



News Across the Table

Our Neighbors' Table, October 2020 / Edition 3



Heather's Recipe:

Roasted Butternut Squash

Butternut squash is so good on its own, that barely any seasoning is needed. This recipe is so simple and easy!

PREP TIME: 15 Minutes

COOK TIME: 25-30 Minutes

TOTAL TIME: 45 mins. **SERVES:** 4

INGREDIENTS:

- 1 Butternut Squash peeled, seeds removed and cut into 1 inch cubes
- 2 Tablespoons of Olive Oil
- 2 Garlic Cloves minced
- Sprinkle with Sea Salt & Coarse Black Pepper to taste
- If you want to add a bit of sweetness, sprinkle with Brown Sugar

DIRECTIONS:

1. Preheat oven to 400 degrees
2. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.
3. Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.



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

Fall is all around us! How quickly the leaves are turning and the nights are cooling. We're even talking about the holidays! You'll find information about Thanksgiving in this issue. Time is flying by, and it seems there just aren't enough hours in the day (days that are getting shorter)! I was reading something in my child's school work about how leaves change color because they direct more energy and nutrients to the trunk of the tree to help it survive the winter. So, as we head into the Fall, I'm going to take a lesson from those trees and invite you to join me and do the same. What are the things that I have to let go so that I can keep what's most important strong and healthy through this winter? Here at ONT, we're directing our energy to keep our community strong, to take care of one another. Thank you for being a part of this community.

Thanksgiving plans update

'Tis the season to start planning for the holidays! ONT will have the regular cornucopia of holiday groceries the week before Thanksgiving (November 17-21), including a choice of a turkey or chicken. There will be a survey when you log in to SmartChoice asking you to indicate whether or not you'll be shopping with us for your Thanksgiving groceries. If you call in your order over the phone, a volunteer will read the survey for you. This survey will only be used by ONT staff to help us plan for Thanksgiving. **Unlike prior years you will not be signing up or pre ordering your turkey. Instead, you will still order on SmartChoice the day before pick-up** and the Thanksgiving items will be available to add to your cart the week of **Nov. 17-21**. We're still in the beginning stages of planning, so please stay tuned for updates as we get closer to the holiday season.



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.

September P-EBT info

The Pandemic Electronic Benefits Transfer (P-EBT) program provides food funds for families during the COVID-19 pandemic. Families will get P-EBT for each eligible student who qualifies for free or reduced-price meals under the National School Lunch Program. A new round of P-EBT is being distributed in late September to mid-October. If you have never gotten P-EBT before, you will get a letter from DTA in October. Keep this letter; it has info you need to activate the card. The P-EBT card will be mailed separately. Already existing P-EBT and SNAP cards will be automatically loaded with P-EBT funds. For details, visit www.map-ebt.org.

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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www.ourneighborstable.org/guestnewsletter para fazer o download do pdf com a versão traduzida.



Merrimac Mobile Market is moving back to the Senior Center

Starting Saturday, October 17th, the Merrimac Mobile Market is changing location back to the Merrimac Council on Aging at 100 East Main St., Merrimac. Hours remain the same, 9:00 am –10:30 am.

Community Resources: Hotlines

Many people are experiencing crises this year. Support is available so you don't have to face it alone. Below is a list of hotlines you can call for support and information from trained staff.

Emergency Services Program/ Mobile Crisis Intervention—24/7 support for mental health or substance use disorder crisis: 1-877-382-1609

Samaritans—24/7 support for mental health/suicide prevention: 1-877-870-4673

Crisis Text Line—24/7 support from a crisis counselor: text HOME to 741741

MassSupport Network—statewide (MA) COVID-19 crisis support and info: 1-888-215-4920

Jeanne Geiger Crisis Center—24/7 support for victims of domestic violence in Greater Newburyport area: 978-388-1888

SafeLink—Statewide (MA) 24/7 support for domestic violence/dating violence/sexual assault: 877-785-2020

Rape, Abuse & Incest National Network (RAINN) - National sexual assault hotline connects you to local supports: 1-800-656-HOPE

Mass 211—24/7 Statewide (MA) resources for health and human services: Call 211 or 1-877-211-MASS

Massachusetts Elder Abuse & Neglect Hotline—24/7 Statewide number to report elder abuse/neglect (age 60+): 1-800-922-2275

Disabled Person Protection Commission (MA)—24/7 statewide (MA) number to report abuse/neglect of disabled person ages 18-59: 1-800-426-9009 or 1-888-822-0350 TTY

Dept. of Children and Families (MA)— To report abuse or neglect of a child, call Haverhill area DCF office Monday-Friday, 8:45 am—5:00 pm at 978-469-8800.

Your voice matters.
YOU matter.

VOTE

Tuesday, November 3

Meet our new Americorps/VISTA Volunteer:

Shannon Bullen



In September, ONT welcomed a new Americorps/VISTA Volunteer, Shannon Bullen. Shannon will be with us for one year as ONT's Community Engagement Coordinator. She will be helping ONT with our processes for new volunteers, ONT events, and engaging other community groups. Americorps is the USA's domestic peace corps. VISTA is an Americorps program focused on helping anti-poverty organizations.

Shannon's background and experience are a great fit for ONT. Her mother founded the first community food pantry where Shannon grew up, in Castle Rock, CO. Shannon would help out in the pantry during the school year and in the summer she would travel with a youth group that helps rebuild houses. In college, Shannon was part of an organization on campus that focused on building inclusive environments for students through events and service opportunities. She plans to focus on non-profit management as a future career.

Shannon's parents grew up in Massachusetts, and she has a large extended family in the area. Shannon wanted to do her service at ONT because she loves Massachusetts and ONT's commitment to maintaining a dignified experience for our guests. ONT is lucky to have someone already committed to eradicating food insecurity. Please help us welcome Shannon to ONT!

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: 1st & 3rd Saturdays, 9:00 am –10:30 am

Sweetsir School, 104 Church St., Merrimac ***** Starting Oct. 17th, Merrimac Market will be at Merrimac Senior Center, 100 East Main St., Merrimac.*****

Grocery orders can be placed online or by phone until 4pm the day before pick-up. Orders for Merrimac can be placed Thursday before 4pm and Friday until 12pm.

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

Our Neighbors' Table

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

www.ourneighborstable.org

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