



News Across the Table

Our Neighbors' Table, February 2022 / Edition 19



FREE At-home Covid Tests

The government is issuing 4 free at-home covid tests per family. The website to order them is officially up and running. For free Covid tests

go to: **Covidtest.gov**. You will simply need to provide your email address and your mailing address - money is not required, health insurance is not required! It's simple, just sign on and order your 4 free Covid tests. It takes 1 minute!



Heather's Recipe: Easy Peanut Butter Cookies

Only 3 Ingredients!
Your family will beg you to make them again & again!

INGREDIENTS

- 1 cup of peanut butter (crunchy or creamy)
- ½ cup of sugar
- 1 egg

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a large bowl mix together peanut butter, sugar and egg.
3. Scoop out a spoonful of dough and roll it into a ball. Place the cookie balls onto a nonstick baking sheet.
4. To help the cookies bake more evenly, flatten balls by pressing down with a fork across the top and then do it again in the opposite direction creating a crisscross pattern.
5. Bake for 8-10 minutes or until the bottom of the cookies are golden brown.
6. Remove from baking sheet and cool
7. Grab a glass of milk, your favorite kid and enjoy the moment!



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

Additional Toiletries

When placing an order for groceries you can now add **two toiletries to your cart in addition to one roll of toilet paper**. If you have children in your household, you can also add one pack of any size diapers. If there are any toiletries you need regularly and are unable to get from Our Neighbors' Table, feel free to call our office (978-388-1907) and ask for Hannah. We're always looking for ways to cater our inventory to your needs, and appreciate your suggestions.

SNAP Update

The Biden Administration has extended the federal public health emergency declaration due to COVID until at least mid-April 2022. This means that the COVID emergency allotments will continue for SNAP recipients until at least then. The emergency allotments are put on your EBT card on the 2nd business day of the month following the month it is for. For example, the February emergency allotments will go on the cards on March 2nd, and the March allotments will go on the cards on April 4th.

SNAP recipients can now use their SNAP EBT benefits to buy groceries online from participating BJs stores for pickup and delivery. BJs is the seventh SNAP online retailer in the Commonwealth, joining Stop & Shop, Walmart and Amazon, as well as ALDI, Hannaford, Price Chopper and Stop & Shop via Instacart. All BJs clubs accept SNAP and now also accept SNAP EBT payments on BJs.com for in-Club curbside pickup, shipment to home and same day delivery. Similar to using SNAP benefits to purchase food in a store, benefits can be used to buy SNAP-eligible foods online, including fresh produce, frozen foods, dairy and eggs. For more information on the Massachusetts program, visit www.Mass.gov/SNAPOnline.

The SNAP maximum gross income guidelines have been increased for 2022 to reflect the increased cost of living. If you were previously screened for SNAP and told you were slightly over the income guidelines, call Tress at ONT to be re-assessed using the new guidelines. Tress is available Tuesday through Saturday at 978-388-1907, ext. 18, or through email at tress@ourneighborstable.org.

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.



Call Tress Ricker
978-388-1907
Ext 18

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.

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Fuel Assistance

It's not too late to apply for Fuel Assistance for the 21-22 winter heating season! Applications can be submitted up until April 30th. The income guidelines for Fuel Assistance are higher than other publicly funded programs, so even if you do not qualify for SNAP or MassHealth, you may qualify for Fuel Assistance. Below are the 2022 annual gross income guidelines for Fuel Assistance, which is also called LIHEAP.

Number of People in a Household	60% of Estimated State Median Income
1	\$ 40,951
2	\$ 53,551
3	\$ 66,151
4	\$ 78,751
5	\$ 91,351
6	\$ 103,951

The Fuel Assistance program assists eligible households pay their heating bills during the winter/spring season or until benefits are exhausted. Fuel Assistance clients also receive various discounts such as telephone discounts, electric discounts, and gas and oil discounts. Clients will also be provided help with past due arrearage management as well as access to the other energy assistance programs that help save money.

Whether your heat source is electric, oil, natural gas, propane, kerosene, coal, or wood, Fuel Assistance can help with the costs for eligible households.

Is your heat included in your rent? You can still apply for fuel assistance. If you qualify, Fuel Assistance will pay a portion of your rent directly to your landlord.

You can apply for Fuel Assistance in our area through **Community Action, Inc.**, in Haverhill by calling them at **978-373-1971** or applying online at www.toapply.org/CAI

River Valley Charter School Open Enrollment

Interested families can apply today for Full Day Kindergarten lottery. Grade 1-8 applicants will be entered in the lottery and placed on a waitlist.

Application deadline: Tuesday, February 15, 2022 by 4:00 pm.

Application and information available online at: www.rivervalleycharter.org **Questions? Call 978-465-0065 or email rvcs@rivervalleycharter.org**



Volunteer Profile: Robert Schoen



Robert Schoen has worked "behind the scenes" as a Warehouse volunteer since early 2021. He had been donating to ONT, but found that he had more time on his hands once the pandemic hit and decided to volunteer as well. He enjoys unloading truck shipments from the Greater Boston Food Bank because, though it is physically demanding, he feels it is one of the most essential parts of ONT distribution. Robert

speaks fondly of the regulars in the Warehouse and appreciates that they can laugh and joke about everything.

Before Robert moved to the Amesbury area in 2016, he traveled all over the world. He has even spent 2 months in India! In one particular 6-month stint, Robert made his way around Europe, to the sprawling Mediterranean Sea, and then through parts of the Middle East. After this journey, he lived and worked in Germany for a few years.

As a commercial photographer, Robert captures moments on camera as if they are stories. Whether it be the story of an employee's workday or a village morning in Kenya, Robert's photos are stunning and expressive. Along with photography, Robert enjoys completing carpentry projects around his house and used to sing in a choir.

Robert, thank you for all you do in the Warehouse and for ONT!

Our Neighbors' Table Locations & Hours:

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

Safety / Emergency Community Hotline Numbers

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

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

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

Disabled Abuse: Disabled Person's Protection Commission, **800-426-9009**, 24/7

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