



# News Across the Table

Our Neighbors' Table, July 2021 / Edition 12

## WIC is open during the pandemic

WIC has free, healthy food and personalized nutrition services for children under age 5 and pregnant or breastfeeding women. They can also help refer you to other services. Income guidelines apply.

To learn more, contact Community Action, Inc. at 978-374-2191 or visit [www.communityactioninc.org](http://www.communityactioninc.org)

## Heather's Recipe: Watermelon Summer Salad



Nothing says summer like watermelon! This salad is so easy to make.

**PREP TIME:** 10

mins.

**SERVES:** 4

### **INGREDIENTS:**

- 3 cups watermelon cubed or balled
- 1 1/2 cups sliced cucumber seeds removed)
- 2 tablespoons mint thinly sliced or small mint leaves
- 1/3 cup feta cheese crumbled
- 3 tablespoons olive oil
- 1 tablespoon lime juice
- salt and pepper to taste

### **DIRECTIONS**

Place the watermelon, cucumber and mint in a large bowl. In a small bowl, whisk together the olive oil, lime juice and salt and pepper. Drizzle the dressing over the melon mixture and toss to coat.

Sprinkle with feta and serve.



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,

## **Our Neighbors' Table Hosting "SNAP Awareness Week"**

**July 19th through July 24th**

**What is SNAP? SNAP is money for food!** It is a federal program (Supplemental Nutrition Assistance Program) that puts money on a debit-style card each month to everyone who qualifies. You can then take the debit-style card and use it at grocery stores like Market Basket, Stop and Shop and Shaw's and many farmers' markets and convenience stores too.

During SNAP Awareness week, Our Neighbors' Table will host a series of events to celebrate SNAP. One event we will be hosting is a **SNAP Information Table at many of our curbside pick up locations, including the Wednesday Evening Meal and Newburyport Thursday curbside pick up. Keep a look out for the green and blue balloons to mark our locations.** Please come up to the table to say hello, ask any SNAP questions you may have, and grab a flyer or business card. For those interested in seeing if they qualify, Tress will be at the table events and can sit with you for 5 minutes to determine your eligibility. If you are likely eligible for the program, she will make a phone appointment with you to help you apply as soon as possible. If Tress is not there when you visit you may leave your name and phone number and she will call you back to check your eligibility.

There are many folks in our community who are eligible for SNAP and are not receiving it! It is our hope that this event will bring more awareness to just how important the SNAP program is in helping folks save money and have access to fresh and nutritious foods at the same time. **ONT is a licensed SNAP Partner and can easily help you enroll, so come on over and say hello and learn more about how you too can access 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**

## **Pandemic Benefit update and SNAP update**

**Pandemic benefits** -Governor Baker's modified declaration of a public health emergency allows Massachusetts to continue providing the extra pandemic benefit after June 2021. These temporary benefits will continue as long as there is a state and federal emergency declaration. You will still receive your normal benefit amount on your normal day. You will also receive the difference between what your normal amount is and the maximum amount for your household size. If this amount is less than \$95, you will receive \$95.

**Child tax credits**—The federal government will be distributing the child tax credit amounts starting July 15th for eligible families. This income will not count against your SNAP benefits and does not need to be reported to DTA.

### **P-EBT update**

If your school-aged child got P-EBT benefits this past school year, you will be given P-EBT benefits for the summer starting on July 1st. Students who graduated from school are not eligible. If you are on SNAP and have a child aged 0-5, you will also get a summer P-EBT benefit added to your EBT card on the 25th of the month. Visit [map-ebt.org](http://map-ebt.org) for more information.



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## MARKET NEWS

### Meet ONT's new Market Coordinator—Sonja



I was born and raised in Yugoslavia, in a part that is now known as Croatia. I faced food insecurity growing up, although I didn't know it. Most of my friends were in the same situation and due to my mother and grandmother's ingenuity in preparing meals out of nothing, I was never hungry.

I studied biotechnology at the University of Zagreb and upon my graduation decided to move to Canada for a year to be an au pair. While in Canada, I reconnected with a young man from Boston who I met in Croatia years before and we started dating. We were married and this year we are celebrating our 30th anniversary.

My career started in biotech research and continued in big pharma until I decided to take time off to raise our children. After 8 years I found myself back in the workforce, this time working in biologicals manufacturing where I started as a manufacturing technician and through the years progressed to management in manufacturing and operations.

Working with the staff and volunteers at ONT to ensure we provide the best service possible will be my drive and a high point of my day - every day!



## Community

## Resources

### Northeast Legal Aide Rent/Eviction Help

Are you behind on rent or facing eviction? The lawyers at Northeast Legal Aid may be able to help if:

- Your landlord has sent you a Notice to Quit for nonpayment of rent
- You have received a Summons and Complaint.
- Your landlord is not taking you to court but is attempting to force you out in other ways
- Your landlord is pressuring you to sign an agreement outside of court
- Your case is in Housing Court and you need legal representation
- You will be facing eviction after the CDC eviction moratorium expires on June 30th.

For assistance, contact Northeast Legal Aid at 978-458-1465 or at [www.northeastlegalaid.org/get-legal-help](http://www.northeastlegalaid.org/get-legal-help)

### Did you miss getting a stimulus check?

If you missed getting a stimulus check due to homelessness or not having a bank account or because you are not required to file 2020 taxes, you can still get the payment by filing a 2020 tax return. A homeless shelter counts as a home, or use a trusted friend or relative's address for mail. Visit the FDIC website for details on opening an online bank account at [www.fdic.gov/getbanked](http://www.fdic.gov/getbanked). Mass. Law Reform Institute has more info at [www.masslegalhelp.org/covid-19/stimulus-payment](http://www.masslegalhelp.org/covid-19/stimulus-payment)

## Volunteer Profile: John, Eli, & Cade Giordano



The Giordanos—John, Eli, and Cade—have been volunteering in ONT's Mobile Market for almost a year now. "My two sons, Eli and Cade, started volunteering last summer because they really

wanted to do something that would help people during the pandemic and I got inspired by them. We all decided to volunteer on the same night so we could do a shift together," said John. What started off as a volunteer opportunity became a weekly family activity for the Giordanos who volunteer together packing groceries every Wednesday night. "We hold the value that it's important to help out and ONT is a great way to do that. We're dedicated to social justice and being good members of the local and global community," said Eli.

They all agree that the best part of volunteering is being part of this community. Providing an outlet to socialize during lockdowns, seeing the general outcome of their work in the community, and meeting new people united under one mission. Cade states that "no matter who you are working with here, we all have the same commitment to this mission."

Outside of volunteering, they live busy lives. John works as a teacher for humanities and has a college counseling business. He spends his free time running, reading, helping community groups, and spending time with friends. Eli and Cade are both artistically inclined as Cade runs his own screen-printing business and is working towards a Bachelors in Fine Arts, and Eli does 3D visual art and edits videos as a side hobby. Thank you to the Giordano family for your support and hands-on help this past year!

### Our Neighbors' Table Location & Hours Information:

#### **Newburyport Market: New location as of 6/3/21**

**Newburyport Senior Center, 331 High St., Newburyport**

Same day and time frame: 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:

### **Home care work opportunity**

Multicultural Home Care, Inc., in Lawrence is hiring full time and per diem workers. Flexible schedule and benefits for those who qualify. **Call 978-689-8666 or visit [www.multiculturalhomecare.com](http://www.multiculturalhomecare.com)**

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