




News Across the Table




Our Neighbors' Table, June 2021 / Edition 11

News from the Market—Summer Lunch FAQs

What is Summer Lunch Program? Every summer Our Neighbors' table offers extra kid-friendly foods to families with children. 

What kinds of items are available? Our inventory will change weekly, but some potential offerings will include hot dogs, pancake mix, jelly, and skillet dinners.

When does it start? Items will be available mid-June

Do I need to sign up? Nope! If you have children registered in your household, the items will automatically appear when you place your grocery order. However, if you have children living with you who are not registered guests at ONT, please call the office so we can add them to your household.   



Heather's Recipe:

How to Grill Burgers: 8 keys to success!

Here's a little help to make this grilling season your best. Follow these simple steps and grill like a pro! **1. Not the time to cut the fat:** Fat adds flavor. I use 85% lean ground beef. **2. Prepare burger patties and chill them.** This helps them to stay intact. **3. Stick your thumb in it.** Pressing your thumb into the center of the burger to make a divot will keep it from bulging as it grills. **4. Brush burgers with olive oil before grilling.** Keeps burgers from sticking on the grill and gives a nice sear, sealing the juices inside. **5. NEVER push on a burger when grilling!** This squeezes out flavorful juices. **6. Turn Once.** Start with a hot grill, allowing a 2-3 minute sear on one side and turning to fully cook on the opposite side. **7. Check the internal temperature.** Use an instant red meat thermometer (you can find these in the grocery or dollar store) and ensure the internal temperature has reached 160. **8. Allow burgers to rest before serving.** Let burgers sit for about 5 mins before serving so they remain juicy and intact.



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

A note from our Executive Director; Lyndsey Haight



We're celebrating the 5th anniversary of the opening of the Amesbury Market at the Jardis-Taylor Center for Our Neighbors' Table!!! I can't believe 5 years has passed, but I remember all of the planning like it was yesterday. I remember meeting in the dining room of the Main Street Church (where our Wednesday Meal is served) with more than 50 ONT guests, volunteers and community members to

dream of what our market could look like. If you were there with me, you remember the excitement when we finally opened the doors. If you started shopping in our market or working with ONT since then, I hope you can feel the love that went into building this space just for you. Sure, we're not filling her halls with people and laughter like we used to, but without this building, we'd never be able to offer the online shopping this past year. Just like 5 years ago, your input is so important to shape our programs and our future. Thank you for participating in our Guest Satisfaction Survey. We got more than 500 responses! The team is analyzing the results and we look forward to sharing what we heard with you in the coming weeks.

SNAP Update

Starting on June 28th, local DTA offices will reopen for limited services for those without internet or phone access. Our area office is at 280 Merrimack St. in Lawrence. There will be kiosks available to use so you can drop off or scan documents to send to DTA and phones available to be able to talk with DTA caseworkers. This is a walk-in service and no appointment is necessary. All of the current remote services using internet and phone will still be available, and Our Neighbors' Table can still help you with getting documents to DTA or applying for SNAP by phone.

P-EBT update

If your child returned to school full time, you will not get a P-EBT benefit for the months your child is in school, as they will be able to get free breakfast and lunch at school. Hold onto your cards, however, as the benefit will resume once school is out for the summer. You can still use any benefit leftover on the card from previous months.

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.

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Community Resources

YWCA at Hillside NOW accepting applications!

YWCA Hillside in Newburyport is now accepting applications for affordable and subsidized single room occupancy units. Preference will be provided to homeless individuals, those requiring wheelchair accessible unit and those requiring a sensory unit. NOTE: Single Room Occupancy means only a Single Individual (guests are NOT permitted.) Units come with a private bathroom but share kitchen and common rooms. **More information and applications are available at the YWCA, 13 Market St., Newburyport M-F, 6 am — 7 pm**, by calling **978-465-9922** or on their website at:

www.ywcanewburyport.org/affordable-housing

Emergency Broadband Benefit

New federal program called the Emergency Broadband Benefit (EBB) helps low-income households pay for Internet services during the COVID-19 pandemic. It provides a temporary discount of \$50 per month on monthly broadband bills from participating providers, and a one-time discount for an eligible device for qualifying households. You can get EBB if:

- Your income is 135% less than the Federal Poverty Level. **OR**
- Your yearly income is less than \$99,000 and you experienced a significant loss of income since Feb. 29, 2020 because you lost your job or you were furloughed. If you file jointly, your combined yearly income must be less than \$198,000. **OR**
- Your household qualifies for a low-income or COVID-19 program that a participating provider already offers. **OR**
- At least one member of your household gets help from:
 1. Medicaid (Most types of MassHealth),
 2. Supplemental Nutrition Assistance Program (SNAP)
 3. Supplemental Security Income (SSI),
 4. Federal Public Housing Assistance,
 5. Veterans' Pension and Survivors' Benefit,
 6. Pell Grant in the current award year,
 7. Lifeline,
 8. Tribal Programs,
 9. National School Lunch Program in the 2019-20 or 2020-21 school year or the Community Eligibility Provision (CEP) that provides universal free meals to students in some schools.

You can apply online at GetEmergencyBroadband.org. For more information, contact the EBB Support Center at (833) 511-0311 or through email at: **EBBHelp@usac.org**.

Volunteer Profile: Vonnie Cosgrove



Vonnie has been a volunteer at ONT for about five years, but when she was first interested in volunteering, she almost picked another place to serve. "After I retired, I was on my way to apply for a volunteer position somewhere else and I happened to run into Greg Jardis," said Vonnie, "And he started telling me how great Our Neighbors' Table was. I said 'Well maybe I'll apply there.'" She started out in the Warehouse, but soon

found her true home at the office where she answers the phone, talks to guests, and files. "I love speaking with the guests and the staff. I'm completely amazed by what they've done here especially when we changed during the pandemic. It was like it happened over night. They just had it all together."

Vonnie has a lot of memorable moments at ONT, but her favorite are the simple ones. "When guests say something like 'You've been a big help' or 'I enjoyed talking to you thank you for making this so easy.' I feel like I'm doing what I am supposed to be doing."

When Vonnie is not volunteering she can be found doing a myriad of things. Ever the renaissance woman, Vonnie plays pickleball, reads, is a library trustee, is the secretary of the historical society in Merrimac, as well as plays the piano. "I started playing when I was 40. My husband is very accomplished, the music was there and it was easy to get started."

We are so glad Vonnie chose to volunteer at ONT. It is dedicated office volunteers like her that help us place guest orders and make everything run smoothly!

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:

Community Action, Inc. HEAD START

Free Center-based Part Day and Extended Day Preschool Programs for 3,4, and 5 year old children. Free Home-Based Program for Children from Birth to 3 Years Old. Income guidelines are used to establish eligibility. Children with disabilities encouraged to apply.

For more information call: 978-499-8357

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