



News Across the Table

Our Neighbors' Table, May 2022 / Edition 22

Community Resource Spotlight

Farm Share Program



Farm SHARE is a collaboration with small farms to make CSA membership more accessible across the North Shore. CSA stands for Community Supported Agriculture, and it's a way to support local farms by committing to sharing in the risks and bounty of a harvest season.

Nourishing the North Shore subsidizes a percentage of the CSA cost, using a sliding scale cost to fit your budget. If you have found signing up for a CSA share prohibitively expensive, the Farm SHARE, a collaboration between North Shore farms and Nourishing the North Shore (NNS) might be a perfect fit for you.

You must have access to reliable transportation, be willing to commit to picking up your weekly box of produce from the farm for the full season (20 weeks, June-October), agree to participate in a pre-season and post-season survey or interview, and have access to email and be willing to communicate both with NNS staff and the local farm you are paired with as needed.

Farm locations are in Newbury, West Newbury, Beverly, Ipswich, and Hamilton. Two of the farms take SNAP/HIP. **Deadline to sign up is May 15th.** To sign up or for more information, contact Addy@NourishingtheNorthShore.org

SNAP & P-EBT Update

COVID Supplements Continue! - The president extended the federal state of emergency declaration due to COVID. This means that the SNAP COVID supplements will continue at least through the August benefit. The supplements are added to the EBT cards on the 2nd business day of the month following the month it is for, so the August benefit will be distributed on September 2nd. Whether the supplements continue after this date depends on whether the president extends the state of emergency again, which we will probably not know until around mid-July.

P-EBT for 2021-2022 - The state will be distributing P-EBT benefits for school-aged children who were unable to attend school during the 2021-2022 school year due to COVID-related reasons. Eligible families will receive a retroactive P-EBT payment on their cards on May 25th, which covers absences from September 2021- April 2022. Payments for absences for the month of May will be distributed on June 25th, and payments for the month of June will be distributed on July 25th.

Eligible families will receive one of three P-EBT amounts per month, per student depending on the number of COVID-19 related eligible excused school absences, as determined by school districts:

- 1-5 absences: \$21 a month per student
- 6-15 absences: \$71 a month per student
- 16+ absences: \$128 a month per student

Families will continue to receive P-EBT on the same card they did in the past. If you have lost or discarded your P-EBT card, you can request a new one at <https://dtaconnect.eohhs.mass.gov/pebt>

Apply for SNAP with ONT by phone!

Our Neighbors' Table is a SNAP Outreach Partner. We can help you apply for SNAP (food stamps) by phone: **978-388-1907**, to apply, help with an open SNAP case, or to answer your questions about SNAP.



Call
978-388-1907

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.



Summer Youth Programming Registration

Amesbury: Amesbury Youth Recreation - online registration is preferred, at AmesburyRec.com. You may also register in person at the Recreation Office at 68 Elm St. Monday-Thursday 8-4 & Friday 8-12. Non-residents may register with a small extra fee. Financial assistance is available for some programs - call AYR at (978) 388-8137.

Newburyport: Newburyport Youth Services' summer program is open to residents and nonresidents. Registrations at <https://newburyportma.myrec.com/info/default.aspx> Scholarships may be available for Newburyport residents. Contact Trish Boeteng at tboateng@cityofnewburyport.com or 978-572-6189.

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Our Neighbors' Table Grocery Market & Community Meal Locations & Hours

Wednesday Night Community Meal: Main Street Congregational Church Vestry Hall, 145 Main Street, Amesbury, MA
Wednesdays 4:00 pm—6:00 pm

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

Salisbury Market: Salisbury Senior Center. 43 Lafayette Road, Salisbury. (Serving Salisbury residents only)
Wednesdays, 1:00 pm—3:00 pm. & Fridays, 11:00 am—1:00 pm.

Heritage Towers & Vale Amesbury. (Serving residents of Heritage Towers & Heritage Vale only) 1st & 3rd Wednesday 9:30 am -10:30 am

Powwow Villa: Amesbury. (Serving residents of Powwow Villa only.)
1st and 3rd Wednesday 10:30 am-11:30 am

Grocery orders can be placed online or by phone until 3pm the day before pick-up. Order groceries at: ourneighborstable.org/getfood

Our Neighbors' Table

194 Main Street, Amesbury, MA 01913

978-388-1907

www.ourneighborstable.org

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

Market News

Has your phone number changed recently? If so, please call our office at (978) 388-1907 to update your contact information.

Please let us know if you are unable to pick up your order! We completely understand that plans change sometimes. We appreciate being informed so the volunteers don't pack your groceries.



Heather's Recipe: **CINCO DE MAYO! MIGAS FOR BREAKFAST**

PREP TIME: 10 Minutes

COOK TIME: 10 Minutes

TOTAL TIME: 20 Minutes

SERVES: 5

INGREDIENTS:

- 4 teaspoons corn oil
- 12 (6 inch) corn tortillas
- 6 eggs, beaten
- Salt & Pepper to taste
- Shredded Taco/Mexican Blend Cheese
- Salsa
- (Optional diced avocado as topping)

DIRECTIONS:

STEP 1: Heat the oil in a large skillet over medium-high heat. Tear corn tortillas into bite size pieces, and fry them in the skillet, stirring constantly, until they are just starting to get crisp.

STEP 2: Pour the eggs and cheese into the skillet with the tortillas, stirring until the egg is cooked through. Season with salt to taste and top with salsa. 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, MA**

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**
M-F: 5pm-9am, all day weekends & holidays

Volunteer Profile: Margie Larzelere



Margie Larzelere has been volunteering at the Wednesday Meal for about 5 years. She comes in every Wednesday morning with her friend Dene Turner to make delicious entrees and, since COVID started, package them for take-out. After retiring from teaching, Margie wanted to find a way to give back to the community. She saw stories about ONT's impact in the Newburyport Daily News and was impressed with the mission and focus on food security. In the future, Margie hopes to have more interaction with the ONT Guests, "It would really be full circle to see the people who receive the food I help prepare every week".

Margie grew up in Kalamazoo, Michigan in a family who valued helping others in their community. "Looking back," she says, "I see the effect this had on my teaching career. I always tried to be there for the kids in different ways." Later, she turned her energy towards volunteering at her local library and the Wednesday Meal at ONT. Margie went to Boston University and began teaching in Groveland, Massachusetts after receiving her degree. In her free time, she enjoys walking her dog, Nina, on the beach or in the woods. She likes to garden, read, watch good movies, and hang out with her daughter's family.

Margie, thank you so much for everything you do for the community!



Summer Youth Programming Registration Continued

Boxford: Boxford Park Program summer camp for children entering grades K-6 located at Cole Elementary School in Boxford. Registration opening soon at parkprogram.org. Contact Leanne Mihalchik, 978-887-6000. Discount available if registration submitted by May 30th. Counselor in Training program available to children entering grade 7.

West Newbury: Summer program registration now open at westnewburyma.myrec.com. Program is at the Page School to children entering grades 1-7. Older children entering grades 8 and 9 are eligible to attend as Counselor in Training.

Georgetown: Penn Brook Adventure Camp is located at Penn Brook School Georgetown, MA. Open to all Georgetown children entering grades 1-6. Register online at <https://sites.google.com/site/pennbrookacademy/>. Family discounts for more than one child and Counselor In Training programs available. Contact Elizabeth Carroll, carrolle@georgetown.k12.ma.us, 978-352-5785 ext. 2013.

Salisbury: Lower Merrimac Boys and Girls Club offers all day summer programs for all ages - mainly serving Salisbury, Amesbury and Newburyport, but open to residents of all surrounding areas (no restriction based on residence). Register at bgclmv.org or call 978-462-7003.

South Hampton: One-week summer camps offered to students who are currently in grades 5-8, during the week of June 20, 2022, 8am-noon. Register at sst.sau16.org. First-come, first-served. Contact Brenda Schrempf at 775-8461 or bschrempf@sau16.org

Triton School District (Newbury, Rowley, Salisbury): Two-week sessions offered at Salisbury & Newbury Elementary Schools and Pine Grove School. Register online: tritonschools.org/students-parents/before-after-school-programs/. Contacts: SES: Diane Appolloni- 978-463-5852 x4175; PGS: Stacy Neary- 978-948-2520 x2135; NES: 978-465-2397.

Groveland: Groveland Summer Recreation Program has an 8-Week Program for children entering grades 1-7 held at Bagnell Elementary School. Counselor In Training program available for children entering 8th grade through age 15. (Eligible for paid positions at age 16). Financial assistance available to those who qualify. Register at activekids.com and search "Groveland Summer Recreation Program" or email grovelandsummer@gmail.com.