



News Across the Table

Our Neighbors' Table, October 2021 / Edition 15

Heather's Recipe:

FRITTATA CAPRESE



Sick of the same old breakfast?
Try this easy egg dish!

PREP TIME: 10 Minutes

COOK TIME: 15 Minutes

SERVES: 4

INGREDIENTS:

- 6 large eggs
- 1/3 cup heavy whipping cream
- 1/2 tsp salt adjust to taste
- 1/2 cup of shaved parmesan
- 1/2 cup pearl mozzarella balls
- 1/2 cup cherry or grape tomatoes
- 6-8 fresh basil leaves torn into small pieces
- ¼ cup chopped onion if desired
- 1 cup
- 1 tbsp butter
- 3/4 tsp of garlic salt

DIRECTIONS:

1. Heat oven to 400 degrees
2. Spray 9x9 baking dish with non-stick coating or butter
3. Wisk eggs, whipping cream & garlic salt together
4. Cut tomatoes in half and chop onion into small pieces
5. Pour egg mixture into the baking dish and then stir in tomato & onion
6. Stir in fresh basil and mozzarella pearls
7. Sprinkle shaved parm over the top and then bake for 17 minutes



Heather Paterson is ONT's Meal Manager. Her delicious recipes are made into meals and available free for takeout every Wednesday from 4pm to 6pm at Main Street Congregational Church, 145 Main St., Amesbury.

Market News

Are there any items you aren't getting enough of? Is there something else you wish we offered? We'd love to hear from you! While we have limits on many items, we want to be sure that all guests are able to order the amount of food that is right for them. So, if you're finding that the limits are restrictive, please reach out to our Market Manager, Hannah.

Free help to get the Child Tax Credit & Stimulus Payments

Did you miss out on the Child Tax Credit (CTC) or Stimulus Payments because you didn't file taxes? The CTC is \$250/month for eligible kids between 6 and 17 and \$300/month for kids under 6. There is now a simple, easy online form to connect eligible families with the CTC and Stimulus Payments. The new form is in English and Spanish and mobile friendly. Go to [Findyourfunds.org](https://findyourfunds.org) to apply and for more information.

SNAP Update

EBT Card to Culture Admissions Discounts – The Department of Transitional Assistance and the Mass Cultural Council have partnered to offer discounted admissions to over 250 Massachusetts museums and cultural institutions/performances. You can receive free or reduced admissions to these places by showing your EBT card. P-EBT cards will also qualify through the end on 2021. Discounts and availability vary by institution, so you may want to call the place you want to visit first for details. For a complete list of participating organizations and more information, visit mass.gov/cardtoculture.

Apply for SNAP by phone!

Our Neighbors' Table is a SNAP Outreach Partner. We can help you apply for SNAP (food stamps) by phone. Call Tress at 978-388-1907, ext. 18 to apply, help with an open SNAP case, or to answer your questions about SNAP.



This project has been funded at least in part with Federal funds from USDA. This institution is an equal opportunity provider. The SNAP logo is a service mark of the U.S. Department of Agriculture. USDA does not endorse any goods, services, or enterprises.



Call Tress Ricker
978-388-1907 Ext 18

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Newburyport Youth Service

Newburyport Youth Services offers quality programs, events, and services for the Greater Newburyport area for youth and families. NYS encourages growth, self-exploration, empowerment and community, by applying positive youth development principles throughout our rec programming and family supports.

Did you know?

- NYS provides scholarships to all programming- including Rec Center memberships
- NYS offers many affinity groups for youth and families including groups for young people of color, LGBTQ+ youth, grandparents raising grandchildren, new parents, multicultural families, and siblings of children with special needs.
- Our Family to Family Holiday Program will be accepting applications for holiday assistance, which can be found on our website beginning on October 1st. This is a regional program that serves Newburyport, Amesbury, Salisbury, Newbury, West Newbury, and Rowley.

Visit: <https://newburyportyouthservices.com/> for more information!

Safety / Emergency Community Hotline Numbers

Domestic Violence: Jeannie Geiger Crisis Center, 978-388-1888, 24/7

Elder Abuse (over age 60): Elder Protective Services, 800-792-5200, 24/7

Child Abuse: Child Abuse Emergency Hotline, 800-792-5200 5pm-9am M-F, all day weekends & holidays

Suicide Prevention: National Suicide Prevention Hotline, 800-273-8255, 24/7

Help Wanted:

YWCA Greater Newburyport

Facility Manager (Exempt, Mon-Fri and as needed)

- Requires 3-5 years facilities, maintenance or construction experience including one (1) year of supervisory experience.

Membership Manager (Exempt Salaried)

- Bachelor's degree preferred, Sales experience required

Property Manager (Exempt Full-Time, Flexible hours with some evenings and weekends)

- Minimum 2 years experience managing housing projects
- LIHTC program certified (or able to obtain within 3 months)

Lifeguard (Full-Time and Part-Time)

- Must be able to pass Lifeguard Certification swim requirements

Front Desk (Full-Time and Part-Time)

- Must have good interpersonal and computer skills

YWCA School's Out (Part-Time, Mon-Fri, 2:00 PM-6:00 PM)

- High School Diploma preferred
- Must pass Department of Early Education and Care Criminal Record Background

For more information, including how to apply, visit www.ywcanewburyport.org/employment/

Volunteer Profile: Amy Vander Els



When Amy Vander Els stocked the Market before COVID, she loved to see the joy on guests' faces as they picked out their favorite fresh fruits and vegetables. "When volunteers would come in for their shift," she said, "guests waiting for the Market to open would honk their car horns and hug the volunteers as they came

through the door." Amy says these were some of the most powerful moments she has experienced at ONT. Amy started volunteering in the Market about 4 years ago but currently works in the Office, helping to ensure every guest can place their order.

As Amy started learning more about ONT's mission and reputation in the region, she knew she had to get involved. Amy says she feels "more connected to the community" by volunteering at ONT because "you get to meet people outside of your usual network that you might not have met otherwise." She loves that she has met people from all walks of life and made connections with guests or volunteers of different age groups.

Amy grew up in the Seacoast of New Hampshire, where she lived until she went overseas to teach art. For 7 years, she taught in Italy, Hungary, and the Cayman Islands! Afterward, Amy returned to Amesbury and opened an art studio where she creates unique jewelry, teaches art classes, and paints. In her free time, she likes walking, yoga, cooking, and eating different foods.

Amy, thank you for all of your hard work and dedication to ONT!

Our Neighbors' Table Location & Hours Information:

Newburyport Market: Newburyport Senior Center, 331 High St., Newburyport

Thursdays, 10:00am - 11:30 am

Amesbury Market : 194 Main St., Amesbury

Wednesdays: 10:00am - 1:00pm and 2:00pm - 4:00pm

Thursdays: 12:00pm - 3:00pm and 4:00pm - 6:00pm

Fridays: 9:00am - 12:00pm and 1:00pm - 3:00pm

Saturdays: 9:00am - 1:00pm

Grocery orders can be placed online or by phone until 3pm the day before pick-up. Order groceries at:

ourneighborstable.org/getfood



978-388-1907

194 Main Street, Amesbury, MA 01913

www.ourneighborstable.org