

News from Around the Table



Join the Open Table Team for the Ride (or Walk!) for Food!

On Saturday, October 5th we will be at the beautiful Noble and Greenough campus for the 2024 Ride for Food! This event supports food relief organizations across New England, including Open Table!

Join our team for a bike ride (25, 50, or 62 miles) or walk (5k through wooded campus) to raise funds for Open Table's work. This is a great, family-friendly event, with exercise followed by food, music and games. You don't want to miss it!

Open Table team members are ready to answer your questions, offer support and plan training activities with you!

[Join or Support the Team](#)

FOR A LIMITED TIME you can get a registration discount when you join the Open Table team: use code OPENTABLE24 at checkout!

Open Table Group Walk

Join Ride for Food team member Alannah this Saturday for a Group Walk! We will meet at 10am in front of Open Table (33 Main Street, Maynard) and walk to a great community partner site, the [Assabet Co-op Market](#). Walkers can purchase some beverages and snacks to enjoy on their back deck before returning to Open Table. This walk is open to everyone!

Email agustavson@opentable.org for more information or to RSVP.



Sunrise Run

We were thrilled to be a part of the Sunrise Classic (August 3) and to celebrate all that it represents: youth leadership, a fun event for the running community, and food relief efforts. We're already looking forward to next year!

Thank you to William and Thomas for organizing this fun race in support of our mission. Thank you to [Middlesex Savings Bank](#), [William's Be Yourself Challenge](#), [Dow Law](#), Carlisle Cutters, [Erica Jina Realty](#) for your sponsorships, and thank you to [Concord Dunkin'](#) for the delicious coffee and donuts for our competitors.

[View Photos](#)

[See Results](#)

Volunteer Spotlight: Our Summer Team!

Summer is a challenging time for volunteering. The weather can be hot and humid or stormy. Vacations and day trips call. We understand. That's why we are especially grateful to all the volunteers who continue to show up for us, rain or shine, despite the distractions of the season. Our clients depend on you to bring the same level of service no matter the time of year. To all of our summer volunteers, thank you for making time for Open Table, for prioritizing our clients, and for spreading More Love, Less Hunger.



Annex Update

This past month, the Annex received a fresh Tyvek wrap and new siding! We, along with our neighbors, are pleased with this updated and functional look. Additionally, the doorways connecting the buildings have been framed out, creating larger access points that will greatly improve efficiency and workflow.

[Learn More](#)



Labor Day Schedule Changes

Open Table will be closed for the Labor Day holiday.

We are OPEN Tuesday through Thursday, September 3-5, 2024

- There is no change to our pantry hours or delivery schedules.
- Pre-packed bags with modest choice will be provided for ALL programs that week.
- No online or phone ordering for pickup or delivery September 3rd & 5th. If you normally order online or over the phone you are welcome to come at your pick up time and receive groceries and meals.
- ONLINE ordering resumes Thursday, September 5th for week of September 8th.

Save the Date: Annual Meeting

Mark your calendars for our 2024 Annual Meeting & Volunteer Appreciation Event! Join us on Monday, September 23rd to celebrate the incredible achievements of the past year and express our gratitude to the volunteers who make it all possible.

Date: Monday, September 23
Time: 6pm-8pm
Location: Sanctuary, Maynard

Invitation and details coming soon!



Creative Kids Bags

Thank you to Meredith from Stow for bringing in these beautifully decorated kid snacks bags for us! Our youngest clients will love these and they will help spread More Love, Less Hunger.

If you're interested in making kid bags for us, visit <https://www.opentable.org/donation-activities/>.

This month, we'd also like to extend our heartfelt thanks to the following generous supporters:



- Assabet Co-op Market
- Aurelia's Garden
- Terri Bono
- Boston Area Gleaners
- Concord Carlisle Community Chest
- Concord Carlisle High School
- Concord Market
- Cornerstone Thrift Shop
- Crosby's Marketplace
- Debra's Natural Gourmet
- Donelan's Supermarket, Acton
- Drumlin Farm
- East Quarter Farm
- Emerson Hospital
- Gaining Ground
- Holy Family & St. Irene's Parishes
- Roche Bros, Acton
- Saint Matthew's United Methodist
- Shaw's, Stow
- St. Isidore Parish
- Stop & Shop of Acton
- Sudbury Farms
- Sudbury Foundation
- The Fenn School
- The Food Project
- Trader Joe's
- untill
- Verrill Farm
- William's Be Yourself Challenge
- Will Young

Fun Food Facts: Black Beans



Nearly every nutrition article recommends that we include more beans and legumes in our diet. For many of us, that's a big change from how we grew up, with dinner plates centered on a big piece of meat, poultry, or less often, fish. But there are so many delicious reasons for the current recommendations.

Beans, whether dried or canned, are a great source of protein and an easy way to get more fiber in your diet — a single serving gives you 30% of the fiber you need each day. What you may not know is that beans can help lower blood pressure, reduce cholesterol, reduce inflammation and add calcium for healthy bones. And they are relatively low in calories!

Although chili, soups, and stews in which beans play a starring role are great, you could also try adding a handful in salads, as a supporting ingredient or alongside your morning eggs. There are a handful of varieties of beans to choose from, and black beans are one of New England's favorite varieties.

Here's a tip: did you forget to soak those dried beans last night? No worries. Cover them with water, and bring them to a boil. Put the lid on the pot and let them sit for an hour. It will be as if you had soaked them all night.

Want to think (or cook) outside the box? There are many recipes that incorporate black beans into brownies, popsicles, and other treats. Surprisingly good. Here are two recipes to spur you to cook black beans more often.

[Black Bean Soup](#)

[Easy Black Bean Tacos](#)

Our Contact Information

{{(Organization Name)}}
{{(Organization Address)}}
{{(Organization Phone)}}
{{(Organization Website)}}



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