



News Across the Table

Our Neighbors' Table, November 2020 / Edition 4



Heather's Recipe: Apple Cider Baked Chicken

INGREDIENTS:

- 1 large onion, peeled and cut into eighths
- 1 large lemon, sliced into thin rounds
- 2 cups apple cider
- 2 tablespoons olive oil
- 4 sprigs fresh thyme
- 2 Tbsp. apple cider vinegar
- 2 tsp. Dijon mustard
- 3 garlic cloves, minced
- 1/2 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 6-8 chicken legs or thighs
- 2 large apples, each sliced into eighths
- 1 lb. small, red or Yukon Gold potatoes, halved

INSTRUCTIONS:

1. Place the onion and next 10 ingredients on the list into a gallon size zip-top bag, mix well. Add the chicken to the marinade. Close the bag, put in the refrigerator to marinate for at least 4 hours.
2. Preheat oven to 350 degrees. Arrange the chicken in a large roasting pan skin-side up.
3. Pour the marinade, including onions and lemons over the chicken. Tuck the apples and potatoes around the chicken.
4. Cook for 1 hour and 15 minutes, stirring once halfway through to re-coat everything with the marinade.



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

Here come the holidays! This will be a year we'll all remember. Our kids will be telling their grandkids about Thanksgiving and Christmas 2020. Every year, I host my family for dinner, lucky enough to have 5 generations at the table. This year it will just be my husband, my boys and me. This year, we'll have to get creative to find ways to keep us all feeling like we're together even though we're apart. I'll have to get my grandmother's meat stuffing recipe. What are some ways you're reaching out to your family while you can't be together? Do you have any special traditions or recipes that you'll continue to feel the warmth of your family? We'll be sharing on our Facebook and Instagram some of the fun things people are doing to highlight the nuggets we can still be grateful for this Thanksgiving. Join us! Share your favorite recipe or tradition. This year, I'm grateful for you. For all of the inspiring people who make up this ONT community. And for the opportunity to unite with all of you to get through this year together. Happy Thanksgiving to you and yours.

Holidays Update



We've had 622 people indicate they plan on shopping with us for their Thanksgiving groceries. 450 people have responded that they'd like a turkey, and 83 prefer a chicken. We've ordered more than enough birds to cover this demand.

Unlike prior years you will not be signing up or pre ordering your turkey. Instead, you will still order on Smart Choice the day before pick-up and the Thanksgiving items will be available to add to your cart the week of **Nov. 17-21**. Keep an eye or ear out after Thanksgiving as ONT will be launching another survey on Smart Choice to help us plan for Christmas.

ONT will be CLOSED on Thanksgiving Day and the Friday & Saturday after Thanksgiving (Nov. 26-28).

You can order food again starting Tuesday, Dec. 1st.

ONT will be CLOSED Christmas Eve through January 3rd.



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 Update

As of October 1, maximum monthly SNAP grants increased by about 5% due to the annual Cost of Living Adjustment. The new amounts are below.

Household size	Maximum monthly SNAP grant
1	\$204
2	\$374
3	\$535
4	\$680

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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Reminder to call if you are running late

Because of limited parking, it is important that you arrive to pick up your groceries on time. If you are going to be more than 15 minutes late, please call us to let us know so we can keep your groceries fresh.

Community Resources:

Rent & Mortgage Assistance due to COVID crisis

The Massachusetts Department of Housing and Community Development is funding emergency rental and mortgage assistance for those impacted by the COVID pandemic and state of emergency. The Emergency Rental and Mortgage Assistance (ERMA) program is able to provide assistance up to \$10,000 of direct funding to eligible households.

ERMA can help to fund payments with rent or mortgage arrears accrued no earlier than April 1, 2020 or upcoming rent or mortgage payments.

In order to be eligible for ERMA, a household must:

- currently rent or own housing as a primary residence in Massachusetts
- have a gross household income that is between 50% and 80% of the Area Median Income (AMI)
- have a housing emergency due to a financial hardship related to or exacerbated by the COVID-19 crisis

Household Size Annual income limit (80%AMI)

1	\$54,950
2	\$62,800
3	\$70,650
4	\$78,500
5	\$84,800
6	\$91,100
7	\$97,350
8	\$103,650

Community Teamwork in Lowell is the agency serving our area to apply to for ERMA. More information and downloadable applications are on their website: www.commteam.org or call their Resource Center and Housing Consumer Education Center at (978) 654-5607.

Volunteer Profile: Kathy Berman



Kathy Berman is a partly-retired Certified Public Accountant who had been donating to ONT for years. She says she had always planned to do "hands-on volunteering somewhere" when she retired, so once she cut back her work hours from full time to part time, she decided to volunteer with ONT. Kathy has helped out at our Wednesday meal, done customer service, market stocking, and worked in the warehouse. These days you can find Kathy in our non-perishables stocking room on Saturdays, filling guests' orders.

Kathy enjoys coming to ONT because she says, "I like the people I work with, the other volunteers and the guests...I grew up poor, and we went without a lot, but we never had to worry about food, but I know there are so many people now who go without meals." Kathy says it is wanting to be a part of helping to feed her community that keeps her coming back to pack grocery bags for ONT's guests. On those days when the alarm rings early and she'd rather just stay in bed, she remembers that "it's *feeding people*," and she always gets up and comes in to pack. Once Kathy saw how things worked behind the scenes at ONT, she felt good about her decision to be a regular member of the volunteer crew. What "amazes me about here is that (the guests) have a choice in food. It makes me proud. I'm proud of this place."

ONT couldn't run without its dedicated volunteers like Kathy, and we're proud of her too.

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**

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

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