



**Rachel's
TABLE**
Feeding Western Massachusetts
Reduce Waste. Relieve Hunger.

Highlights of the Month

August 2023 Issue

Dear Amazing Volunteers,

You truly are Rachel's Table - out in the world making a difference. This month we get to thank you at the Volunteer Appreciation event - please see info and register below if you haven't already. As we turn to Fall, and harvest what and how we've grown, it will be wonderful to share some fun time together. L'Shanah Tovah (Happy New Year) for those who celebrate and may we all be inscribed for a healthy year with nourishment and happiness for all!!!!

Return to the JCC

Rachel's Table has moved back to the JCC, but in a new location. We're now located in the southern wing of the building. When you come in the main entrance take a right down the hall in front of the main desk in the lobby. We're most of the way down the hall on the left in room 6. Come in and say hello!

We want to again thank Sinai Temple for their gracious hospitality over the summer. Sinai has been the best host, and we are so thankful that we can all help each other when in need!

August Food Stats: Pounds Rescued from January - August



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Upcoming Events

Ongoing - Gleaning

Sept 27. -Volunteer Appreciation

Oct. 15 - Ride to Provide

Oct. 22 - Teen Glean

RT Van

In August the van delivered over 33,980 pounds of food of which more than 69% was meat, dairy and fresh produce. This brings the total delivered by the van for the year to over 214,530.



100 cases of strawberries for open pantry

Yogurt Deliveries to Lorraine's Soup Kitchen & Pantry and Salvation Army Rehabilitation center



August also showed how useful the van is and how amazing our Van Team is. In the last week of August we got calls from one of our Agencies who had received donations too big for them to use or distribute so they called us and in a few trips the Van Team delivered 6,228 pounds of yogurt to 21 Agencies, 3,840 pounds of Strawberries to 18 Agencies, and 1,530 pounds of Hand sanitizer wipes to 13 Agencies. Go team!

New Food Donors

We added [Kelso Homestead Blueberries](#) to our roster of farms where we're gleaning. We also had discussions with the Chicopee Public Schools and expect to start picking up food from two High Schools and two Middle Schools in September.

Volunteer Appreciation

Pamela S. Finer Volunteer Appreciation Evening
September 27, 2023
7-8:30 PM

Scan to RSVP!

Rachel's TABLE
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Sinai Temple
1100 Dickinson St,
Springfield, MA 01108

Please join us at the 2023 Pamela S. Finer Volunteer Appreciation Evening to celebrate you. Without you, there is no Rachel's Table. We want to thank you and make sure you know how grateful we are!!

[RSVP HERE](#)

[View the Invite](#)

Please bring a healthy snack (no nuts) to share with the Chicopee Boys and Girls Club.

Growing Gardens

At the GG Summer Training, participants of all ages ran cooking demo stations to share recipes and techniques for using garden veggies and herbs. Air fried zucchini and garlic fritters, kale smoothies, and fresh pico de gallo with homemade tortilla chips were all hits! Additional workshops on pickling and seed saving rounded out skill building, while a group discussion on how to make HIP (Health Incentives Program) benefits more accessible to people gave us all food for thought for coming trainings and educational collaborations.



Photos from the gg training: Sister Anna preparing for a pickling session, prepping of pico de gallo, teens from the Chicopee Boys and Girls clubs prepping food, Jay leading a seed saving rotation.



The amazing spread prepared as part of the Cook Off at Christina's House

Christina's House held their first Growing Gardens Cook Off, in which families, staff and volunteers were invited to prepare a dish to be served at a communal meal. The only criteria to be considered in a "judging" was that the dish had to contain at least one vegetable from the garden. The entries were varied, but uniformly delicious: Buffalo chicken with fresh peppers; spicy pasta with tomatoes; tossed salad; rice and beans with cilantro; tomato, basil and mozzarella on homemade bread with Christina's House's own homemade pesto, corn salad with cherry tomatoes, jalapenos and cilantro; corn on the cob; and peach salsa with jalapenos. The winner of the competition was a high school student/Growing Gardens intern with his version of a chocolate kale smoothie that was rich, decadent and delicious. Discussion is already underway for a winter Cook Off, with soups featuring winter vegetables! A great big shout out goes to these amazing, talented cooks, to the Christina's House staff, to the kids that helped set the tables and write up the cards for the voting, and to Marla Adelsberger for her incredible dedication and creativity as a Growing Gardens liaison.

Gleaning

It's been a hard gleaning season given the challenges farmers have been facing. Still, we persist! If you are in a position to purchase directly from farms, please support them by patronizing farm stores and farmers markets. Farmers who use sustainable and regenerative practices are stewards of our food supply. **Click here** to view a compilation of resources put out by CISA (Communities Involved in Sustaining Agriculture) with ways you can support local farms today.

- Bookmark the [Gleaning Calendar](#) (regularly updated with new gleans);
 - [Opt in to receive gleaning alerts](#) via email;
 - Sign up to glean or deliver [here](#)!
-

Ride to Provide

This Fall, the Jewish community will join together for the Ride to Provide 2023, a family-friendly bike ride and walk/run fundraiser, organized by the Jewish Federation of Western Massachusetts. The Ride to Provide will take place on Sunday, October 15, 2023, and start and end at UMass Hillel in Amherst. The Ride to Provide was created by Rabbi Saul Perlmutter of UMass Hillel and ran from 2007 to 2016. The Federation is bringing the Ride to Provide back with hopes of more than 360 participants from organizations such as day schools, synagogues, and other area non-profits. Rachel's Table will be one of the nonprofits benefited – join the team!!! You help us by registering and then donating – 30% of your donation comes to us! The Ride will offer multiple bike route options, a 5K walk/run, and a NEW option to participate as a Virtual Rider.

Rachel's Table has created a team for the event. By joining the team and making a donation beyond your registration, you'll be raising money for Rachel's Table. To join the Rachel's Table team, use the following link:

<https://jewishwesternmass.crowdchange.co/33430/team/44499>

The event includes 9, 18, and 36-mile bike options in addition to the 5K walk/run on UMass Amherst's campus. If you cannot attend the day of the Ride (Sunday, October 15, 2023), you can still participate on Rachel's Table's team as a Virtual Rider. Also, there will be fun activities for kids and a community fair after the ride with lunch and opportunities to connect with other local organizations.

Join the Jewish Federation of Western Mass., community members, and Jewish organization to support our community's needs!

36 MILE
18 MILE
9 MILE
5K
VIRTUAL RIDE

SUNDAY
15 OCTOBER 2023
FIRST RIDE AT 9 A.M.

MEETING POINT:
**UMASS
HILLEL**

388 N. PLEASANT STREET
AMHERST, MA

RIDE TO PROVIDE 2023

Jewish Federation
of Western Massachusetts

- REGISTER
- VOLUNTEER
- SPONSOR



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WWW.JEWISHWESTERNMASS.ORG/RIDETOPROVIDE23

To Register and Donate

- 1) Use the following link to go to the **RT Team page**;
<https://jewishwesternmass.crowdchange.co/33430/team/44499>
- 2) Click on the “Register” button
- 3) Click in the “+ Register” box
- 4) This brings you to the “Registrant Details” page. Fill out the information in the various sections on the page.
 - If you are doing a Family Registration you are asked to “indicate the total number of family members who will be participating”. You enter this info in the “Additional Information” section which appears after you choose your registration type.
- 5) The “Personal Fundraising Page” is used for making contributions above the registration fee. 30% of these donations will be assigned to Rachel’s Table. Also, people who aren’t participating in the event can go to your page and contribute money in your name, 30% of which comes to Rachel’s Table.

RT is looking for a team leader! Could it be you? Please contact Jay at jlevine@feedwma.org

Teen Board

The Rachel's Table Teen Board packed 250 backpacks worth of food this weekend for food insecure children in the Holyoke School District. At this event the teens were joined by students from the MacDuffie School and Teens from Sinai Temple. Also, we got to speak with Stefany from the Holyoke School District about the backpack program. Next month the Teen Board is hosting the Western Mass Teen Glean. The goal of this program is to bring together different teen groups in the area to learn more about gleaning, local farms and food insecurity.



UPCOMING EVENTS

10/15/23 - October New Members Meeting

(does not overlap with Ride to Provide!)

10/22/23 - Western Mass Teen Glean

**Warm regards,
Jodi, Jay, Chana Laila, Cara & Sarah**