



OPEN TABLE

MORE LOVE – LESS HUNGER

News from Around the Table



Tickets are on sale NOW - Chopped for Charity 2025

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 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

[Learn More...](#)

We expect this event to sell out!

Summer Internship 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](#)



"Thank you, not only for the good work you do, but for the manner you operate. Kind, friendly, hard working people treating everyone with respect!"

- Lois

Meet Deena Whitfield

We are proud to honor Deena Whitfield, former Open Table Board Chair at Chopped for Charity 2025. Deena recently 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](#)



SNAP Challenge

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

We appreciate the *Carlisle Mosquito* for its recent coverage of Open Table and our mission to fight food insecurity with compassion. The article highlights how we provide fresh, nutritious food while creating a welcoming space for volunteers and supporters.

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

[Read the Article](#)

Rotary Personal Care Drive

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 aren't covered by SNAP or other government benefits, their cost can place an added strain on already tight budgets. You too can help!

[Learn More...](#)



We are grateful to the many individuals and organizations who supported us this past 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
- Drumlin Farm Community Preschool
- Fenn School
- Gaining Ground
- Holy Family & St. Irene Parishes
- Maisie Joecks
- Laura Moore
- National Charity League
- Roche Bros., Acton
- Roots Homeschool Coop
- **St. Matthew's**
- Kristina Roddy
- Shaw's, Stow
- Sudbury Farms
- Terry Tassarwar
- Trader Joe's
- Trinitarian Congregational Church
- untill
- Verrill Farm
- Welch Foods
- Willard Elementary School
- Ted Williams

Fun Food Facts: Maple Syrup



Maple syrup is a golden red with a rich history and fascinating production process. Starting in mid-February, as daytime temperatures rise above freezing and nights remain cold, trees release sap that is boiled down to produce syrup – it takes about 40 gallons of sap to yield one gallon of syrup! For those interested in local production, organizations like the [Massachusetts Maple Growers Association](#) offer insights into regional sugaring traditions and opportunities to visit local producers.

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, caramel-like flavor.

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 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 only delights the palate but also brings nutritional benefits to your favorite dishes. Enjoy this natural delight!

[Maple Glazed Salmon](#)

[The Admiral's Beans](#)



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