

Celebrating...Strong Children and Strong Families at Martha's Table

Picture this....you are an expectant mother who has been saving diligently for months. Suddenly, a playground accident means your 3-year-old son needs stitches on his chin, and **those months of saving go down the drain. It could happen to anyone.**

Each week at Martha's Table, we meet STRONG D.C. families who, with your support, are able to access all the resources they need to truly thrive. Meet Ms. Brittingham, a proud D.C. mom who knew just what to do to make sure her children had everything they needed to be healthy and well.

"My children bring me so much joy and purpose," she shared with a smile. **"I love watching them grow and learn!"**

With a leap of faith, Ms. Brittingham turned to Martha's Table, and applied for our direct cash assistance program for new and expectant mothers.

Thanks to your support, our Strong Futures, Strong Families DC program is able to provide direct cash assistance and other resources to mothers like Ms. Brittingham during the pivotal first year of their child's life.

But it doesn't stop there. Families in the program also have access to *weekly healthy groceries and no-cost professional work attire and children's clothing.* They can even enroll their children in *Martha's Table Early Childhood Education programs,* and have a chance to *build real relationships* with other parents in our community.

"Being a part of Strong Futures, Strong Families will allow me to reach my goals sooner than I expected," Ms. Brittingham emphasized.

Thank you for helping us support strong D.C. children and families, even when "life happens" and plans get turned upside down. **We couldn't do it without you!**



"I'm excited about meeting other moms in my community and having access to the many benefits that Martha's Table has to offer!"

— Ms. Brittingham,
Martha's Table Mother

Take Action: A monthly gift means families like Ms. Brittingham's can thrive with Martha's Table 365 days a year. Set up a monthly gift today to join the Martha's Table Apple Corps and ensure unexpected challenges never get in the way of D.C. families staying STRONG!

www.marthastable.org/monthly

MAPLE ROASTED FALL VEGETABLES

INGREDIENTS

- ½ small onion, sliced thinly
- 2-3 large carrots, peeled & sliced into coins
- 1 medium sweet potato, cubed
- 20-30 medium brussel sprouts, halved
- 2 tablespoon olive oil
- 1 teaspoon lime juice
- 1 tablespoon maple syrup
- 1 clove garlic, minced
- 1 teaspoon salt
- ½ teaspoon cinnamon
- ¼ teaspoon black pepper
- 1 pinch red pepper flakes

DIRECTIONS

- 1 Preheat your oven to 425 degrees and line a baking sheet with parchment paper.
- 2 Wash and combine your vegetables in a large bowl:
 - a. Slice your brussel sprouts in half
 - b. Peel and slice carrots into coins
 - c. Peel onion and slice thinly
 - d. Cut sweet potato into cubes
- 3 Add olive oil, lime juice, garlic and spices to bowl and toss until evenly coated.
- 4 Lay vegetables flat on the baking sheet and roast in the oven for 25 minutes.

Preparation and storage tips:

- Soak the brussel sprouts for 10 minutes in water to remove insects hiding in the leaves. Rinse once more with fresh water before cooking.
- Store leftover brussel sprouts in a sealed plastic bag in the refrigerator crisper drawer. They will stay fresh for an additional 3-5 days!

Celebrating...

Bright Futures with Martha's Table

Ms. Walker may be a business owner and student, but she's a mom to two beautiful sons first.

When Ms. Walker began her entrepreneurial journey, she found Martha's Table and enrolled her youngest son in our Early Childhood Education program. She quickly learned that Martha's Table was more than just a school. **It was a beacon of opportunity for her and her family.**

"My boys look at me like an entrepreneur and supermom," Ms. Walker explained. **"I'm Superwoman. I can do anything. I explained to them that what I'm doing is because of Martha's Table. I literally started my businesses during the pandemic with Martha's Table."**

Now working towards a certificate at American University, Ms. Walker leads her family by example. She shows her sons that with **hard work, positivity, and community support**, they can achieve anything.

Following in the bold footsteps of their mom, Ms. Walker's sons have been exploring their own goals.

"My boys are both independent," Ms. Walker shared. **"My oldest son, he's into IT and he loves computers. [My youngest] is now getting into sports and he wants to play soccer. I'm trying to get him outside of his comfort zone."**

Every step of the way, Ms. Walker has found Martha's Table by her side...even after her son graduated from our education program! With your support, she was able to sign her youngest son up for a Martha's Table College Savings Account which contributes \$1,000 towards his future education or career!

"It was like they never left us behind, literally," she exclaimed. **"When my son left, they were still reaching out. They were like, 'No you're still part of the Martha's Table family! Just because your son went to another grade doesn't mean that you're not part of the family anymore.'"**

Your generosity means we can continue to wrap Ms. Walker and her family in the Martha's Table blanket of support. **Thank you!**



Our Early Childhood Education Program serves kids 6 weeks to 4 years old!

Celebrating...Volunteering for Success!

At Martha's Table, we know how important it is to ensure **every neighbor** has a seat at the table.

Ms. Marie Wood has been regularly volunteering at Martha's Table **for over eight years.** In her day job, she spends time working with individuals with intellectual disabilities.

Having spent nearly a decade volunteering with Martha's Table, she saw a meaningful opportunity to connect her clients with **exciting volunteer opportunities** in their community.

With the support that Martha's Table provides, she's been able to **open new doors** for her clients. Ms. Wood knows her clients can gain **valuable work experience** through volunteering, which can be highlighted when they apply for full-time and part-time jobs.

"My client is able to put on his resume that they now have experience with bagging groceries, socializing, and building relationships," she explained.

While volunteering in our markets, Ms. Woods' clients also get to benefit from all of the critical resources that Martha's Table has to offer. During their volunteer shifts, they learn about **different kinds of produce, healthy eating tips**, and can even participate in **our fitness programs!**

After volunteering, Ms. Woods takes her clients up the road to our no-cost clothing boutique, where they can pick out professional clothing for interviews and job opportunities.

"I tell everyone about Martha's Table and their resources," Ms. Wood emphasized. **"I want people to come and use these resources because they are here for us!"**



A Martha's Table volunteer works in our healthy market, ensuring every neighbor leaves with a bag full of fresh, nutritious groceries! Our volunteers love helping neighbors choose delicious fruits and vegetables to use in healthy meals at home.

Did you know?

Martha's Table welcomes over 600 volunteers through our doors every single week, and with your support, we can ensure that there's an opportunity for everyone at the table!

Take Action: Your generosity means lifelong opportunities for children in our Early Childhood Education programs, ensuring they receive Martha's Table support from cradle to career!

Give today at www.marthastable.org/donate

Take Action: There truly is a volunteer opportunity for everyone at Martha's Table! When you sign up for a volunteer shift this fall, you can support our D.C. community and see the impact of your generosity in action.

Sign-up today at www.marthastable.org/volunteer



Last year's alumni mixer brought together parents and graduates of our Early Childhood Education programs to reconnect with old friends and learn about resources like college savings accounts!



Time Flies!

This summer, Martha's Table celebrated 5 years at The Commons, our Southeast D.C. headquarters!

We are so thankful for all our neighbors, team members, supporters, and donors who have made our transformative work possible.

We couldn't do this without you. Thank you!



Have you secured your ticket to Martha's Table's Annual Benefit?

Join us for a joyous celebration of our commitment to supporting strong children, strong families, and strong communities in Washington, D.C.

On **Sunday, October 1st**, we'll gather for an uplifting evening that includes a cocktail hour, family-style meal, and a program inspired by Martha's Table's mission.

Scan here to purchase your ticket today!

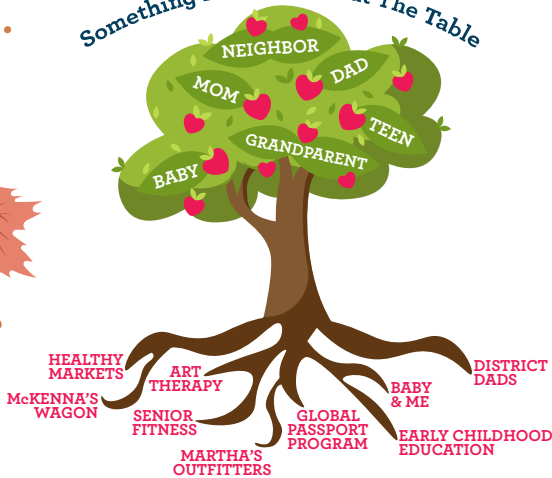


Take Action: As leaves begin to fall, our McKenna's Wagon rolls out every single night to provide warm, homemade meals and sandwiches to our downtown D.C. neighbors. Help us provide nourishing support by signing up to donate sandwiches today!

Learn more at www.marthastable.org/sandwiches

Martha's Table Family Tree

Something for Everyone at The Table



GIVING TUESDAY

Giving Tuesday is just around the corner!

Giving Tuesday is known around the world as a day of radical generosity. On November 28th, we are asking our community of supporters to join Martha's Table's commitment to welcoming everybody at the table.

How can you support strong children, strong families, and strong communities this **Giving Tuesday**?

- 🍏 Support Our Neighbors with a Financial Gift
- 🍏 Join our Apple Corps of Monthly Supporters
- 🍏 Start a Martha's Table Fundraiser with Your Family and Friends
- 🍏 Sign-up to Volunteer at Martha's Table

Keep your eyes peeled for more information about **Giving Tuesday** this November!



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The Commons

2375 Elvans Road SE
Washington, DC 20020

The Maycroft

1474 Columbia Road NW
Washington, DC 20009

Martha's Outfitters

2204 Martin Luther King Jr Ave SE
Washington, DC 20020

202-846-1043
info@marthastable.org
www.marthastable.org

Please send all monetary gifts to our PO Box:

PO Box 70970
Washington, DC 20024