



News Across the Table

Our Neighbors' Table, March 2021 / Edition 8



Heather's Recipe: Irish Colcannon

Colcannon is a traditional Irish potato dish that you often find on restaurant menus around St. Patrick's Day. I love the combination of potatoes, cabbage, onion, and

bacon all through the cooler months of fall and winter. Every time I make this Celtic side dish the bowl is always empty by the end of dinner!

INGREDIENTS:

- 2 ½ pounds potatoes, peeled and cubed
- 6-8 slices of thick cut bacon
- ½ small head cabbage, chopped
- 1 large onion, chopped
- ½ cup milk
- Garlic salt and pepper to taste
- ¼ cup butter, melted

INSTRUCTIONS:

1. Place potatoes in a saucepan with enough water to cover. Bring to a boil, and cook for 15 to 20 minutes, until tender.
2. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, reserving drippings, crumble and set aside. In the reserved drippings, sauté the cabbage and onion until soft and translucent. Putting a lid on the pan helps the vegetables cook faster.
3. Drain the cooked potatoes, mash with milk and season with salt and pepper. Fold in the bacon, cabbage, and onions, then transfer the mixture to a large serving bowl. Make a well in the center, and pour in the melted butter. Serve immediately.



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.

A note from our Executive Director: Lyndsey Haight

March – in like a lion, out like a lamb, as I was taught in the 2nd grade. The past 12 months have been enough lion for 100 Marches. Let's hope March 2021 brings us some signs of calm. Here at ONT, we want you to know that all of our market curbside locations and our Wednesday Meal will continue to operate in the same way. We hope that between the Amesbury and Newburyport appointments Wednesdays - Saturdays you are able to get the groceries you need. Remember, if you're home because of quarantine or it's not safe for you to come out, you can either have a friend pick up your order or you can contact Tress or Tracy to set up home delivery. Our Wednesday Meal offers delicious take-out meals and family-size pans (lasagna, chicken-vegetable stir fry, meatloaf and the like). If you're not getting what you need, we want to hear from you. Our team is just a call or email away. Later this month, we'll be sending out a survey to see how we can keep our programs working for you. Your input is needed! Stay safe and well and keep your sights on Spring!

SNAP Update

Did you get a DTA letter saying your SNAP benefits will go down because of a Social Security increase? In January, Social Security and SSI benefits increased by 1.3% due to a cost of living adjustment. DTA may have sent you a notice about this. Even though your "regular" SNAP benefits are lower, you will still get the full SNAP benefit for your household size in two separate payments. The amount on the DTA notice will be issued on your normal issuance date, which is determined by the last digit of your Social Security Number. A COVID Supplemental SNAP benefit will be added to your EBT card on the 2nd business day of the following month to bring you up to the maximum amount for your household size. You can check your EBT balance by calling the number on the back of the card.

HIP Update

DTA has created a new tool to help SNAP clients find open Healthy Incentives Program (HIP) farm vendor locations near them for safe, healthy shopping options: DTAFinder.com. This is an interactive map that allows you to search for up-to-date HIP locations by city or location, distribution option, farm name, and by month or day of the week the vendor is open. Available in 5 languages.

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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Anna Jaques Financial Assistance Policy

We received the below information from Anna Jaques Hospital and we wanted to pass it along to our guests. Eligibility guidelines may apply. Please check out the website provided in the last paragraph of this article for more information.

“Anna Jaques Hospital strives to actively serve its community – both inside and outside the hospital – by addressing the communities’ most pressing health needs, supporting the underserved, and addressing disparities in access to care including providing medical services to patients regardless of their ability to pay.

Recognizing that not all patients have the financial resources to pay their hospital bill, Anna Jaques Hospital has a Financial Assistance Policy (FAP) to address the needs of these patients.

The resources can be accessed online at:

<http://www.ajh.org/patients-and-visitors/billing-and-insurance> and are offered in 13 different languages. To find the policy in another language, please visit the

Community Resource: Mass 211

Mass 211 is an easy to remember telephone number that connects callers to information about critical health and human services available in any Massachusetts community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources. It is manned 24 hours a day/7days a week, and information is available in over 140 languages. All calls are confidential. Mass 211 is funded by local United Way organizations.

If you need information about where to get the COVID vaccine and do not have internet access, you can call 211 and follow the prompts.

Mass 211 responds immediately during times of crisis, to field calls regarding the crisis and to direct callers to services most appropriate for their needs. If you are unable to reach 2-1-1 due to your telephone or cell phone carrier, a toll-free number is available 1-877-211-MASS (6277) Mass 211 also has a website where you can search for resources:

www.mass211.org

Mass 211 can help you find resources in these areas:

- Adolescent & Youth Services
- Child Care & Parenting
- Crisis intervention
- Education
- Elder Care
- Emergency/Disaster
- Food & Clothing
- Health Care
- Housing & Shelter
- Income & Finance
- Legal Services
- Mental Health & Addictions
- Utilities/Fuel Assistance

Volunteer Profile: Peter Blaiwas



As a member of the Newburyport Human Rights Commission (NHRC), Peter first visited our Amesbury Market site when NHRC came to award ONT its 2020 Peace Prize. ONT Executive Director Lyndsey Haight gave him a tour and Peter says seeing first-hand the work we do on that visit intrigued him. He had been working from home and knew he needed to get out and do something else, so he decided to volunteer for ONT. Peter is now ONT’s “freezer guy”

twice a week, helping to pack guests’ orders with foods from our freezer.

Peter describes his volunteer experience as “very positive.” He was impressed with how ONT has made food distribution work during the pandemic, turning the entire operation around from in-person market shopping to online ordering and curbside pick-up. Peter enjoys the satisfaction of being able to start and finish something important in a four-hour shift on the freezer. Referring to the other ONT volunteers, he says, “I really like the people I work with and probably would not have met them any other way. It’s a nice team.” Peter says he is grateful that others are benefitting from the work he is able to do for ONT. He hopes to be able to continue to volunteer after the pandemic and meet our guests in person.

Market Update

Please call the office to let us know if you’re going to be more than 15 minutes late for your grocery pickup. We can generally hold the order if you’re going to come later the same day. We have 7 appointments every 15 minutes when we are open, and our volunteers work hard to have your orders ready on time. This means we can have up to 135 appointments per day! For that reason, we are not able to accommodate folks coming before their designated time.

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 - 11:30 am

New Location! Hope Community Church, 11 Hale 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

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

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