

Martha's Table

EDUCATION • FOOD • OPPORTUNITY

2114 14th Street, NW • Washington, DC 20009 • 202-328-6608 • www.marthastable.org



2011
Annual
Report



EDUCATION



FOOD



OPPORTUNITY

2011 AT A GLANCE

Martha's Table helps 1,100 people a day deal with the immediate effects of poverty and finds long-term solutions with education, nutrition and family support services. Martha's Table addresses emergency needs with food and clothing programs and breaks the long cycle of poverty with education and family strengthening programs. Martha's Table works to create positive outcomes with (1) Tutorial, educational, job training and recreational programs during the school year and the summer for approximately 250 children and youth, ages 3 months to 22 years; (2) Family support services, including groceries, a clothing distribution center, screenings and referrals; (3) Meals to the homeless every day of the year at numerous sites throughout the city as well as meals for senior shut-ins and (4) Collaborations with 200 other organizations to coordinate efficiently a variety of services.

DURING 2011:

- Of the 90 children enrolled in our Child Development Center 87 reached their appropriate developmental level, 3 received special services. Of our 32 pre-schoolers, all were ready to start kindergarten.
- Of the 101 children enrolled in our Children's and Bridge programs, 101 advanced to the next grade level.
- 22 children were enrolled in our Satellite programs at Shaw middle school and Howard University Middle School for Math and Science. 12 were engaged in debate and 10 in New Way to Play, a math enrichment workshop.
- Of the 24 students enrolled in our Youth Programs, 11 graduated from high school and all 11 started college in the fall. The 13 underclassmen all advanced to the next grade.
- 327,260 meals were served on McKenna's Wagon
- 67,432 meals were served to the children in our programs
- 5,854 bags of groceries were distributed through our monthly pantry program
- 2,424 bags of groceries were distributed through the Meals for Minds school based pantry program
- Martha's Outfitters served 34,699 customers and 3,632 referrals
- 9,942 Volunteers contributed more than 26,810 hours of service

A Look Back as We Plan for the Future

A letter from Lindsey

In 2007, the Martha's Table community developed a strategic plan that guided our work during the last five years. As we are now engaged in a new strategic planning process, it is a good time to look back on our accomplishments from the last plan. The core of the 2007 plan was built around high quality programming, enhanced staff and infrastructure, external relationships and sustainability. The broad range of success we achieved over the past 5 years is a real tribute to the board, staff, volunteers, donors, clients and community partners of Martha's Table.

Our work to increase the quality and impact of our programs has included a number of notable successes. We spent nearly four years developing our Child Development Center for national accreditation through the National Association for Education of Young Children (NAEYC), which we achieved in 2010. We worked to ensure that all children in our programs are at the appropriate developmental levels or receiving specialized assistance to get there. In 2008, we achieved national accreditation for after-school and summer programs through

(continued on page 6)

Resolve: A New Way To Teach

Has rap music hurt the legacy of African-Americans? Should Youth have the right to protest? These are just a few topics that were deemed “debatable” and fueled student participation in the new debate team established by Martha’s Table’s Satellite Program in 2011. The art of critical thinking and self-expression is what encompasses the Martha’s Table’s Satellite Program.

When Satellite Program Manager Ronald Allen was a high school senior, he was one of the first participants to debate in The Urban Debate League (started nationwide in 1999) in Atlanta, GA, and won! He now coaches our debate teams competing in the Urban Debate League in Washington, DC.

Previously, during the Satellite Program’s 2010-11 school year, MT S.P.O.R.T.S. (Studying Paves Our Road To Success) used the principles of athletic competition and applied it to homework and academic remediation. Their sessions were “practice times” similar to sports and used basketball terminologies for building the students’ skills in Mathematics. But after the school year ended, under the DCPS summer program, Allen shifted gears from MT S.P.O.R.T.S. to create a debate program at Shaw Middle School’s summer school session.

The 6-week pilot program for youth interested in debate quickly became a success with 300 students enrolled from all over the city. At the end of the pilot program, 90% of the students surveyed said they wanted a debate team-style program at their respective schools during the school year. The amount of interest and excitement from students gave the program staff incentive to keep going full scale into the academic year at Shaw and to expand the program to Howard Middle School of Math and Science (HUMS2), the other school serviced by the Martha’s Table Satellite program.

“Everything that we do is a metaphor for them to live their lives outside of our program with principles and values,” says Allen. “We are preparing them to stand up to the pressures that they face when they’re outside of our program in school, their communities, and with family.”

When the fall semester began, the students began diligently developing the basic skills of public speaking, arguing viewpoints, and being comfortable with the terminologies of debating opposing teams. The debate team aligned well with the teachings of MT S.P.O.R.T.S. from the previous school year. It provided the students with an open space for self-expression, analytical thinking, education through research, and knowledge of an array of topics. “It’s such a joy to see these students become a part of something that’s larger than themselves,” says Allen.



The students learned a powerful metaphor to help them prepare for debating called the Fourth Wall, a term used for actors that describes an invisible barrier between themselves and the audience so they don’t react to anything the audience does. It’s a mental mindset. It also serves as a powerful message for the students to apply to their personal lives. “Everything that we do is a metaphor for them to live their lives outside of our program with principles and values,” says Allen. “We are preparing them to stand up to the pressures that they face when they’re outside of our program in school, their communities, and with family.”

The Satellite Program’s first match was on March 22, 2012 at Howard University between HUMS2 and Shaw at Garnett Patterson Middle School. eight of the fifteen enrolled students from Shaw participated, and 7 of 12 from HUMS2 debated. The debate was judged by a City Year member serving at Shaw, Richard Greene (Martha’s Table’s Bridge Program staff), and a parent from Howard Middle School..

The results? It was a tie. The first round went 2-1 for Shaw in opposition. The second round went 3-0 for Howard in opposition. Howard Middle School has participated in two tournaments through the Urban Debate League, but this was Shaw’s first debate of any kind.

In 2012, the Satellite Program (originally an arm of Martha’s Table’s Teen Program) is moving to the Afterschool/Bridge program. The summer program will combine the kids from Shaw, Howard, and the children in the Afterschool/Bridge Program at Martha’s Table, and will have 35-40 kids. The goal is to build two teams who will compete in the Urban Debate League for the 2012-13 school year. Stay tuned...

Turning Kids into Foodies!

Thanks to a generous grant from Target's *Meals for Minds* initiative, our School Pantry Program launched in August 2011, allowing Martha's Table to provide on-site groceries at two local public schools for students and their families. Through this program, staff and volunteers deliver over 2000 pounds of food to local inner city schools once a month. Here we are able to engage the students and families around food and its preparation and folks can choose among healthy offerings of fruit, vegetables, dairy and proteins. The School Pantry program is having much success with over 300 families being served and parent participation steadily increasing. There are approximately 20 volunteers a month at each site including those from PricewaterhouseCoopers, the Washington International School, Deloitte, and Sidwell Friends School. The pantry program has proven to be not just about providing food but creating an environment that supports food education and healthy eating. The program is designed as an event more than just a service that is provided.

Each month local artists and students volunteer to provide live music as families shop, and there are cooking demonstrations provided by trained chefs to teach the families how to prepare fresh foods in a healthy way. Nutrition tips are also provided to families if needed. Featured chefs included Ruth Gresser from Pizzeria Paradiso in Alexandria Virginia, Susan Wallace, from Black Salt Restaurant in Northwest DC, and Anthony Lombardo from 1789 Restaurant in Georgetown. The food prepared during the cooking demonstrations is distributed as samples, similar to what happens in most grocery stores that we shop at everyday.

The premise behind the demonstrations is to support and encourage community engagement and to also provide a forum that encourages conversations, partnerships, and education surrounding nutrition. The program staff conducts customer surveys to parents asking for feedback and suggestions of the types of groceries they would like to have at the program. They are also maintaining strong communication with the schools when they are not on-site for feedback and more insight on what foods they would like to see featured at future distributions.

This May, Martha's Table's School Pantry Program will be adding a third school, Hendley Elementary School in Southeast DC. Hendley will be the largest school we are serving to date. In addition to adding a school, we have increased the amount of fresh ingredients being provided by 10% and have introduced staple items such as flour, oil, honey, and sugar for families receiving groceries.

"We don't want to assume that the families have the proper materials and ingredients to prepare the food that are being provided," says Martin Booker, the Food Program Coordinator for the School Pantry Program. *"We've introduced "Pantry Staples" to ensure they have everything they need."*



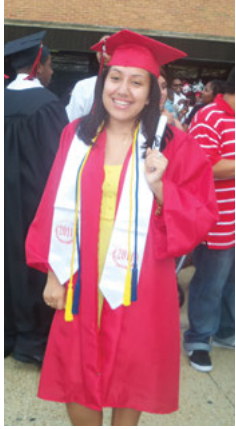
Sure to generate even more excitement and interest in the program will be our appliance giveaways. Families will soon have a chance to win appliances such as microwaves, ovens, pots, pans, and other items. The giveaways will also go hand and hand with the education component of the program. Volunteers will hand out nutrition facts to the families when they arrive to shop. *For example, did you know beans are a good source of protein and can substitute a meat product in your meals?* If program participants can name three nutrition facts that they learned during their shopping trip, they will have a chance to win appliances.

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"It's a great way to encourage more program participation but also educates families on different recipes they can attempt while cooking their meals" says Martin Booker. "We want to keep up the strong momentum surrounding nutrition."

If you would like to donate or volunteer for The School Pantry Program, please contact Martin Booker at mbooker@marthastable.org

Two Programs, Unified Goal



In recognition of the different stages of development for teenagers, Martha's Table's Youth Program consisting of students' ages 14-24 years of age decided in 2011 to break up their successful programming into two different areas to meet the unique needs of students.

The Teen Program will become the Martha's Table's Collegiate Academy (MTCA) for youth 14-18 years old and serves as a college readiness program. The mission of MTCA is to use creative project-based workshops to provide

young people with the services and support that is needed to attend and graduate from both high school and college. The workshops are designed to develop a student's initiative, engagement, communication, and problem solving skills. This skill set accompanied with the tools gained through core academic studies will put our youth in a better position to succeed than students who just obtain academic skills alone.

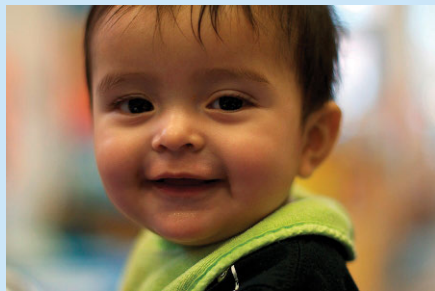
The second program, Degree DC serves youth 18-24 who are enrolled in college and who participated in the MTCA program. The Program is designed for the MCTA alumni to continue to receive support from Martha's Table while they

matriculate through college. The goal of Degree DC is to increase the graduation rate of DC students enrolling in college and obtaining a degree within 5 years of graduating high school. The college students who agree to participate in Degree DC submit their grades and schedules to Martha's Table on a semester basis and will also serve as college mentors for the juniors and seniors enrolled in MTCA. Degree DC students are also encouraged to incorporate volunteerism to promote the idea of "giving back."

The mission of the Martha's Table Collegiate Academy is to provide young people with the services and support needed to attend and graduate from both high school and college.

For the last 15 years Martha's Table's programming surrounding teens and young adults has had a 100% graduation rate of all High School seniors who actively participate in the program (attending and or communicating at least 2x a week) so it's a thrill to be able to work closely with alumni and address specific needs of current high school students. We only see positive results by separating the programs into two but still have both programs working together to reach one common goal...life success!

Off The "Waiting List..."



Martha's Table's Child Development Center is constantly evolving and one of the *Primary Objectives for 2011 was to reduce the number of families on our waiting list and increase availability*

of care to infants younger than 1 year of age. Soon after, renovations went underway to expand the CDC to open a third infant classroom and accommodate more families who are eager to find quality, affordable childcare for their infants. This decision came just one year after a second enhanced preschool classroom was established and opened in the center for the same purpose.

"In the past year we've established partnerships where we saw life-changing results." -Simone Johnson, Director

months. This will allow the infants to have the same teaching team for one year building a better primary care relationship for the children and their families.

Renovations were possible thanks to our hardworking facilities department as well as the dedication and enthusiasm of our volunteers and donors. White House Interns came to Martha's Table to give the room a fresh new look and thanks to a donation from Willis Builders we have new donated cabinets for efficient meal preparation. "In the past year we've established partnerships where we saw life-changing results. The children in the new classroom will adopt the Infant and Toddler Creative curriculum to coincide with the other two infant rooms. However, this group will be a cohort to followed by consultants from start date to the age of four.

"The new infant room will be a developmentally-appropriate classroom environment which will make the children school-ready," says Heather McNair'e who is the Lead Teacher in the Pre-K classroom.

A positive environment, support services, and a unique education have been a staple in the design of the Child Development Center since its inception and continues to be the driving force behind providing the best services imaginable to our youth, families, and staff. We are excited to take a group of infants off of our waiting list and into our children's program! Welcome!

The new infant classroom opened in spring 2012 with three new babies and will have the capacity to welcome nine new infants, five months to eight months, bringing the CDC to three infant classrooms total, serving children three to fifteen

Classrooms without Borders

Actively participating in your education encourages learning. This sentiment has been the hallmark of the work of the Children and Bridge Program during the past year.

Starting in January, the program established a workshop series for students; to not only promote their education but also for building communal and life skills. The series began with theme based workshops such as; arts and crafts, foreign language and science & nutrition. The students sampled different workshops daily to experience each subject. The workshop series has been a huge success and has been an important part of programming since its inception.

The students had a diverse year of programming, in addition to the workshop series there were activities “Outside of the

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Classroom” that offered an array of learning opportunities. There were special guests, unique projects and enriching field trips. The students took part in several spring and summer activities including visits to the Reston Petting Zoo, the “I Am” exhibit at the National Geographic Museum, and participated in the police exhibition at Malcolm X Park.

They also went on several fun-filled trips, which included “A day at the Park” where they attended a Nationals Game and also went to performances at Wolf Trap. Class Acts Arts, an organization that brings interactive performances to school-age children, visited the students and performed a play on the importance of conservation. The students also celebrated their mothers by participating in a Mother’s Day Fashion Show and



luncheon in honor of their mothers. In the summer months, the Children and Bridge Program got a chance to celebrate each other! The staff awarded the students for their participation and achievements during the school year, followed by an end of school year picnic.

With the start of the current school year, the students returned to their workshop series with tutorial support from program staff, volunteers, and interns. The year brought other opportunities as well. In October, the students performed a dance number at a “Lights on After-School Event” where they had the opportunity to ask questions to the Mayor and Chairman of the City Council and expressed to members of the DC government just how important afterschool programming is in the city. In spring 2012, through the DC Children and Youth Investment Corporation and sponsored by The American Honda Foundation, the students are participating in The DC Inquiry-Based Learning Program. The idea is to focus on science education through special experiments. “We have decided to work around ‘force and motion’ so our project is going to be about Gas Cars vs. Electric Cars.” Says Nefatera McQueen, Lead Teacher in the Children’s program. We will build cars from scratch as well as testing them.”

The cars will be tested on the following: acceleration, design, agility, and wind resistance. The students in The Children and Bridge Program will display their experiment and present it at an exhibition on May 24th. “I’m excited about this project and teaching our children about science through demonstration.” says McQueen.

In addition to workshops, the students participated in a diverse year of programming “Outside the Classroom” that offered an array of learning opportunities. There were special guests, unique projects and enriching field trips. Our Children and Bridge kids continue to be extremely active participants in their education.

Kettle Update

Thank you! Support from many people ensured that Martha's Table met its goal of raising \$20,000 to purchase a new soup kettle—well a new Gas Tilting Skillet, actually. After 10 years of faithful service at Martha's Table—and many years of service before it even got to us—our 80 gallon kettle churned out its last bowl of soup in September 2011. As we were looking for a replacement, we realized that merely exchanging the old kettle for a new one was not the answer. In the words of our Manager of Prepared Food, Justin Peregoy, the kettle was a “one trick pony”. All it did was boil water for soup. Now that we are serving hot meals on our vans most of the nights of the week and we are making meals for our children here from scratch using fresh ingredients daily, we needed a more flexible piece of kitchen equipment. The new skillet we are purchasing will allow us to sauté, grill, braise and boil—to name a few of its attributes--helping us to prepare a wide range

of healthy food for those we serve. Along with the new skillet we will be giving the whole of our kitchen a face lift making for a better and more efficient work environment for the staff and many volunteers who help us each year. We couldn't have done it without you and we are so grateful to everyone who made gifts towards this effort.



Over the years our kettle produced nearly one-quarter million gallons of soup or roughly two million servings.

A Look Back as We Plan for the Future (continued from page 1)



the National Afterschool Association (now part of Council on Accreditation). We are proud to report that we have seen increases in standardized test scores for many of our students as well. We maintained a 100% high school graduation rate and instituted a new program to provide support to our youth in college. We upgraded our clothing operation so

that Martha's Outfitters now provides free and low-cost clothing and house wares in a fashionable environment that brings together neighbors from many walks of life. We are now exceeding federal nutrition guidelines in our meal programs and improved the healthiness of the food on McKenna's Wagon. We added a grocery program for “housing first” participants who just received housing and a Meals for Minds monthly grocery distribution program at three DC public schools. In 2009, Martha's Table's success was recognized when I received the Meyer Foundation's Exponent Award for nonprofit leadership.

Over the past five years we also made a number of significant enhancements to our **infrastructure and staff development**. We increased expertise and professionalism

expectations for our staff as a whole and we grew our senior staff capacity. As part of achieving national accreditation for our education programs, we encouraged and provided funding for our staff to get degrees. In addition, we established a performance review system. The areas of finance and administration are where we changed the most. We brought financial operations in house and created a new internal facilities function. With a grant from the Taproot Foundation, we greatly enhanced our website, making it a much more effective communications tool and drawing a significant increase in traffic. We built a kitchen garden to teach children about where their food comes from and to give us access fresh herbs and vegetables. We renovated underused space in one of our buildings to create The Family Resource and Administrative Services Center, a permanent designated workspace for our administrative staff, a staff lounge, and a conference room. We also added jump seats with seatbelts to McKenna's Wagon and purchased a school bus to transport the children in our programs.

Our **external alliances and leadership** in the community have also grown. We now work with 10,000 volunteers a year across all of our programs. We collaborate with several government agencies as well as 200 nonprofits. We are a founding member of the DC Alliance of Youth Advocates, a coalition of more than 100 youth service providers. Martha's Table staff, youth, and parents have become strong advocates for youth development, meeting with public

A Look Back as We Plan for the Future *(continued from page 6)*

officials, testifying, and participating in other mobilization efforts. Martha's Table's contributes to citywide discussions on poverty through staff representation in different forums such as DCPS' Out of School Time Steering Committee, Race to the Top working group, the Mayor's Commission on Food and Nutrition, and Workforce Investment Council youth working group. I was a member of the 2009 class of Leadership Greater Washington, which enabled me to form close working relationships with a variety of business, non profit and local government leaders. Partnering with DC Central Kitchen we created an annual fundraiser, *Sunday Night Suppers*, which also creates awareness around hunger and nutrition. We now have an active media presence in print, radio, on TV and on-line. We have also worked to create a strong social media presence on Twitter, Facebook, Pinterest, and our website. Our staff has represented Martha's Table on various panels speaking on a range of issues including nonprofit management, the economy, poverty, hunger, and youth development.

In the last strategic plan, a key focus for us was to create long term stability for Martha's Table's mission and programs. These new **sustainability** structures were quickly tested as we navigated the recession. Our most important guiding strategy was diversification of income sources and targeting areas for sustainable revenue growth. In implementation, the oversight of our Board and staff carefully managed our resources each year to ensure that Martha's Table had the ability, during this seemingly endless recession, to run its programs to produce strong outcomes for those we serve. During the past five years our annual budget grew to \$4 million cash and \$2 million in-kind and we have also been able to maintain more than six months of strategic reserves. Notably these strategic reserves

were invested to help us obtain national accreditation for our day care and after school programs, which resulted in higher government reimbursement rates. Other diversification strategies included developing Martha's Outfitters into an income generator for our other programs. We also bolstered our event fundraising by holding a variety of events annually including galas, a series of fundraising dinners held each January, and an annual fundraiser specifically for young professionals. Being able to sustain ourselves has meant that we could meet increasing demand. Due to the economic downturn, we have seen and continue to see large increases in demand for our services. For example, the demand for emergency groceries has more than tripled since 2008.

As we look back on the past five years, we are proud of all that we have accomplished to help us better serve the community and very grateful for the many roles that so many different people played to make it possible. As we now work on the next plan with a focus on replicating our services to help more people, the contributions of the entire Martha's Table Family will be essential once again.

Correction

In the December 2011 newsletter, two October's Best sponsors were inadvertently left off the list. Martha's Table regrets the error and thanks them for their contributions.

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Mr. & Mrs. Domingo and Jeanne Rodriguez
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Martha's  **Table**
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Martha's Table Mission Statement

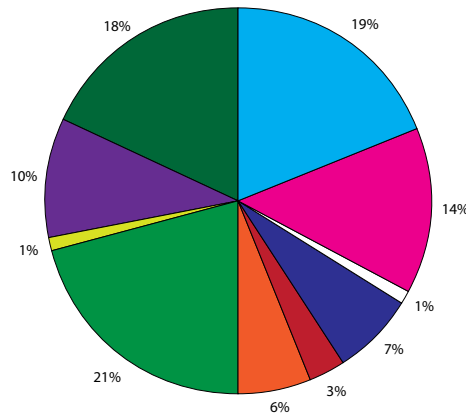
To help at-risk children, youth, families and individuals in our community improve their lives by providing educational programs, food, clothing and enrichment opportunities.

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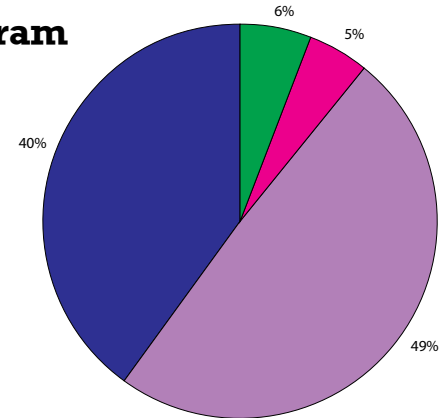
CFC #29262



Sources of Income



Expenses by Program



Gifts and Thanks

All of us at Martha's Table thank the hundreds of people who with gifts of their time, talent and financial contributions made our work possible this past year. In all, Martha's Table received \$4,382,001 in financial support and \$1,666,581 in in-kind donations. Total revenue for 2011 was \$6,048,582 and expenses were \$5,622,823.

Martha's Table goes to the

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