

### Filling Bellies and Hearts All Year Round

When you're hungry, a hot meal makes a world of difference and can remind us that we are cared for. As our longest running program at Martha's Table, McKenna's Wagon delivers hot meals in downtown D.C. 365 days a year.

For the past four years, Ebony Walden has passionately served the Martha's Table Community, preparing warm, nutritious meals during the week.

**What keeps her going all year round?** Knowing that the meals she cooks are getting into the hands and bellies of those who need it most!

Each morning, Ebony and her team fire up the food warmers and start cooking the over 250 hot dinners they'll need for the night's run. From comfort foods like lasagna and shepherd's pie, to new recipes like egg souffle and pasta puttanesca, there's one ingredient that goes into every single meal she cooks...love!

The impact of McKenna's Wagon goes beyond a nightly meal.

**"It's really helpful for our guests. They are looking for a meal every day and they expect it. The people are so nice when we go out there."** Ebony shared. **"Sometimes if they see that we're low on volunteers, they will jump in and help! They understand what we're trying to do for our mission and they're willing to help us."**



**Ready.. set.. GO! Rain or shine, McKenna's Wagon staff and volunteers work 365 days a year.**



Ebony underscores the significance of McKenna's Wagon's 365-day-a-year service, as it guarantees that no one goes without a hot meal.

**"I know that most of the guests out there are experiencing homelessness and they really don't have access to meals or clothing,"** Ebony emphasized. **"When we go out there, we bring thermals, socks, and stuff where they can get it and it's not even a question."**

Caring supporters like you can help to ensure that no McKenna's Wagon guest leaves empty-handed. Did you know...you can volunteer to make sandwiches, cook meals, and distribute dinner too? Check out our volunteer opportunities at [www.marthastable.org/volunteer](http://www.marthastable.org/volunteer) and join our dedicated McKenna's Wagon team!

Your support helps McKenna's Wagon run 365 days a year - thank you!

**"Right now, our guests have two favorite meals. The tortellini soup and the Big Mac Sloppy Joe!"**  
— Ebony Walden, McKenna's Wagon Lead Chef

**Take Action:** Strong D.C. families are able to turn to Martha's Table all year-round. Set up a monthly gift today to join the Martha's Table Apple Corps and ensure every family can feel that caring support when they need it most!

[www.marthastable.org/monthly](http://www.marthastable.org/monthly)

# Keeping Families Warm and Cozy This Winter

The first fall of snow always brings back that feeling of peeking out your window to see your street covered in a fresh, white snow blanket and the excitement of the possibility of a snow day. Those carefree snowball fights and snowman-building made braving the cold snow worth it, as long as you were bundled up!

You may know Martha's Table for our healthy markets, nurturing classrooms, and nightly meals, but our work doesn't stop there. Our annual Winter Coat Giveaway is one way we ensure that our neighbors can stay warm during the chilly winter months.

**“What makes the Winter Coat Giveaway truly special is the connection it fosters,”** shared Laura Grossman, who runs our Martha's Outfitters no-cost clothing boutique. **“This event is not just about providing winter essentials... it's also an opportunity to listen to our neighbors, understand their needs, and introduce them to the plethora of programs and opportunities that Martha's Table can provide.”**

In the midst of the pandemic, we held our first Winter Coat Giveaway as a response to the immediate needs of our community. Now, the yearly event has become a symbol of hope, togetherness, and warmth during the colder D.C. months.

**“This year our aim was to not just match the impact of previous years but to surpass it, thanks to the incredible support of our community.”** Laura emphasized. **“This event wasn't just about handing out coats; it was a labor of love with meticulous planning, dedicated teamwork, and countless hours of hard work from our amazing team.”**

With help from our generous supporters, Martha's Table distributed over 3,200 coats, hats, scarves, and gloves on November 4th. Thanks to you, it was a day full of smiles, heartwarming interactions, and children carrying bags full of coats as big as they are!

**Martha's Table's Winter Coat Giveaway is a celebration of community spirit and support.**

Your support makes a significant difference in the lives of our neighbors and ensures that events like the Winter Coat Giveaway can bring warmth and joy to our community.

Together, we can make a difference, one coat at a time.



**“This is a huge event that has so many small moments; the smiles, the laughs, the child lugging a big puffy bag only slightly smaller than they are!”**

— Laura Grossman, Martha's Outfitters

**Take Action:** Did you know our no-cost clothing boutique relies on year-round donations to ensure D.C. families have the professional and baby clothing they need to thrive in every season?

Learn more at [www.marthastable.org/clothing-donations](http://www.marthastable.org/clothing-donations)



**Neighbors joined our Annual Community Harvest Dinner to welcome the changing seasons! Over 1,200 meals were served and many happy memories were made!**

**Your support did that!**



# “It is Not Selfish to Take Time Out for Yourself!”

Meet Mrs. Berry, a dedicated nurse and devoted mother of six. Her life revolves around caring for others, which doesn't always leave room to care for her own emotional well-being.

Mrs. Berry first learned about Martha's Table while shopping at Martha's Outfitters, our no-cost clothing boutique. It was a simple flyer that caught her attention...introducing her to our emotional wellness program. From there, her journey toward healing, empowerment, and hope truly began.

**“I came in with open arms and an open mind,”** Ms. Berry remembered. **“Now being in the thick of everything, I think Martha's Table is helping a lot with the things that I need. I'm able to point people in the right direction as far as produce, diapers, and just getting help in the emotional wellness program!”**

Thanks to caring supporters like you, Mrs. Berry not only found a place that offered emotional wellness support...she also discovered a caring community providing necessities like fresh groceries and baby supplies for her family.

By participating in programs like our weekly Healthy Happy Hour, art therapy, and fitness classes, Mrs. Berry learned a valuable lesson in self-care.

**“It is not selfish to take time out for yourself,”** she emphasized **“Even just a few minutes helps you stay focused. I'm learning how to shift and focus on myself because that way, I can be more productive for everyone else.”**

Mrs. Berry's story is a testament to the transformative impact our emotional wellness programs can provide - illustrating the power of community and compassion. **With your continued support, we can continue to provide these vital services, offering a helping hand and a path to emotional well-being for all of our neighbors.**



## Did you know?

Through our emotional wellness program, families have access to critical mental health services and resources at no cost, including 1:1 counseling, healthy happy hour, fitness classes and art therapy!

Learn more at [www.marthastable.org/emotionalwellness](http://www.marthastable.org/emotionalwellness)

**Take Action:** Challenge ahead! Our programs wouldn't run without the support of our passionate volunteers! Will you make the New Year's Resolution to volunteer at Martha's Table in 2024?

**Take on the challenge today at [www.marthastable.org/volunteer](http://www.marthastable.org/volunteer)**



**Our transformational work happens 365 days a year with the support of our volunteers.**

**Add a volunteer shift to your 2024 goals and see first hand how Martha's Table helps transform lives!**

# Apple Corps

## Add a monthly gift to your New Year's Resolution!

Martha's Table monthly supports are the Apple Corps Members. The Apple Corps Membership is a special community that makes the ongoing, monthly commitment to uplifting the lives of Martha's Table neighbors.

### Join today for these elevated perks:



**Take Action:** Join the Apple Corps Members and maximize your impact in the community! To find out more information on our monthly giving program visit the link below!

[www.marthastable.org/donate](http://www.marthastable.org/donate)

## Did you know that your donation can go even further?

Thousands of companies match donations made by their employees to organizations like ours.

Please visit our matching gift page via the link below to see if your company will match your gift.

Scan here to see if you qualify for a match!



## Celebrate MLK Day with Martha's Table this January!

Join us for an exciting day of service as we honor Dr. Martin Luther King Jr. with meaningful service projects across Southeast D.C.

Sign-up today at [www.marthastable.org/volunteer!](http://www.marthastable.org/volunteer!)

Sign up today!



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