



OPEN TABLE

MORE LOVE – LESS HUNGER

News from Around the Table

There's Still Time to Join the Team

Our Ride for Food team has been training hard! Whether on a group walk or a solo ride, the miles are adding up. There is still time to join our Ride for Food team and walk or bike with us in Dedham on **October 6th**. You can also support your favorite teammate with a donation. Your participation will help bring more fresh produce, prepared meals, and grocery staples to neighbors in need. Thank you!



[Join or Support the Team](#)

Annual Meeting and Volunteer Appreciation

We've had a wonderful response to our Annual Meeting and Volunteer Appreciation Celebration invitation and look forward to seeing you all there! If you have any questions, please contact us at events@opentable.org

DATE: Monday, September 23
TIME: 6 - 8pm
LOCATION: Sanctuary, 82 Main Street, Maynard



**Annual Meeting and Volunteer Appreciation
September 23, 2024**

Take Action - Donate Bags

We have an urgent ACTION item for Hunger Action Month: **donate paper grocery bags**. Each week we pack hundreds of paper grocery bags for our clients. We are running critically low on our supply. You can drop off bags in our donation bins at our 33 Main St, Maynard or 40 Beharrell St, Concord locations whenever is convenient for you. No plastic or reusable bags, please. Thank you for taking ACTION to spread More Love, Less Hunger!



Can you fetch us some paper bags, please?

OPEN TABLE

Volunteer Spotlight: Joan Geoghegan

Joan Geoghegan is a dedicated member of Open Table's Distribution and Marketing teams, and recently joined the Board of Directors. With a background in communications and a passion for volunteering, Joan plays a vital role in supporting Open Table's mission to fight food insecurity. Growing up on a dairy farm, Joan has long understood the value of wholesome food and is proud to contribute to the local community. Read more about her volunteer journey on our website.



[Read More](#)

VOLUNTEER WITH US!

Come join the team that makes Open Table happen. Volunteer weekly or create your own schedule using our volunteer self-scheduling software. Help is needed across all service areas, but particularly in these:

Distribution: Work with a team of volunteers to distribute groceries to clients at our Fresh Air drive-by pantry. Assignments may include taking orders, directing traffic, shopping, or loading groceries in cars. Help needed Tuesday and Thursday afternoons

Pick and Pack: Be part of a crew processing incoming donations, sorting and bagging produce, shopping online orders in our pantry aisles and preparing grocery bags for distribution to clients. Help needed Monday afternoons, Wednesday and Thursday mornings

Kitchen help: Join a team of up to 5 volunteers under the direction of our Kitchen manager preparing single serving to go meals for our clients. Activities may include prepping ingredients, cooking, portioning and packaging. Volunteers must be able to lift 25lbs and stand for the duration of the shift. Help needed Monday through Thursday afternoons.

[Learn More or Register](#)

“Open Table has made a huge impact on our lives and we are very appreciative. The volunteers are great; they make a big difference.”

- Allison, CLIENT

Annex Update

Building walk-in refrigerators is a lot like adult Lego time! It is very exciting to see how much cold storage we'll have soon. The ceiling has also been framed, and the canopy ceiling between the two buildings is complete. This project has been a huge team effort, and we want to thank all the volunteers, staff, donors, town and state officials, and contractors for bringing it to life!



[Learn More](#)

Grocery Deliveries - In Style!

Concord Veterans Affairs Officer Dick Krug teamed up with long-time Open Table volunteer Hal Nichols for a special delivery this month. Rolling up in Dick's vintage Ford Model A, they brought not just groceries but a sense of nostalgia and community spirit. Every week, Dick picks up food from Open Table and personally delivers it to food-insecure veterans in Concord. It's a heartwarming way to support. More Love, Less Hunger with a touch of vintage style!



This month we also wanted to shout out for supporting the following organizations for supporting our mission.

- Assabet Co-op Market
- Aurelia's Garden
- Boston Area Gleaners
- Catania Oils
- Concord Market
- Congregation Kerem Shalom
- Crane Charitable Funds
- Crosby's Marketplace
- Debra's Natural Gourmet
- Discovery Museum
- Donelan's Supermarket, Acton
- Drumlin Fram
- Gaining Ground
- Hanscom AFB Commissary
- Holy Family Parish
- Nash Family Foundation
- Roche Bros., Acton
- Shaws, Stow
- Shrimad Rajchandra Love and Care USA
- St. Isidore Parish
- Stop & Shop, Acton
- Sudbury Farms
- The Food Project
- Trader Joes
- untill
- Verrill Farm

Fun Food Facts: Swiss Chard



Swiss chard is a beautiful vegetable, with its vibrantly colored stems and dark green, heavily textured leaves. Popular in European cuisines, it hasn't quite caught on yet in the US. It deserves more love because it is as good for you as it is to look at. Those vibrant colors are an indication of its abundant antioxidants, and chard's many vitamins and minerals support a healthy immune system and strengthen bones.

Swiss chard isn't Swiss at all, but has its origins in the Mediterranean. It is closely related to beets, but chard is all about the leaves rather than the roots. If you're ready to try some of this gorgeous vegetable, you might start simply, sautéing the stems and leaves with some garlic and lemon. One thing to know, however — chard is full of oxalic acid, as is spinach. If you have a gall bladder or kidney condition, you should check with your doctor first.

[Sautéed Swiss Chard](#)

[Swiss Chard Lentil Soup](#)

Our Contact Information

{{Organization Name}}

{{Organization Address}}

{{Organization Phone}}

{{Organization Website}}



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