



News Across the Table

Our Neighbors' Table, September 2020 / Edition 2

Heather's Recipe: Mexican Lasagna



- Extra virgin olive oil
- 1.5 pounds ground beef or turkey
- 1 tablespoon taco seasoning
- 1 14-oz can of refried beans
- 2 med. onions, chopped (2 1/2 cups)
- 1 red bell pepper, stem and seeds removed, chopped (1 cup)
- 3 garlic cloves, peeled and minced

- 1 28-oz can crushed or diced tomatoes with green chiles, preferably "Fire Roasted"
- 12 (6-inch) corn tortillas (choose sturdy tortillas made with yellow corn)
- 2 cups coarsely grated Monterey Jack cheese (8 oz)
- 2 cups coarsely grated mild cheddar cheese (8 oz)

1. Add ground meat and 2 tablespoons oil to large fry pan, breaking it up as you add it. Brown the beef.
2. Add taco seasoning, (follow packet instructions)
3. Allow the meat to brown on one side, and then stir it so the other side can be browned.

4. As soon as the meat is browned, remove the pan from the burner. The meat will continue to cook in the heat of the pan. Once the meat is cooked through, use a slotted spoon to remove the meat from the pan to a bowl. Set aside. Remove fat from pan and discard.

5. Sauté onions and bell peppers with a tablespoon of olive oil in the empty pan used to cook your meat then add the diced tomatoes. Reduce heat, simmer for 15 minutes.

6. Preheat oven: to 350°F and lightly oil a 9x13-inch glass or ceramic baking dish.

7. Assemble the lasagna: In baking dish, arrange 4 tortillas in one layer, overlapping slightly (tortillas will not cover bottom completely).

8. Spread refried beans onto to tortillas then add a layer of the cooked meat and sprinkle with shredded cheese. Layer the tomato, onion and bell pepper mix (If you desire salsa, add the salsa on this layer). Repeat this layering pattern a second time then place a 3rd and final layer of tortillas on top. Spread a layer of salsa, a layer of shredded cheese and sprinkle with sliced black olives if you like.

9. Cover with foil (be sure foil is not touching lasagna or the cheese will stick) place in the oven to bake for 45 minutes. Take foil off for the last 15 minutes of cook time to allow cheese to brown slightly.

10. Let the lasagna sit for 15-20 minutes before serving.

Serve with these optional toppings: Sour cream, salsa, avocado, cilantro, iceberg lettuce.



Heather Paterson is ONT's Meal Mgr. 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

We hope you are finding this newsletter useful. From my desk, I imagine we are greeting each other face to face again. *Hi! How are you doing today? It's so great to see you, thanks for coming in.* Ahhh, September...the final warm days of summer give way to fall routines. Routines??? I still can't seem to get a routine! With school schedules uncertain, **we will continue to offer the "Kids" menu for families through September.** If this will be helpful even if your kids are in a hybrid school model, let us know and we'll go as long as we can. We are excited to announce we have a **new translation service** so we can translate this newsletter AND take calls in **Spanish and Portuguese** as well as 238 other languages! This is something we are very excited about. **September is national Hunger Action Month.** Through this pandemic, our community has been amazing in their support to keep ONT's programs open and fully stocked. Follow us on Facebook, Instagram and Twitter to see some of the fun activities we have planned. Remember, if you need help with SNAP or anything else, or you just want to have a friendly chat, give us a call! I hope you enjoy your final days of summer. Stay safe and well.

Newburyport Mobile Market is moving!

Beginning September 17th, the Newburyport Mobile Market will move its location to the Newburyport Senior Center, 331 High St. Newburyport.

As you enter the driveway, follow the signs and stay left to enter the parking lot. Pick-up times remain the same, 10:00—11:45 am. We're thankful for our partnership with the Newburyport Senior Center and value their help in the fight against food-insecurity.



Thanksgiving plans have started!



Thanksgiving signups will look a bit different this year, but ONT plans on providing the usual variety for your holiday table. Keep an eye out for alerts on our order form and our social media platforms for more information.

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.

Have you been trying to reach the DTA but can't get through?

The Department of Transitional Assistance (DTA) reports extremely high call volume due to the COVID crisis and the ending of the extra \$600/week unemployment benefit. DTA is trying to streamline its processes to address the increased volume. In the meantime, DTA is encouraging clients to send documents and statements through the DTA Connect app whenever possible. If you don't have access to the internet or need help with a SNAP case, call Tress at 978-388-1907, ext. 18.

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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Looking for resources?

We understand that there has been a lot of change in the world in recent months. Here at ONT we have gone from traditional shopping markets to temporary online ordering and curbside only markets. We miss seeing all of you and want to remind you that we are here for you, not just to help you get your groceries weekly, but to also refer you out to other resources in the area. If you are in need of information as to where to turn for help, please feel free to call us here at ONT and we'll be sure to do our best to steer you in the right direction. Stay safe and well.

~ Our Neighbors' Table Intake Department

Community Resource Spotlight: WIC

Do you have a child under age 5?

Are you pregnant or breastfeeding?

You may qualify for WIC (see income guidelines below).

WIC offers families:

- Free, healthy food
- Personalized nutrition consultations
- Tips for eating well to improve health
- Referrals for medical and dental care, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family.

WIC income guidelines, June 10, 2020— June 30, 2021:

Household	Yearly	Monthly	Weekly
1	\$23,606	\$1,968	\$454
2	\$31,894	\$2,658	\$614
3	\$40,182	\$3,349	\$773
4	\$48,470	\$4,040	\$933
5	\$56,758	\$4,730	\$1,092
6	\$65,046	\$5,421	\$1,251
7	\$73,334	\$6,112	\$1,411
8	\$81,622	\$6,802	\$1,570

To apply for WIC, call Community Action, Inc., in Haverhill: 978-374-2191

You must be a Massachusetts resident. U.S. citizenship is not required, and WIC does not count as a "public charge."

Volunteer Profile: Clarissa Taylor



When Clarissa retired from her career as a speech therapist with the Amesbury Public Schools, she was looking for some way to give back to the community. A friend who was on ONT's Board of Directors asked Clarissa to volunteer for "just one meeting and one event." One meeting and one event turned into several more, and 8 years later, Clarissa is still an active ONT volunteer.

Clarissa has helped out in many ways, including at the market check-in desk, working in the office, serving on volunteer committees, answering the phone and helping guests to place their orders, and assisting with food preparation for the Wednesday Meal.

ONT's mission reminds Clarissa of her grandfather, who owned a variety store in Lawrence and would give away food to those who couldn't afford it and help his community in other ways. Volunteering at ONT makes her feel she is continuing a family tradition he set.

Clarissa says that coming to ONT "gives me a lot of joy. I love meeting the guests and making friends with the other volunteers. I feel happy when I'm here. It's just a nice place to come. It makes me feel like I'm part of something big."

The ONT community is grateful to have dedicated volunteers like Clarissa who keep coming in to make sure we can continue to provide nourishing food to our neighbors.

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

Nock Middle School, 70 Low St., Newburyport. *Starting September 17th, location will be Newburyport Senior Center, 331 High St., Newburyport*

Merrimac Market: 1st & 3rd Saturdays, 9:00 am -10:30 am

Sweetsir School, 104 Church 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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