



# News Across the Table

Our Neighbors' Table, August 2021 / Edition 13

## Heather's Recipe:

### QUICK & EASY PICO DE GALLO



This easy Pico de Gallo recipe is a classic for good reason. It pairs with just about everything! My tip is it's best to serve it the same day that it's made.

**PREP TIME:** 10 mins.

**SERVES:** 8

#### **INGREDIENTS:**

- 6 plum tomatoes chopped
- 1 small red onion finely chopped
- ½ cup fresh cilantro chopped
- 3 tablespoons of lime juice (about 1 lime)
- 1 garlic clove minced
- Salt and pepper to Taste
- ½ teaspoon of olive oil
- (if you like spice add some fresh chopped jalapeno)

#### **DIRECTIONS:**

Mix Ingredients together in a bowl and serve with chips, over grilled meats or on your favorite Mexican dishes



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

The Amesbury market will not be reopening for in person shopping in 2021. While we are all eager to invite you inside, our market does not allow for social distancing. Your health is a priority for everyone at Our Neighbors' Table and continuing to offer curbside pickup is the safest option for all of us. We appreciate your patience and look forward to welcoming you all into the market in 2022.

## SNAP Awareness Week At ONT - A Great Success!

Our Neighbors' Table celebrated its first annual SNAP Awareness Week July 19 through July 24th. We held trainings covering the value of SNAP, its underutilization and discussed ways that we can increase community awareness and participation. We also held informational tables outside of all of our markets and were able to sign guests up for SNAP appointments on the spot. The SNAP campaign was very well received. If you are interested in making a SNAP appointment with ONT please call: **978-388-1907 ext. 18** or go to: **[www.ourneighborstable.org/snap](http://www.ourneighborstable.org/snap)** and click on "Schedule Your Appointment".

## SNAP Update

Did you know that if you have SNAP, you can use your EBT card at participating farm stands and farmer's market vendors to buy fresh fruits and vegetables and DTA will reimburse your card? It's called the Healthy Incentives Program (HIP), and there is no special sign-up for it. If you get SNAP benefits, you are automatically enrolled. Depending on your SNAP household size, you can get reimbursed up to \$40 (1-2 persons), \$60 (3-5 persons), or \$80 (6+ persons) each month. You have to make sure you have the money on your card and pay with the EBT card first, then your card will immediately be credited for the amount you spent, up to the monthly limit.

DTA continues to expand the number of participating HIP vendors. Below is the list of vendors close to our area:

- **Heron Pond Farm**, 299 Main Ave., South Hampton, NH, 603-394-0129
- **Clark's Farm Stand**, 436 Salem St., Haverhill, 978-994-4315
- **Wally's Vegetables**, 799 Amesbury Rd., Haverhill, 978-374-9039
- **Long Hill Orchard**, 520 Main St., West Newbury, 978-363-2170
- **Marini Farm**, 259 Linebrook Rd., Ipswich, 978-356-0430
- **Farmer Dave's**, 437 Parker Rd., Dracut, 978-349-1952

Please call the farms directly to get their hours of operation as well as their farmers' market schedule at a location near you. For more information about HIP or to find other vendors throughout Massachusetts, visit: **[www.mass.gov/service-details/massachusetts-healthy-incentives-program-hip](http://www.mass.gov/service-details/massachusetts-healthy-incentives-program-hip)**



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**Call Tress Ricker  
978-388-1907 Ext 18**

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## Newburyport Society for the Relief of Aged Women

The Newburyport Society for the Relief of Aged Women (NSRAW) provides financial assistance for women over age 60 who have lived in Newburyport, Salisbury, or Newbury for at least one year, or who have recently had to leave the area for financial or medical reasons. NSRAW prioritizes women who have limited assets and demonstrate an urgent need for financial assistance.

NSRAW may cover expenses such as:

- Dental, medical, or mental health care
- Home heating fuel and utility fees
- Housing or rental costs
- Food insecurity
- Car repairs

To apply, download and complete the confidential application at NSRAW's website:

[www.NSRAW.org/individuals](http://www.NSRAW.org/individuals)

NSRAW works closely with Pettengill House, a local social services organization. **If you need help filling out the NSRAW application, contact Pettengill to assist you at 978-463-8801.**

### You could qualify for \$0 or low monthly health premiums if you receive or received unemployment in 2021!

You could now qualify for \$0 or low monthly health insurance through the Health Connector – even if you didn't qualify before based on your household income. *Why?* There are some new rules based on the American Rescue Plan that was recently passed as part of the Covid-19 bill.

If you have already filled an application out previously, simply go into [www.mahealthconnector.org](http://www.mahealthconnector.org) and go to your current application and update any information. If you have not applied before, go into the same website and fill out a new application. **If you need customer service call 877-632-6765 or TTY 877-623-7772.** You can also make an appointment with a certified enrollment assister at Greater Lawrence Community Health Center at (978) 686-0090. *Important to note: The deadline for applying is the 23<sup>rd</sup> of each month and if you are eligible for a plan then coverage could start as soon as the 1<sup>st</sup> of the following month.*

After applying wait 1 day and sign back into the website to see if you are eligible. The system will generate all plans you are eligible for and list the plans and the savings out for you.

## Volunteer Profile: Jeanne Langis



Volunteer, Jeanne Langis, has been helping out with Our Neighbors' Table's markets for about five years. "I heard about them (ONT) and I grew up kind of hard and I wanted to give back," said Jeanne.

Thanks to Jeanne, our Amesbury Market has been stocked over the years and she has made also sure the Newburyport Market is also set up and ready to go. Throughout the entirety of the pandemic, Jeanne has volunteered three times a week making sure all the dry goods are packed for every guest's grocery order. "For months and months I asked if she needed or wanted to take a day off and she always said no. She might have taken three days off since March 2020. She's wonderful," said Market Manager, Hannah. Jeanne has been a constant in a year filled with change. "I love the people and the idea that I'm helping people, that I'm making a contribution," said Jeanne. When asked for a memorable moment, she said "There was this little girl. And it broke my heart. She reminded me of my grandchild. She had to ask me some things and it just broke my heart."

Jeanne has lived in the area for 45 years. She retired from working for the IRS and now has some free time. "I like to garden vegetables and flowers and I babysit for my grandchildren."

Thank you to Jeanne for all of her hard work, not only during the pandemic, but these past five years at 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

**Merrimac Market:** The Merrimac Mobile Market is temporarily suspended. ONT guests who live in Merrimac are invited to pick up their groceries at our locations in Amesbury or Newburyport.

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

[ourneighborstable.org/getfood](http://ourneighborstable.org/getfood)



#### **"OPERATION BACKPACK" IS UNDERWAY!**

Be prepared for your children heading back to school. If you need school supplies for your children this year, please give **Pettengill House** a call at **(978) 463-8801.**