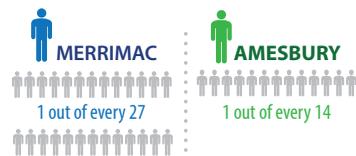




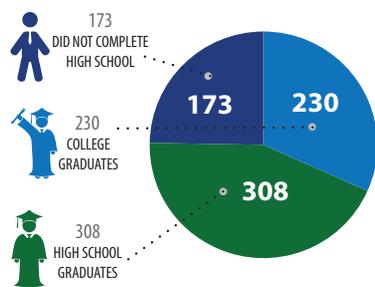
2014
Take a look at who
YOU helped feed

1750 total people served

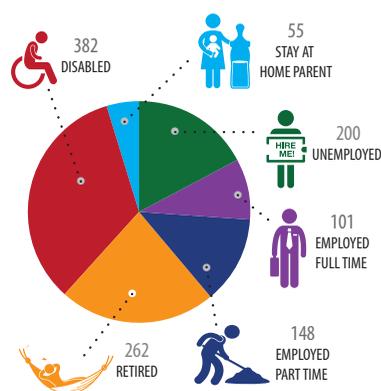
409 NEW Households in 2014 | 1039 Total Households



EDUCATION



EMPLOYMENT



INCOME

96% or **1009** Households earning at or below 185% of federal poverty level: \$44,000 per family of 4

\$72,000 / year required to support family of 4. Gittenton Women's Union Economic Index determination of \$5 required to support bare minimum (shelter, minimum food and clothing, electricity and heat) for family of four

10% or **105** Households where 1 or more members are military veterans

ONT's Commitment to Seniors

For 1 in 6 seniors in the United States, hunger is a real struggle. (National Council on Aging) Seniors who go without proper nutrition are more likely to experience serious medical problems such as depression, heart attack, asthma and congestive heart failure.

Our Neighbors' Table has always been committed to the seniors in our community. With help from the Greater Boston Food Bank, we are able to serve hungry seniors through several different programs, including a bi-monthly mobile distribution program to seniors in low-income housing; partnerships with COA's in Amesbury, Merrimac and Groveland, and a delivery program to homebound seniors.

One of our volunteers, Lyn, who is 86 years old, recently spoke with the Greater Boston Food Bank about her experience. Lyn receives a variety of groceries from ONT each month, including fresh fruits and vegetables. "The food from the Brown Bag program is very good, especially when you're not feeling well and can't get out. My favorite item is a whole chicken, because then I can make my cacciatore. I have food in my freezer for the whole month, which is very good."



Photo courtesy of Greater Boston Food Bank

Lyn helps with our food distribution program to seniors who live in low income housing. *"I sort of fell into volunteering at the food distributions. I walked into the room and they needed help, so I started helping. It is a big operation, and we're working hard from when the ONT truck arrives with the food [to] when we're helping the final guests choose and bag their food items. Now, they have me at the sign-in table where I greet everyone and explain how things work. It's fun! I'm the first one they see."*

In 2014, ONT served close to 300 seniors in need. Thanks to Lyn, our community partners, and countless other volunteers, we do our best to see that no senior in our community goes hungry.

Dot's Story

One of the most remarkable things about Our Neighbors' Table is the number of volunteers who are also current or former recipients of our programs and services. One such volunteer is Dot, who first came to our food pantry when she was going through a divorce and

struggling to feed her family. It was important to Dot to feed her family nutritious meals, and when she couldn't do it on her own, she came to ONT for assistance. Not only did Dot find healthy food choices that helped her to stretch her budget, but she found, to her great surprise, that she was treated with dignity and respect. She is now happily back on her feet, and volunteers in our office. Dot sat down for an interview with ONT's Executive Director, Lyndsey Haight, to talk about ONT's impact on her and her family. To read Dot's inspiring story, please visit ourneighborstable.org/inspiringstories. To read Dot's inspiring story, please click here (or for print version – please go to ourneighborstable.org/inspiringstories)



Photo courtesy of Newburyport Daily News, Jim Vaiknoras

Letter from Executive Director

In 1992, a small group of concerned members of the Amesbury Council of Churches came together with the intention of providing a hot meal and a welcoming place for local residents who may not have a place to eat of their own. Today, the reach and impact of Our Neighbors' Table has grown exponentially.

In 2014, Our Neighbors' Table served an average of 130 guests each week at our Wednesday dinner, providing every guest with a nutritious, wholesome three-course meal, a take-home meal for the next day, and most-importantly and without exception, a warm and welcoming smile.

Our food pantry now includes four sites across Amesbury and Merrimac, home delivery programs in collaboration with Councils on Aging in Amesbury, Groveland, and Merrimac, a Summer Lunch Program providing nutritious food for families who otherwise struggle through the summer school break, holiday assistance for Easter, Thanksgiving AND Christmas, and 24/7 emergency assistance.

A long cry from a weekly meal serving a few, ONT is now a full-fledged operation providing more than 400,000 meals to the Lower Merrimack Valley. Our founders probably never envisioned this kind of growth, but the reality is none of us ever envisioned this kind of need in our community. Through the unprecedented increase in unemployment and loss of benefits between 2010 and 2012, to the high incidence of need – we served 1 of every 14 Amesbury residents and 1 of every 27 Merrimac residents last year – ONT is proud to be able to keep up and meet demand. Without question, this is possible ONLY because of the support we receive from our community. From the 250+ hours of volunteer service put in each week to the incredible financial generosity of hundreds of donors, every bead of sweat and every penny add up to something far greater than the sum of its parts.

I know that everyone I work with – staff, volunteers, guests, alike – share the feeling of privilege and humility I have for being a part of this place called Our Neighbors' Table and to know that we are making a difference in the lives of so many. As we reflect on our accomplishments of the past year, we are reminded that behind every statistic, there is a person, a story, a mother, a son, a grandmother, a friend. There is someone who started their day with a healthy breakfast because of YOUR help. Thank you to all who have made our mission your mission.

Most appreciatively,

Lyndsey Haight

Lyndsey Haight
Executive Director

Hunger comes in many forms. Our Neighbors' Table is committed to establishing a community that provides for the whole person with nourishing food, kindness, and dignity.

An Unbelievable Gift

The highlight of 2014 for Our Neighbors' Table was an unexpected, amazing gift from Greg Jardis, owner of Amesbury Industrial Supply Co. Greg donated a 5,000 square foot commercial space located at 194 Main Street to ONT – an act of generosity that will impact generations to come! As our board, staff, volunteers and guests work to design and create this new space, we know that our mission – to provide nourishing food, kindness and dignity to our neighbors in need – will be helped immeasurably by this great act of kindness. Unbelievably, Greg is also donating up to \$250,000 in renovation funds, and challenging the community to join with him in contributing to the future of Our Neighbors' Table - helping us to ensure that no one in our community – no child, no family, no senior, no veteran, no individual – goes hungry. Thank you Greg – our gratitude is beyond expression!

ourneighborstable.org

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