

Martha's Table

EDUCATION • FOOD • OPPORTUNITY

United Way #8445 • CFC #29262 • www.marthastable.org

2014 Holiday
Newsletter



EDUCATION



FOOD



OPPORTUNITY

Martha's Markets: Providing More than Just Food



We love hearing from the families we serve that our monthly Martha's Markets are making a difference. Just listen to what two of our neighbors have to say:

"Having this market so close to home is really helpful. It's changed how people view the school and helped the whole community. I love the choice. And my girls love the fresh vegetables and fruit." --- Frances, working mother, daughters ages 6 and 9

"Coming to Martha's Markets gives me a reason to get up and out. It's changed the way I eat. I have osteoarthritis and I need to eat right. I count on your fresh vegetables, eggs and peanut butter for produce and protein." --- Doris, retiree

This year, we expanded our focus to address more than hunger by delivering healthy foods and nutrition knowledge to improve health and wellness, all in a fun environment that brings the community together.

Frances, a working mother with two young daughters, enjoyed our Mobile Market this summer because it gave her quality time with her kids and gave her kids hands-on experience in choosing beautiful fruits and vegetables. A principal says that our monthly market in the school gymnasium gets more parent participation than any other activity. And parents from our newest market, DC Scholars Stanton Elementary

School Market in Ward 8, remarked that visiting our Martha's Market really helps them feel like part of the school community.

Thank you to Frances, the many parents and individuals who visit our Martha's Markets, our dedicated volunteers, and our financial supporters for helping us build stronger communities, fight hunger, and improve health. Our network of free healthy grocery markets continues to grow as we meet our community's need for fresh produce and timely nutrition knowledge.

By the end of the year, we will have launched two new Martha's Markets in underserved neighborhoods in Ward 8, with three more markets launching in January! That brings our total Martha's Markets to 12 and our grocery distribution capacity to more than 600,000 nutritious meals annually – with 40% of groceries being fresh produce!

Help us bring Martha's Markets to all public and charter elementary schools in Wards 7 and 8!

We have a bold plan for dramatically increasing the number of our Martha's Markets in 2015, focusing on Wards 7 and 8 – the two wards with the District's highest poverty rates and only 7 of the city's 43 full-service grocery stores. Launching Martha's Markets at all public and charter elementary schools in Wards 7 and 8 would bring healthy groceries to the families of 15,000 students. **Your gift today helps us feed our hungry DC neighbors.**

The Convoy of Good Cheer Hits the Streets Again this Winter!

365 days a year, Martha's Table provides nutritious hot meals to 200 men and women through McKenna's Wagon, our volunteer-run, mobile food service that feeds the hungry. For people who are living on the streets or struggling to make ends meet, there is comfort in knowing that they can count on McKenna's Wagon for a hot, healthy, scratch-cooked meal at the end of a chilly day. We know it lifts spirits and powers hope.

And for the second year in a row, we're mobilizing our "Convoy of Good Cheer" to serve more than just food on McKenna's Wagon! A second truck bearing blankets, sleeping bags, thermals, hats, socks, scarves and mittens will follow McKenna's Wagon to each of the three scheduled locations.

To donate any of the items listed above, please go to www.marthastable.org/winterneeds. To volunteer to ride McKenna's Wagon, please schedule online at www.marthastable.org/volunteerhub.com.



Family Success Center Builds Family Stability

While a supportive community can help every child succeed, we recognize that parents and guardians are every child's first teacher.

Whether a father, mother, older sibling, grandmother or grandfather, Martha's Table is committed to assisting caregivers to help every child feel safe, secure, and prepared to enter school ready to learn and succeed.

Parent engagement is a critical part of our formula for partnering with families to break the cycle of poverty. Through our Family Success Center, we are implementing a two-generation approach that helps our children succeed and supports long-term family success. Our Family Success Center launched earlier this year with the main goal of providing parents with the supports, resources, knowledge and opportunities they need to enhance family success and stability.

Many of our parents are continuing their own education at the same time they work or look for work. It is essential for them to receive support and access to information so they can compete for available jobs AND be strong "first teachers and best leaders" for their young children.

We partner with families through positive parenting groups, a new home visiting program for families with infants, essential skills workshops, and social activities that encourage positive family interaction and socialization. We have also launched an advocacy program (Witnesses to Hunger) that will prepare 15 parents to share their stories and challenges through photography, video and written/oral commentary.



Success Center Coordinator, Patrease Hawkins

Patrease Hawkins, Success Center Coordinator, runs the Center's day-to-day operations at our 14th Street headquarters. She welcomes parents to our dedicated Family Success Center and connects them with internal or external resources to address challenges. Patrease also develops skill-building and parent-strengthening workshops. She puts her passion and energy into helping our families thrive:

"We're all about helping parents succeed. We meet parents where they are in their lives in order to provide the opportunities, supports, and resources they need. Our parents use our computers to look for work, write résumés, or write papers if they are in school. Our parents are highly committed to working and making successful lives."

Estefani Arias-Berrios, our bilingual Early Childhood Specialist, focuses on strengthening the parents and caregivers of our infants and toddlers through our new home visiting program. She meets with parents of infants in our program 2-3 times a month:



Early Childhood Specialist, Estefani Arias-Berrios

"I visit with parents in their home or someplace that's comfortable for them. My job is not to tell parents what to do, but to be a resource. They tell me what they want or need – help with a child's speech or improving fine motor skills and coordination – and together we set goals. Then I help them get information and think about how to break those goals down so they can achieve them."

Already this year the Success Center has sponsored Success Kitchen (to provide recipes and tips on good nutrition from Martha's Table nutrition educators), a literacy workshop on active reading, an oral hygiene workshop, and several "meet-and-greets" and holiday celebrations for families, with a money management course soon to come! To read about one parent's success, please see the "In Their Words" section below.



Parents participate in an oral hygiene workshop hosted by the Family Success Center

In Their Own Words

"I came in that day looking for renter's assistance – and walked out with a job! I got advice on my rent situation. Then I asked Estefani to advise me on how to improve my résumé and cover letter. After she did, I got Patrease to help me look for jobs on Craigslist. I saw an opening for a hair stylist at a Georgetown salon, emailed my cover letter and résumé, and then followed up with a phone call. They called me back immediately and offered me a job. In ONE AFTERNOON, I found a job! How often does that happen?! Thanks to Patrease and Estefani, I know for sure if I ever need help again I will use the Success Center."

- Ms. Joyner, Martha's Table parent, daughter age 7

What Does Hunger Look Like? - A Letter From Patty



Shopper selects produce at a local Martha's Market

Walking down the streets of DC, we can see the visibly homeless and hungry. Martha's Table does our part to support these individuals 365 nights a year by serving warm, healthy meals from McKenna's Wagon, but we also know that invisible hunger exists throughout the

District – affecting hundreds of thousands of people who may not “look” hungry.

What does hunger look like? Almost 500,000 District residents used one of the food banks in our area last year. Food banks are no longer just for emergency, temporary provision of food – for many families struggling to make ends meet, food banks are the way that they make it through the month. Food banks have gone from a supplemental support for families to a significant aspect of our food system (federal food benefits, breakfast and lunch programs at schools, retail grocery stores and corner markets, etc.). They are accessed by many working parents, struggling families and seniors: young mothers taking college courses and working part-time, two-parent families struggling to raise children with too little income, or retired grandparents whose benefits don't stretch far enough to cover nutritious and healthy meals.

There is Darren, 35, a working dad referred to Martha's Table's emergency lobby market by Bread for the City to help feed his two young sons. Or Willie Mae, 45, who turned to making and selling jewelry and knitted hats to keep her household of five afloat after she was laid off. She relies on our Rita Bright Martha's Market when her food stamps run out. Then there's Arthur, 68, retired from the Marines, who finds his veteran's pension won't cover rent, medicine, and good food for himself and his wife after a lifetime of service to our country. And Rose, who has “earned out of eligibility for food stamps,” but comes to Martha's Markets because they

allow her to stretch her food budget and put fresh fruit and healthy produce on the table.

Our country's most visible safety net for hunger – the Supplemental Nutrition Assistance Program (SNAP) – is means-tested, meaning it is only available to families who make at or below 130% of the federal poverty level (which amounts to about \$25,000 a year for a family of 3). And the maximum allotment per meal per person is around \$1.40. SNAP is by far the best measure used to assist families struggling with food insecurity, but it is just not enough to ensure everyone has access to nutritious food and the knowledge needed to boost healthy eating habits. Even today, we know that 30,000 children will miss at least one meal during the next year because of too few resources in their household.

At Martha's Table, our healthy eating programs feed both the visibly and invisibly hungry every day through McKenna's Wagon, our emergency lobby market, and our growing system of 12 pop-up healthy grocery “Martha's Markets” in elementary schools and community sites across the District.

We are working to help share the stories of families and individuals facing the challenges of living on a low income in DC. And on October 26th, we raised awareness around hunger in the District through our first-ever One Pot Supper Evening. More than 60 supporters hosted dinners in their homes and “passed the (apple) pot” to raise important resources for our healthy eating program. Five area restaurants also joined in to donate a portion of their Sunday evening proceeds to Martha's Table. Altogether, our community-wide event raised over \$30,000 to take a bite out of hunger. Thank you for partnering with us to support our hungry neighbors!

With you behind us, I know we will be able to continue chipping away at visible and invisible hunger in our nation's capital.

Yours in Service,

Patty Stonesifer,
President & CEO

How YOU can Help Fight “Hidden” Hunger

Your gift today can help us fight hunger and improve nutrition for thousands of DC families and children. Please make as meaningful gift as possible to support our food and nutrition programs.



Martha's Markets:

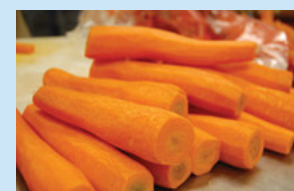
We have a bold vision of bringing Martha's Markets to all public and charter elementary schools in Wards 7 and 8 starting in 2015 and eventually reaching the families of just over 18,000 students. Help us bring healthy groceries, nutrition education, and a fun opportunity for community engagement to the children and families who need it.



Photo credit: Ken Cedeno

McKenna's Wagon:

Volunteer your time, donate sandwiches or make a financial contribution to keep McKenna's Wagon rolling on.



Fresh Food Fund:

The cost for fresh fruit and vegetables goes up in the cold winter months, but our commitment to providing 40% fresh produce at our markets and in our prepared meals does not waver.

Your support helps us keep our promise to bring healthy, fresh food to children, families and neighbors in need.

Board of Directors

Cathy Sulzberger, Chair
Domingo Rodriguez, Vice Chair
Ellis Carr, Treasurer
Stacie Lee Banks, Secretary
Ana Anders, Director
David Gregory, Director
Linda Moore, Director
Joan Nathan, Director
Laura O'Shaughnessy, Director
Nicholette Smith-Bligen, Director
Patty Stonesifer, Director
Lori Vise, Director
Elsa Walsh, Director
Barbara Washburn, Director
Dr. Marceé White, Director
Mark Stumpf, Arnold & Porter LLP,
Pro bono Counsel

Staff

Department Heads

Patty Stonesifer, CEO
Martin Booker, Director of Food & Nutrition
Simone Johnson, Director of Child Development Center
Timothy Jones, Director of Education, Elementary to Career
Jacque Patterson, Director of Management & Administration
Fesha Tesema, Director of Learning, Evaluation & Research
Michael Wanyama, Chief Financial Officer
Joan Woods, Director of Development
Meaza Yalew, Community Stores Manager

Martha's Table Mission Statement

Martha's Table believes everyone deserves both dignity and opportunity. Through healthy food, affordable clothing, and quality education, we work with you to build a better future.

UW #8445

CFC #29262



Karrie Denniston (left), Director of Hunger Relief and Nutrition at the Walmart Foundation, shares her insights with guests at the recent "Hunger & Nutrition Discussion" hosted by Martha's Table and moderated by Bob Schieffer (right).

Walmart Helps Take a Bite Out of Hunger

Martha's Table salutes Walmart for fighting hunger by supporting our healthy eating programs in schools and in the community. Thank you, Walmart, for ensuring that District residents – including our youngest residents – have access to affordable, nutritious, sustainable sources of food all year round.

Through Walmart's generosity, we reduced hunger and food insecurity by opening 4 Martha's Markets at schools and improved our ability to move food to and from our markets with a brand new vehicle, which we estimate will help us move nearly 300,000 pounds of food each year.

Thank you, Walmart, for helping us take a bite out of hunger!

It's Not Too Late...

... to pledge your support for Martha's Table through your workplace giving campaigns. You can help to ensure healthy food, affordable clothing, quality education, and access to area resources for disadvantaged children and families by choosing Martha's Table, CFC#29262 or UW#8845, for your Combined Federal Campaign, United Way or other workplace giving contribution this year. Every pledge powers our programs for a Healthy Start, Healthy Eating, and Healthy Connections.

sips & suppers

Join José Andrés, Joan Nathan & Alice Waters for a celebration of food and community.

January 24 & 25, 2015

sipsandsuppers.org



Martha's Table



José Andrés, Joan Nathan & Alice Waters proudly present Sips & Suppers:

two extraordinary evenings featuring the country's finest chefs in support of DC Central Kitchen and Martha's Table, organizations that serve the neediest individuals in the nation's capital.

Sips will feature top artisans and mixologists preparing their signature dishes and drinks. Saturday, January 24, 2015 at 7:30 pm Newseum, 555 Pennsylvania Avenue, NW Tickets: \$95

Suppers will feature celebrity chefs as they create dinners in homes throughout the city. Sunday, January 25, 2015 at 6:00 pm Tickets: \$600