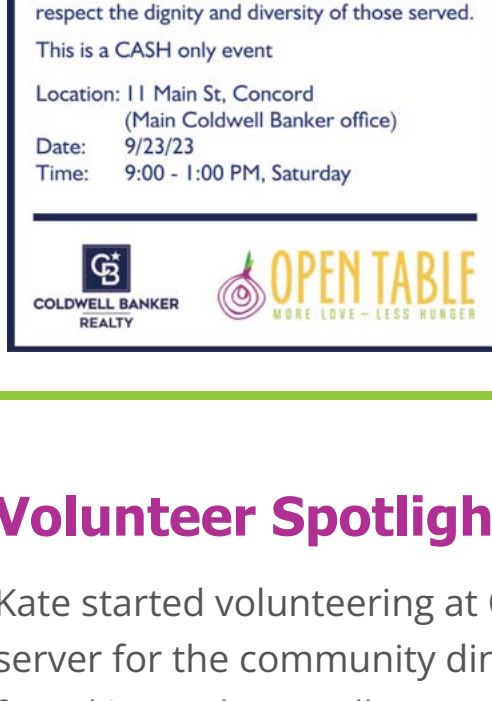


Maeve Hale, Program Associate

Alannah has been mostly behind-the-scenes running Open Table's social media presence, but you may have seen her in a Turkey suit at Thanksgiving distribution or Halloween Costume handing out treats for Downtown Trick-or-Treat. She has also worked on many of our special events, including Chopped for Charity. She is looking forward to helping Open Table expand its community through social media, events, and marketing materials. Alannah is an avid home-cook who thinks "nothing is better than a leisurely Sunday dinner with loved ones." If she had to choose a favorite vegetable, "it might have to be spinach because I remember that being a vegetable I have loved since childhood, so it just feels like home."



Alannah Gustavson, Marketing & Development Associate



### Coldwell Banker Concord Flea Market

On Saturday, September 23rd from 9:00am-1:00pm, come catch a bargain at Coldwell Banker, listen to some live music, and support Open Table! The event will be held in the parking lot behind Coldwell Banker at 11 Main St, Concord. This is a cash-only event and all proceeds will go to Open Table. We will also have an information table set up for the event, so stop by and say hello!

### Volunteer Spotlight: Kate Galusza

Kate started volunteering at Open Table in 2016 as a server for the community dinners at First Parish and found it a wakeup call as to the number of neighbors in Concord who were food insecure. Kate is originally from Virginia and moved to Boston after college. She worked in Global Equity Trading Technology for Fidelity Investments, helping to manage technology on the trading floors worldwide. She has lived in Concord for 25 years and has brought up her 3 children with her husband Rob.



Kate currently serves Open Table largely behind the scenes as the Concord/Carlisle Home Delivery Coordinator. The program, which began in Open Table's early years delivering food to a few Concord residents, expanded to its current form during the Pandemic when Kate was asked to manage it. The program now serves nearly 40 clients who receive meals and groceries every other week. The clients served by the program are food insecure and may be elderly, disabled, dealing with health issues or otherwise unable to access Open Table's services. Kate manages both the client needs, the logistics of the routes and a fleet of volunteers who make the program work. Volunteers involved in the program pack the clients orders, organize the groceries for the routes, place reminder calls, and route drivers.

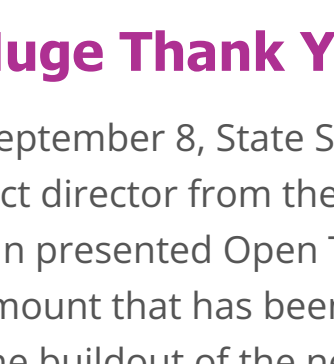
In December, Kate will be moving on after running the program for nearly 3 years. She reports that "managing the home delivery program has been especially gratifying as we are able to help those who suffer from a lack of transportation on top of being food insecure and who are unable to drive to our pantry, much less to a grocery store. It has been an honor to get to know our clients here and in Carlisle and to learn their stories. I've had some clients who have 'graduated' from our services, and others who are completely dependent upon us, and it is reassuring to know that I don't need to say 'no' to anyone who asks for food. My clients thank me constantly for the help we give them and the dignity we afford them; we really are making a difference. Open Table is an incredibly well-run and efficient organization which makes it easy to volunteer and to see the impact of the work you do."

Thank you, Kate, for your leadership of the Home Delivery Program for Concord and Carlisle clients. You have made an immeasurable impact in these clients' lives and are so appreciated for your time and efforts.

**Drivers and Setup Volunteers are needed** for the Concord Carlisle Home Delivery Program on Wednesday afternoons. Please contact Gretchen Findlay at [gfindlay@opentable.org](mailto:gfindlay@opentable.org) if you're interested in volunteering for this program

### Seeking New Board Members

Are you passionate about food insecurity? Do you have skills in leadership, governing, finance, health and human services, communications, or other areas relevant to Open Table? Consider joining our board! We are currently recruiting for our 15-person Board of Directors. It is made up of talented, passionate people who enjoy working together to guide Open Table in its mission to address hunger in our local communities. For more information, contact President Mary Siegel at [msiegel@opentable.org](mailto:msiegel@opentable.org).

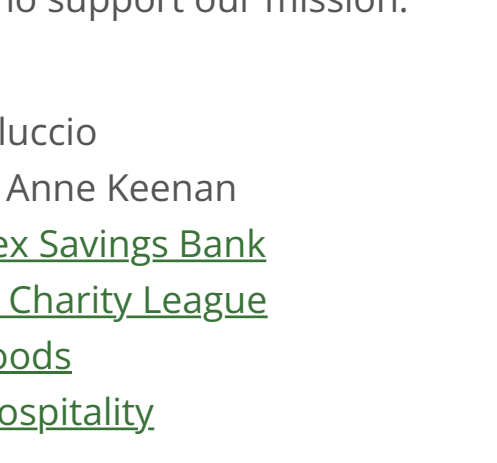


### Have a Spare Folding Chair?

We have a busy Fair and Special Events schedule this Fall and are looking for a couple of folding chairs we can pack up for our volunteers to use when staffing our information tables. Simple metal types would be best. If you have one to spare, please email Alannah with details at [events@opentable.org](mailto:events@opentable.org)

### A Huge Thank You

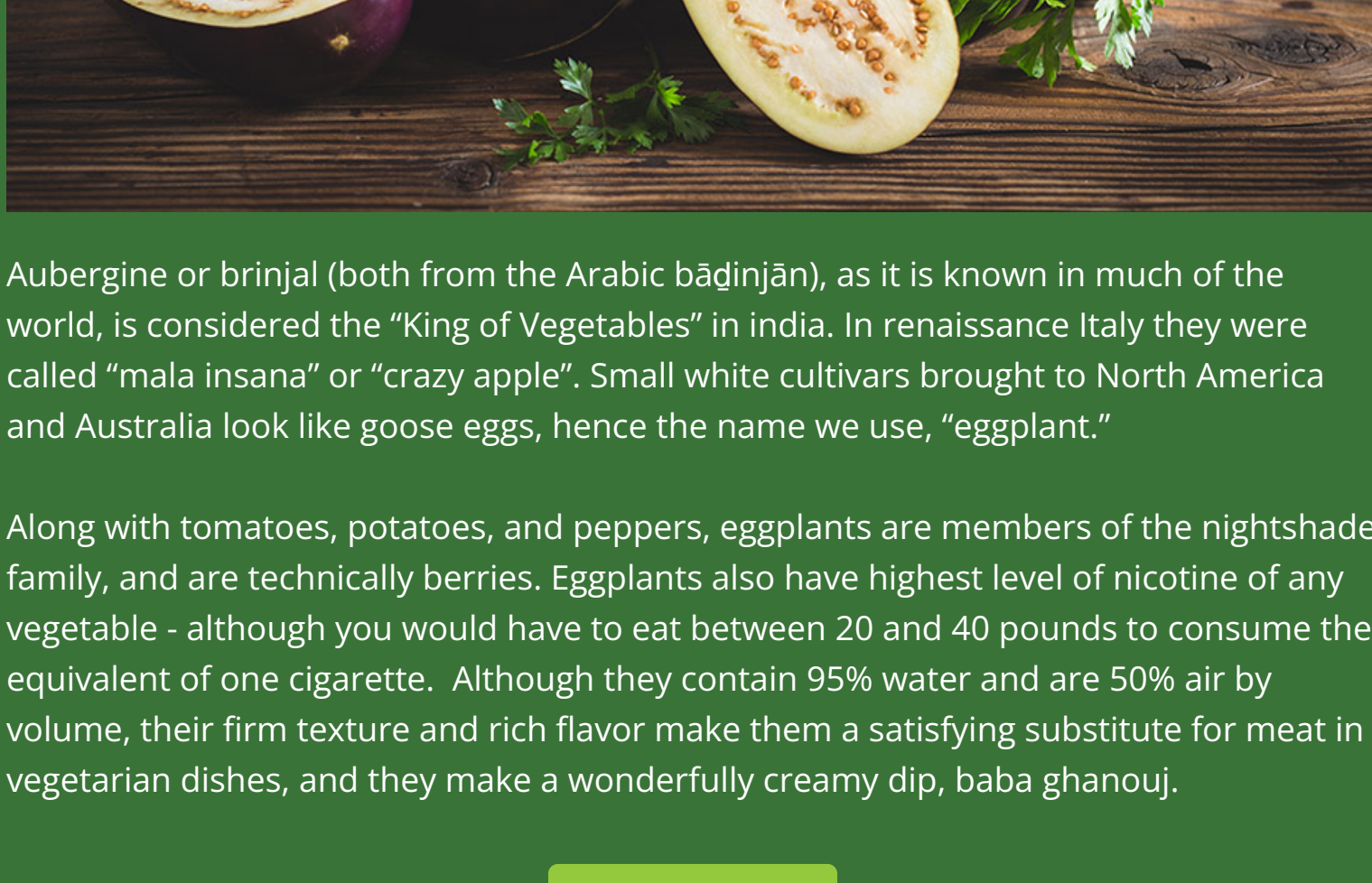
On September 8, State Senator Jamie Eldridge and the district director from the office of Representative Kate Hogan presented Open Table with a check for \$300,000, an amount that has been earmarked in the state budget for the buildout of the new Annex, and thus support the growing client need. Thank you!



And thank you to these wonderful donors and all of YOU who support our mission.

- 7-Eleven
- [Acton Food Pantry](#)
- [Richard Barnes](#)
- [Boston Area Gleaners](#)
- Dan Carp
- [Concord Assembly #53, IORG](#)
- [Concord Rod & Gun Club](#)
- Mary Galuccio
- [Cornelia Saving Keenan](#)
- [Middlesex Charities Bank](#)
- [National Charity League](#)
- [Welch Foods](#)
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### Fun Food Facts: Eggplant



Aubergine or brinjal (both from the Arabic bāḡīnjān), as it is known in much of the world, is considered the "King of Vegetables" in India. In renaissance Italy they were called "mala insana" or "crazy apple". Small white cultivars brought to North America and Australia look like goose eggs, hence the use, "eggplant."

Along with tomatoes, potatoes, and peppers, eggplants are members of the nightshade family, and are technically berries. Eggplants also have highest level of nicotine of any vegetable - although you would have to eat between 20 and 40 pounds to consume the equivalent of one cigarette. Although they contain 95% water and are 50% air by volume, their firm texture and rich flavor make them a satisfying substitute for meat in vegetarian dishes, and they make a wonderfully creamy dip, baba ghanouj.

[Get Recipe](#)



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