

# Martha's Table

EDUCATION • FOOD • OPPORTUNITY

SETTING THE TABLE FOR THE NEXT 35 YEARS

United Way #8445 • CFC #29262 • [www.marthastable.org](http://www.marthastable.org)



2016 Holiday Newsletter

## You Make an Impact: Hunger Down/Healthy Up!



A young shopper proudly displays the fresh fruit he'll bring home from a recent Joyful Food Market.

The clock strikes 3 PM, signaling dismissal at Patterson Elementary School in Ward 8 of Washington, D.C. But Patterson's young students aren't quite ready to go home yet. Instead, they meet their parents and gravitate towards the cafeteria, where something special is happening.

Inside, the regular lunch tables are folded and stacked in the corners of the room, replaced by stations overflowing with healthy groceries and fresh produce. A food educator juliennes bell peppers and carrots. And the warm opening notes of the Jackson 5's "ABC" begin to drift through the air. The doors to the cafeteria open and smiling volunteers invite the children and their families inside to shop at no cost, learning how to prepare the food while they're at it. **Another Joyful Food Market at Patterson Elementary has begun.**

Thanks to your support, scenes like this are becoming common throughout the District of Columbia. The Joyful Food Market at

Patterson is one of 29 markets operated by Martha's Table and the Capital Area Food Bank in Wards 7 and 8, which are known as the city's most dire "food deserts." As one Patterson parent explains, "all we have are corner stores in the area, and they don't provide fresh fruit and vegetables." The result has been a community of children and families who know how important it is to eat healthy, but lack the resources to do so.

Yet, our newly released research shows something amazing: with the help of Joyful Food Markets, parents aren't running out of food and their families are eating healthier:

FOOD SECURITY, BEFORE AND AFTER VISITING JFM's



VEGETABLE CONSUMPTION 5 DAYS A WEEK, BEFORE AND AFTER VISITING JFM's



The findings are clear: Joyful Food Markets work. One parent, a longtime shopper at our Turner Elementary market summed it up best when she said: "This program is amazing; every school in D.C. needs a program like Joyful Food Markets!"

We couldn't agree more! With your continued support, and our dedicated volunteers, whose time stretches every dollar you donate, we hope to bring a Joyful Food Market to every elementary school east of the Anacostia River. Together, we'll make sure as many families as possible have access to no-cost healthy food.

**ACTION ALERT: \$50 provides 5 grocery bags full of fresh produce through our Joyful Food Markets.**  
Visit [www.marthastable.org/donate](http://www.marthastable.org/donate) to give today.

## Winter is Coming

Winter weather is upon us, and our neighbors are counting on us to help them get through the season. That's why we're collecting cold weather gear (winter jackets, gloves, hats, and sleeping bags) to be distributed on McKenna's Wagon. Please bring warm items to either of our Martha's Outfitters stores. One McKenna's Wagon driver, Frances, spells it out: "we go above and beyond, but last year there were more people who needed [cold weather gear] than we could supply. For many of these folks, this stuff makes all the difference in the world."

Check out our donation list to see which items we need the most:  
<http://amzn.to/1PJehYF>

Martha's Outfitters NW  
(2122 14th St. NW)  
Donations accepted  
7:30am-6:00pm,  
Monday-Saturday

Martha's Outfitters MLK  
(2204 Martin Luther King, Jr. Ave. SE)  
Donations accepted  
10:00am-5:00pm,  
Monday-Friday



## Serving and Giving: An Interview with John O'Donnell



*Martha's Table's CEO Patty Stonesifer recently sat down with John O'Donnell, a regular donor and dedicated volunteer. Not only does John give to Martha's Table each year, but he also chops onions every Thursday in the food prep room. Here are excerpts from their conversation.*

my schedule. I suppose I cared less about what I was actually doing than the fact that I was doing something to help somebody.

**Patty:** You have limited vision, but you were still open to doing anything that could help us out. That's just part of your philosophy—let me just try it, I'll do it?

**John:** You do what you can. And I've got a little bit of eyesight left, which is somewhat helpful. But I'm like anyone else in that I want to be productive and helpful and do what I'm capable of doing. The fact is I can't do everything that normally-sighted people can do. But there are a few things I can do.

**Patty:** Chopping onions is one of them.

**John:** I often joke that after 30 years in the federal government, I finally found something I was good at—unskilled labor!

**Patty:** How else have you volunteered your time?

**Patty:** How did you end up coming to Martha's Table?

**John:** I had a long career with the National Labor Relations Board and retired in 2009. With a little more time on my hands, I wanted to be useful. I was looking around for volunteer opportunities and Martha's Table happened to fit into

**John:** I recently had an opportunity to attend a United Way fundraiser at Sibley Hospital on behalf of Martha's Table. This one guy came up to me, and I started giving my little pitch, but he told me he already knew what Martha's Table does. He told me, a while ago, he had a rough patch in his life and Martha's Table helped him out. He has a full time job now at the hospital and supports his three children. But he said he'll never forget how Martha's Table was there for his family when he needed it most.

**Patty:** That's such a wonderful story. I think the sheer inertia of everyday activity causes people to forget that there's something they can do—whether it's withdrawing from their paycheck, or chopping vegetables on Thursday, or bringing their extra coats in because it's getting to be winter. How do you think about the time you spend volunteering and the money you donate—separately, or together?

**John:** I think of them together. From my time [volunteering] in food prep, I'm in a position to see how things are done here, and I've come to learn that so much work is done by volunteers, meaning it's very efficient. As a donor, you want to give money where you know it's being used efficiently.

**Patty:** And your service helps you see that that's the case. Do you have a focus for your giving?

**John:** You know, it's something I take really, really seriously. The first year I retired, I took a really close look at what my financial situation was, and calculated how much money I'd need for the rest of my life. After that, I just decided that there was really no point in accumulating any more money—it doesn't make me happy. So at the end of every year, I just give away whatever's left in the bank of my pension. I've been proud to add Martha's Table to that list because I know how important our work is with the community, and I have a great respect for the vision to meet the diverse needs, which include everything from emergency food to education for children.

## Give Joy Every Day



*Young philanthropists set up a lemonade stand to support Martha's Table. You can never be too young or old to give back!*

**ACTION ALERT:**  
Join John and other caring neighbors who give back in many ways!



*Our community rallied to make sandwiches for McKenna's Wagon at a recent Community Cares event. Now that's how you #SpreadtheLove!*



*Trustees from the Deborah B. Castro foundation honored her legacy with a gift to Martha's Table.*



*One of our 57 One Pot Suppers hit the great outdoors this year, taking in the scenery while raising money and awareness for children facing hunger and food insecurity.*

## An Apple for our Teachers



Heather McNair praises a student for his hard work and determination.

Congratulations to Martha's Table's newest bunch of graduating teachers! This fall, three more of our early childhood development instructors completed their degrees—and they couldn't have done it without your help!

Thanks to your generosity, Martha's Table is able to provide our teachers with financial aid, tuition stipends, and paid release time to attend class and study education. One of these teachers is Heather McNair, who graduated from the University of the District of Columbia with an associate's degree in early childhood development, and is now going back to get her bachelor's degree in human development. Heather credits her education with giving her teaching style a basis in cognitive science. "The research coming out of higher education shows that birth to 3 are the most important years," she says. "With highly trained teachers, Martha's Table can be more intentional about child development and make sure our children achieve certain academic benchmarks."

Thank you for recognizing the importance of having highly trained instructors and supporting them as they achieve their degrees. Your support brings education experts into classrooms of children who might otherwise lack access to high-quality instruction. And, as Heather likes to say, "When you learn better, you do better."

“With highly trained teachers, Martha's Table can be more intentional about child development and make sure our children achieve certain academic benchmarks.”

**ACTION ALERT:** Donate to support our teachers pursuing their degrees! Visit [www.marthastable.org/donate](http://www.marthastable.org/donate).

## Our Secret: Ward 8's Hidden View

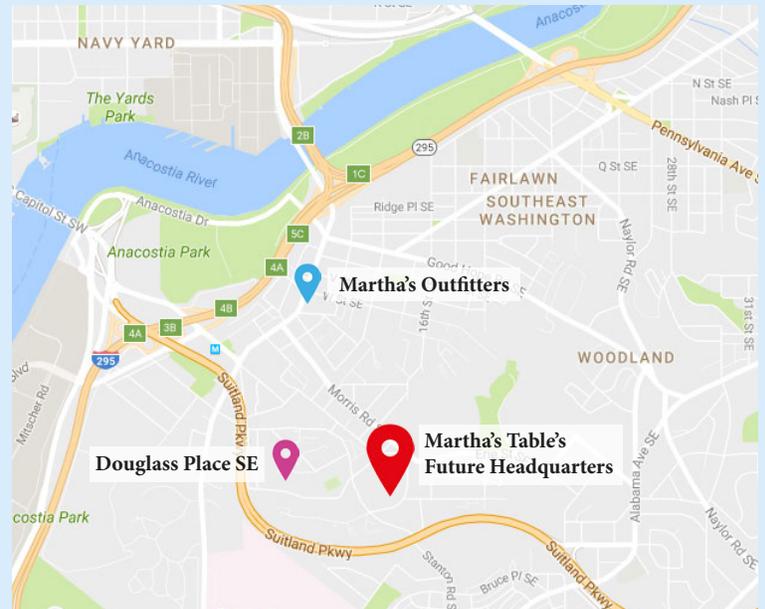


A rendering shows the view from our future headquarters in Ward 8.

Did you know that the best view of D.C. isn't from the top of the Washington Monument? To truly see our city in all its splendor, cross the Anacostia River. Situated at the western tip of Douglass Place SE, you will find a magnificent panoramic view of our nation's capital. And it's just steps away from our new headquarters in Ward 8!

Roland Denney, a longtime Martha's Table employee and Ward 8 native, slyly explains of the vista, "Back in my teenage days, that used to be lover's lane. We used to just park there and marvel looking out at all of Washington and into Virginia."

It's no surprise if you haven't heard of the picturesque views from Ward 8. Decades of underinvestment in the neighborhood has made it difficult to draw tourists, even from other parts of the city. With our expansion, Martha's Table hopes to help share the true beauty of this area. We just broke ground, and can't wait to welcome everyone in summer 2018.



**ACTION ALERT:** Volunteer at a market in Ward 8 to start getting to know our new neighborhood. Visit [marthastable.org/volunteer](http://marthastable.org/volunteer) to sign up.

## Board of Directors

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## About Martha's Table

We exist because every child deserves the opportunity for their brightest future, and a deeply engaged family and community committed to their success.

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## Fight Hunger Through Your Work

Do you work for the federal government or one of the many businesses that participate in workplace giving programs? You can set up an automatic donation straight from your paycheck—it's an easy way to make a big impact!



**ACTION ALERT:** Check with your HR or personnel office for more information. United Way #8445 / CFC #29262

## Join our Winter Weather Volunteer Corps



When weather is the worst, neighbors rely on us most. Last year, we sent our daily mobile food truck, McKenna's Wagon, out during every night of Winter Storm Jonas. With winter weather just around the corner, we are looking for neighbors within walking distance of our headquarters on 14th Street to join our Weather Emergency List.

**ACTION ALERT:** If you are interested in joining this team, please email Francisca Alba at [falba@marthastable.org](mailto:falba@marthastable.org) with "Weather Emergency" in the subject line.

## sips & suppers

Sips will feature top artisans and mixologists preparing signature dishes and drinks.

**Saturday,  
January 28, 2017**

6:30 pm VIP

7:30 pm General Admission

Newseum, 555 Pennsylvania NW

**General Admission:**

\$125 by January 11

\$150 on or after January 12

VIP Tickets: \$250



Suppers will feature celebrity chefs as they create dinners in homes throughout the city.  
Sunday, January 29, 2017 • 6:00 pm • Tickets: \$600