

News from Around the Table



### Open Table's annual gala and cooking competition returns with an unforgettable evening of food, fun, and philanthropy. Our one-of-a-kind experiential fundraiser will

**Tickets are on sale NOW - Chopped for Charity 2025** 

feature three professional chefs in an exciting culinary showdown, silent and live auctions, and engaging activities. Enjoy hors d'oeuvres and a light dinner in a beautiful setting. Help us spread More Love, Less Hunger! TICKETS ARE ON SALE NOW! **Purchase Tickets** 

## Friday, May 30, 2025

Nashawtuc Country Club, Concord VIP Tickets: \$250 – Reception starts at 5:30pm General Admission: \$175 – Doors open at 6:00pm

We expect this event to sell out!

**Summer Internship** 

Learn More...

## **Applications Open** Our Summer Student Internship program is back, offering 2-week sessions for high

school students starting on July 14th. Participants can earn 40 hours of community service, acquire new skills,

and gain valuable non-profit work experience to enhance their résumés, all while making a real difference. Applications accepted until April 4, and successful candidates will be notified by April 18. Learn More or Apply



friendly, hard working people treating everyone with respect!" Lois

"Thank you, not only for the good work you

do, but for the manner you operate. Kind,

# Chopped for Charity 2025. Deena recently

**Meet Deena Whitfield** 

former Open Table Board Chair at

We are proud to honor Deena Whitfield,

shared her journey of leadership, transformation, and deep personal connection to our mission. From guiding the organization through a critical relocation to helping launch the Annex, she has played a key role in expanding our ability to serve the community. Deena reflects on what Open Table has meant to her and how she continues to support its work today. Read her full story: Read Deena's Story



Could you afford the food you want—or

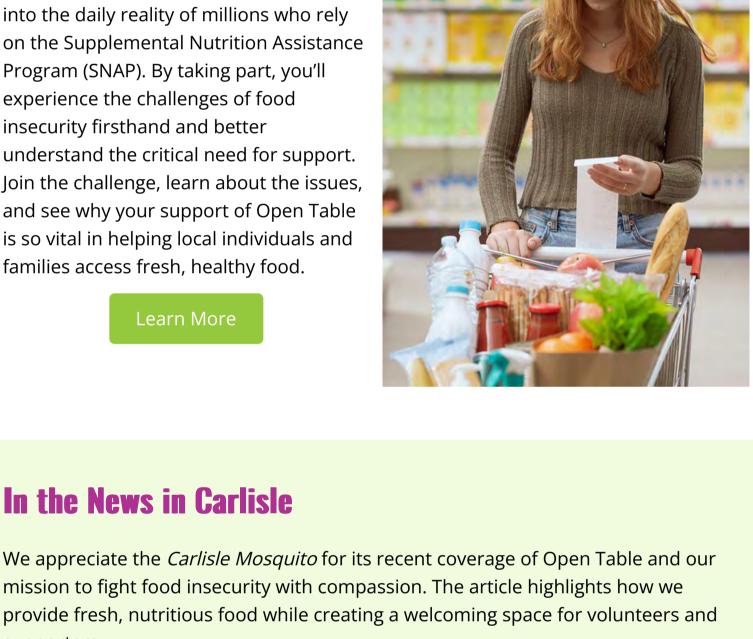
the nutrition you need—on just \$6 a day?

The Food Research and Action Center



#### (FRAC) SNAP Challenge offers a glimpse into the daily reality of millions who rely on the Supplemental Nutrition Assistance

Program (SNAP). By taking part, you'll experience the challenges of food insecurity firsthand and better understand the critical need for support. Join the challenge, learn about the issues, and see why your support of Open Table is so vital in helping local individuals and families access fresh, healthy food. Learn More In the News in Carlisle



# you for helping us raise awareness and inspire others to join our efforts!

**Rotary Personal Care Drive** 

aren't covered by SNAP or other

government benefits, their cost can place

supporters.

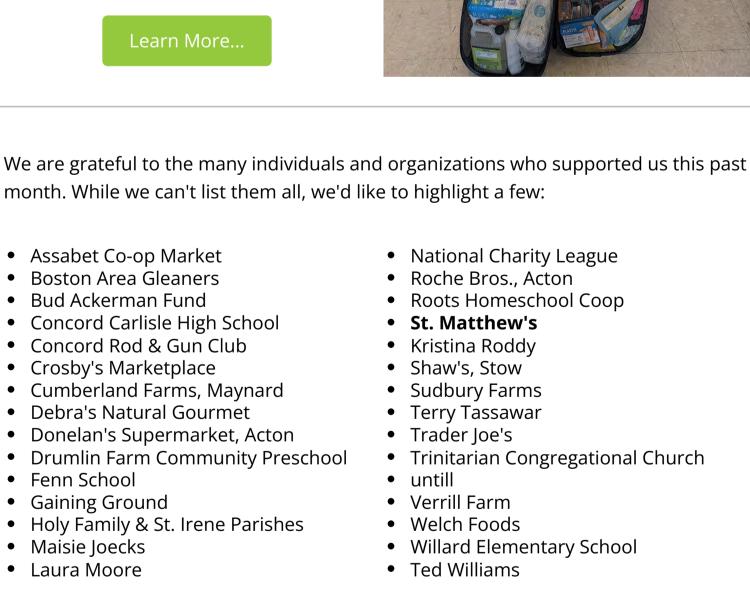
We are so appreciative of the thoughtful support of the Concord Rotary. Throughout March, the Rotary is hosting its third annual Personal Care Drive to support Open Table clients. They are collecting essential items like diapers, lotion, detergent sheets or pods, baby wipes, sponges, dish soap, toothpaste, and shampoo. Since these necessities

Open Table is proud to serve individuals and families in Carlisle, and we are grateful

for the many local volunteers and donors who help make our work possible. Thank

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an added strain on already tight budgets. You too can help! Learn More...



month. While we can't list them all, we'd like to highlight a few: Assabet Co-op Market Boston Area Gleaners **Bud Ackerman Fund** Concord Carlisle High School Concord Rod & Gun Club Crosby's Marketplace Cumberland Farms, Maynard Debra's Natural Gourmet Donelan's Supermarket, Acton

**Drumlin Farm Community Preschool** 

Holy Family & St. Irene Parishes

Fun Food Facts: Maple Syrup

Fenn School

Maisie Joecks Laura Moore

**Gaining Ground** 

caramel-like flavor.

Maple Glazed Salmon



organizations like the Massachusetts Maple Growers Association offer insights into regional sugaring traditions and opportunities to visit local producers.

enhancing savory dishes. Use it to glaze meats like salmon and pork, or incorporate it into vinaigrettes and barbecue sauces to balance tangy flavors. Bakers love adding it to cookies, cakes, and granola, where its depth of flavor transforms everyday recipes into something special. Rich in antioxidants, vitamins, and minerals like zinc and manganese, maple syrup not

Maple syrup is graded by color and taste. Lighter grades, such as Golden and Amber,

offer a delicate sweetness, while darker varieties present a richer, more robust,

Beyond drizzling on pancakes, maple syrup is a versatile ingredient in cooking. It

serves as a natural sweetener for oatmeal, yogurt, and smoothies, while also

Enjoy this natural delight!

only delights the palate but also brings nutritional benefits to your favorite dishes.



Donate **Our Contact Information** 

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The Admiral's Beans