



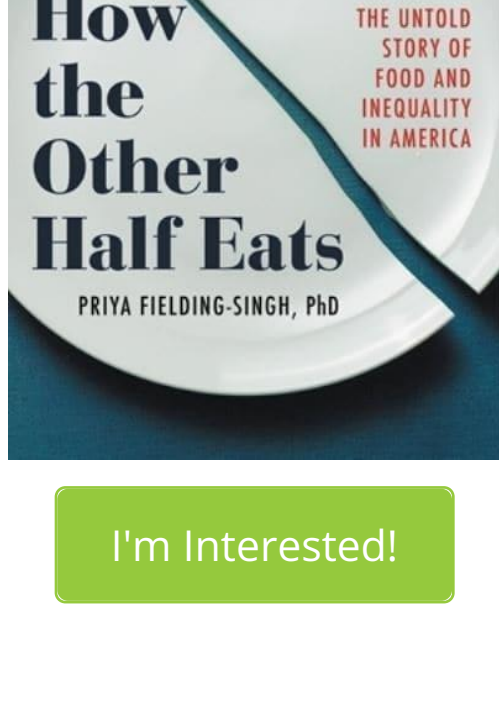
News from Around the Table



National Nutrition Month

National Nutrition Month

March is National Nutrition Month, an annual campaign to invite everyone to learn about making informed food choices and developing healthful eating and physical activity habits. Providing healthy food in ways that respect the dignity and diversity of those we serve is central to our mission. By continuing to offer fresh, healthy food including produce, meat, dairy, and eggs, we hope to help our clients prepare and eat nutritious meals. In this newsletter, we'll focus on nutrition by highlighting our programming, partnerships, and our monthly healthy recipe. Thanks for joining us!



REMINDER: Book Club 3/23

Anyone with kids knows the chore of putting a meal on the table every single night. Now imagine doing that when every dollar is accounted for, and whatever food you can afford is what goes on the table. Picking up takeout is not an option, nor is wasting leftovers. Priya Fielding Singh spent time talking with families across the income spectrum about how they choose the food they eat and how race, culture, and media impact that. Join us while we discuss her book, *How the Other Half Eats: The Untold Story of Food and Inequality in America*. You can read an excerpt from the book [HERE](#).

I'm Interested!

If you don't already have a copy, you can pick one up at [The Concord Bookshop](#), where they've put aside a number of them for us.

Interested in joining? Email events@opentable.org with the subject "Book Club" and we'll send you the link!

Healthy Helpings Anniversary

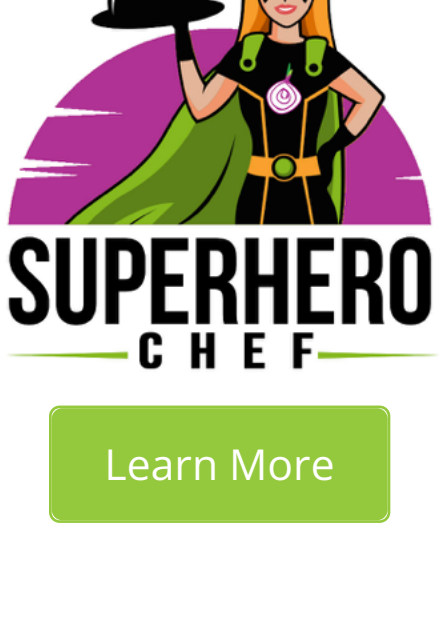
Last year during National Nutrition Month, we launched "Healthy Helpings" and this mobile program continues to be an important offering in achieving our mission to fight hunger and build healthy communities. Healthy Helpings is a program in partnership with the Acton, Carlisle, and Concord Councils on Aging (COAs) that delivers healthy meals and groceries to clients every other week.



First Healthy Helpings Delivery to Concord COA

"The Healthy Helpings program leverages two of Open Table's greatest strengths," said Jeanine Calabria, executive director, Open Table, Inc. "Our expertise in selecting and preparing groceries and meals that address the most prevalent health issues of our clients as well as our ability to deliver mobile food assistance to the local community."

If you are interested in joining the Open Table Healthy Helpings program, please contact your local COA in either Acton, Carlisle, or Concord.



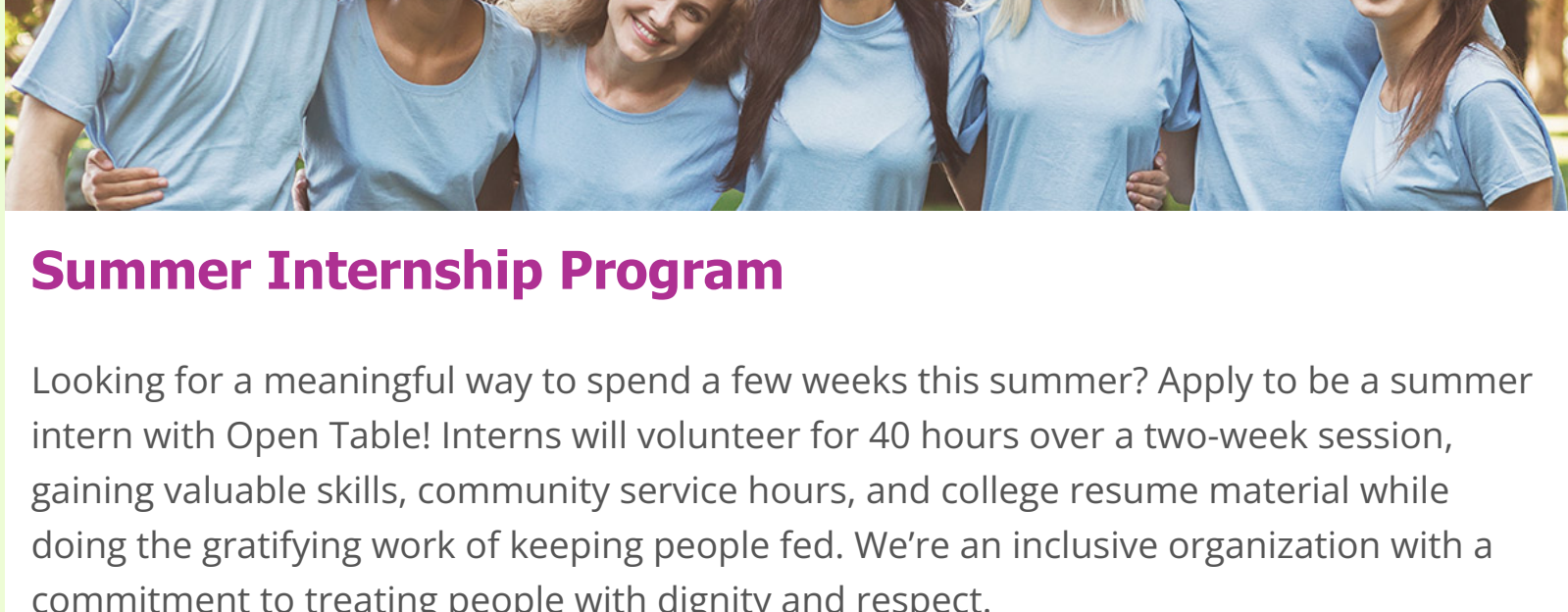
WANTED:

SUPERHERO CHEF

Learn More

NEEDED: Chef/Kitchen Manager

Are you passionate about using your culinary and leadership skills to help feed people in need? Open Table is looking for a dynamic, communicative, and experienced chef to lead our prepared meals program. We need a culinary leader who can manage Open Table's transition from a community meal host to producing a large volume of high quality nutritious meals to people in need. Must lead volunteer cooking teams to produce client meals during established volunteer shifts in our recently renovated commercial kitchen. We currently produce more than 800 meals a week for those in need, including seniors and people with special dietary and/or cultural requirements. Full job description and application information available on our [Employment](#) page.



Summer Internship Program

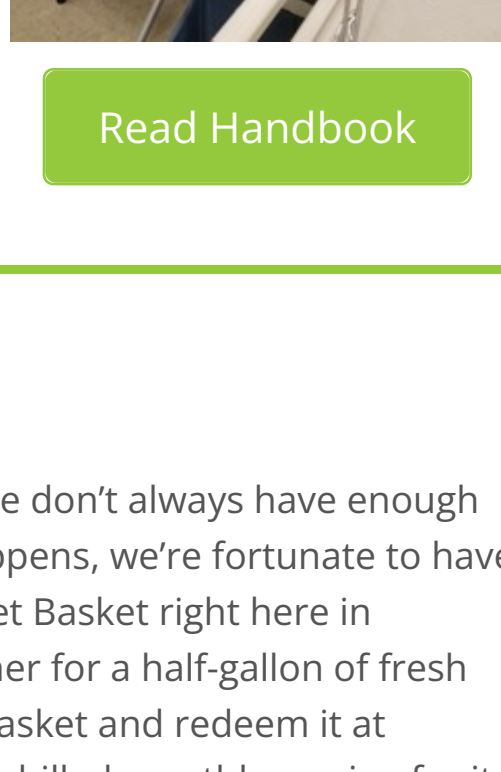
Looking for a meaningful way to spend a few weeks this summer? Apply to be a summer intern with Open Table! Interns will volunteer for 40 hours over a two-week session, gaining valuable skills, community service hours, and college resume material while doing the gratifying work of keeping people fed. We're an inclusive organization with a commitment to treating people with dignity and respect.

The Open Table Summer Internship Program provides the opportunity for young people to gain first-hand experience in non-profit food relief through volunteering and giving back to their community. Students will work with staff to stock our Pantry, distribute thousands of pounds of food and create fresh meals for distribution from our surplus donations, all the while developing leadership, teamwork, workplace, and civic participation skills.

Learn More

Volunteer News

Is your teen in town during Spring Break and looking for a rewarding activity? They can earn community service hours and help Open Table fill vacation week gaps. Contact volunteer@opentable.org with interest and availability.



Read Handbook

And our updated Volunteer Handbook is now available! While it is aimed at new volunteers, even seasoned vets and supporters may learn something about Open Table or food insecurity. Find it on our [Volunteer](#) page.



Give Milk!

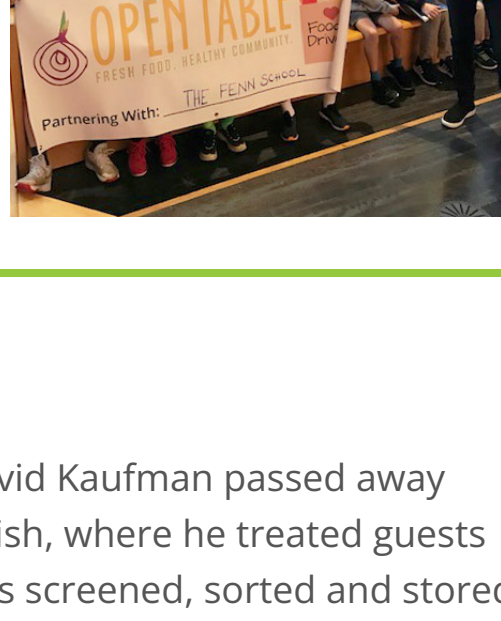
Got Milk?

Everybody wants milk. But we don't always have enough to go around. When that happens, we're fortunate to have a partnership with the Market Basket right here in Maynard. Clients get a voucher for a half-gallon of fresh milk, take it to that Market Basket and redeem it at checkout. Open Table is then billed monthly, paying for it thanks to the support of our generous donors. It's this kind of collaboration that makes Open Table able to feed people with dignity.

Your donations can help pay for milk when we can't get it at little or no cost.

Fenn Partnership

The families of Fenn School have generously run an annual food drive every Thanksgiving. But that's a time of year we get a LOT of food donations. So Fenn asked if they could run a drive this spring, collecting items specific to our diverse communities. We appreciate not only their commitment but their caring to understand just what our clients need and want. Thank you, Fenn families!



A Passing Note

Longtime Open Table supporter and all-around mensch David Kaufman passed away recently. For years he volunteered at the pantry at First Parish, where he treated guests with care and compassion. He also made sure that food was screened, sorted and stored at the Everett Street Pantry site, where donations were kept before distribution. But perhaps his greatest contribution to Open Table was in the shoebox of index cards with information on donors and creating an actual database, greatly enhancing our ability to reach out to our community.

David believed that all people have the right to access healthy food. He was also deeply committed to the environment and concerned with its protection, and was a member of Citizens for Lexington Conservation. We are so very grateful for all David did for us and for others; he will be deeply missed.

Thank You!

Every month, we like to take the opportunity to thank some of the many people and organizations who come through with their generous donations of time, money, and food, and this month is no exception. Like Gaining Ground, who donated 433 pounds of carrots and spinach and 72 pints of 100% all natural maple syrup, that they produced from locally sourced maple sap. Yum!



- [Acton Boxborough School District](#)
- [Bolton MA Community Group](#)
- [CHIME](#)
- [The Flower Pot](#)
- [Gaining Ground](#)
- [Intel Corporation](#)
- [Nabnasset School](#)

Fun Food Facts: Farro



Farro is a wholesome and hearty grain derived from one of three wheat species: Emmer, Eikhorn, and Spelt. While Farro is most commonly found in Italian cuisine, there are many ways to cook the grain for breakfast, lunch, or dinner. We love farro because it is easy to prepare, has an incredibly chewy texture, and also has a delicious almost nutty flavor.

According to author Laura Weiss writing for NPR, "Farro originated in the Fertile Crescent, where it has been found in the tombs of Egyptian kings and is said to have feeding the Roman Legions." Whether you're hungry to try a new whole grain or are feeding a small army of your own, Farro is a nutritious grain and easy-to-cook food for your next meal. Try out Chef Ellen's recipe for Winter Farrotto, a risotto-syle dish made with farro.

Get Recipe



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