



News Across the Table

Our Neighbors' Table, January 2021 / Edition 6



Heather's Recipe: Rise & Shine Egg Bites

INGREDIENTS:

- Cooking spray
- 2 cups broccoli florets, cooked until crisp-tender
- 3 bacon slices, cooked and crumbled
- 8 large eggs
- 1/4 cup low fat milk
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 ounces sharp cheddar cheese, shredded (about 1/2 packed cup)

INSTRUCTIONS:

1. Preheat oven to 350°F
2. Coat 12 standard-size muffin cups with cooking spray. Divide broccoli and bacon evenly among muffin cups
3. Crack eggs into a large bowl. Add milk, salt, and pepper; stir with a whisk until well combined
4. Divide egg mixture evenly among muffin cups. Sprinkle cheese evenly on top. Bake at 350°F for 18 to 20 minutes or until just set. Cool on a wire rack for 2 to 3 minutes; run a thin knife around edge of each egg bite to release from pan. Serve immediately.

NOTE: You can freeze these egg bites. Just reheat in microwave before serving



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.



Meet our new Director of Supply Chain & Logistics: Mike Marshall

This month ONT welcomed our newest employee, Mike Marshall. We are excited about having Mike in the position of Director of Supply Chain and Logistics. Mike is no stranger to ONT, as he volunteered for ONT in the past as a truck driver for the warehouse and also helped us to set up our initial inventory system. Mike says he really enjoyed volunteering and always wished he could work here, so he jumped on

the opportunity when he saw that this new position was created. Mike has years of experience, having worked in supply chain logistics for his entire career, in the fields of food production, medical devices, manufacturing, and automotive transportation. Mike's duties involve overseeing the movement of food in and out of our warehouse and helping to streamline the processes involved in receiving the food, sorting it, storing it, keeping track of it, and setting it out for the packing volunteers who pack each guest's orders. We are excited to have Mike on board.

Market Update

Thank you for helping us complete a successful December holiday distribution. Over 800 families shopped at ONT and we distributed upwards of 35,000 pounds of food! We look forward to continuing to provide a variety of food to our guests and families in our communities in 2021. Food insecurity and issues with the food distribution systems have been a frequent topic in the media during the COVID state of emergency. Our suppliers have committed to maintaining a consistent offering of foods, and we are so thankful for their support.

Free Universal School Lunch Expanded

The U.S. Dept. of Agriculture has extended the waiver that allows school districts to distribute free pick-up meals for kids through June 30, 2021. This means that schools can continue to give out free to-go meals to any and all students—everyone qualifies. Contact your child's school to find out local distribution times.

SNAP Update

SNAP benefits will be **increased by 15% from January—June 2021** as mandated in the recently passed COVID relief bill. DTA is working to implement this change. SNAP recipients will receive the extra benefit for January in February.

Also included in the COVID relief bill was a \$300 per week increase to unemployment benefits. Unlike in the spring, this extra benefit will **not** be counted as income under SNAP rules.

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.



SNAP benefits are put on an electronic card that is used like an ATM card or a bank card and can be used at most supermarkets, convenience stores, and some farmers' markets. Income guidelines apply. 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.

Para ler esta newsletter em portugues, visite o site www.ourneighborstable.org/guestnewsletter para fazer o download do pdf com a versão traduzida.



Coping with Stressful Times

Everyone reacts differently to stressful situations. How you respond to stress during the COVID-19 pandemic can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. The changes that can happen because of the COVID-19 pandemic and the ways we try to contain the spread of the virus can affect anyone.



Take care of yourself and your community. Taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. Helping others cope with their stress, such as by providing social support, can also make your community stronger. During times of increased social distancing, people can still maintain social connections and care for their mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated.

Nationwide HOTLINES:

National Suicide Prevention Lifeline:

1-800-273-TALK (8255) for English,
1-888-628-9454 for Spanish



National Domestic Violence Hotline:

1-800-799-7233 or text LOVEIS to 22522

National Child Abuse Hotline:

1-800-4AChild (1-800-422-4453) or text 1-800-422-4453

National Sexual Assault Hotline:

1-800-656-HOPE (4673)

The Eldercare Locator: 1-800-677-1116

Veteran's Crisis Line: 1-800-273-TALK (8255) or Crisis Chat or text: 8388255

Disaster Distress Helpline:

CALL or TEXT 1-800-985-5990 (press 2 for Spanish).

Source: Centers for Disease Control

Healthy ways to cope with stress

- Know what to do if you are sick and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19.
- Know where and how to get treatment and other support services and resources, including counseling or therapy (in person or through telehealth services).
- Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
- Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol and drug use.



Source: Centers for Disease Control

Please **continue to wear a mask** when picking up your groceries. We also ask that you turn off your car when the volunteers are loading your groceries. Thank you for your patience and understanding.

Amesbury Market location and hours:

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

Newburyport Market: Thursdays, 10:00am - 12:00pm
Newburyport Senior Center, 331 High St., Newburyport

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

Questions? Comments? Ideas for future newsletters?
Call or email Tress, ONT's Food Resource Advocate at:
(978) 388-1907 ext. 18
or email: tress@ourneighborstable.org

Our Neighbors' Table

194 Main St., Amesbury MA 01913 (978) 388-1907

www.ourneighborstable.org

Si desea leer este boletín en español, visite
www.ourneighborstable.org/guestnewsletter para descargar la traducción del pdf.