

New Address, Same Mission

Our New Headquarters, The Commons at Stanton Square, Is Now Open!

For nearly 40 years, Martha's Table has worked to increase access to quality education and healthy food for families in the District of Columbia. Our guiding belief has always been that every child in our community deserves the opportunity for their brightest future. That conviction has not changed with the move of our headquarters this summer to the border of the Hillsdale and Fort Stanton neighborhoods of southeast D.C. In fact, we are doubling-down on our commitment to supporting strong children, strong families, and strong communities. This school year, enrollment in our educational programs will grow by 40%, and our Joyful Food Markets will expand to reach 15,000 residents east of the Anacostia River. We hope you will continue to stand with us as we stretch to support more children and families than ever before.



The Commons at Stanton Square.

Photo by Erin Pelletier

Our New Community: The Hillsdale and Fort Stanton Neighborhoods

A Rich History

Residents have a sense of pride and strength that extends back to its rich historical beginnings as a community for previously enslaved residents.

In 1862, D.C. emancipated enslaved African Americans.

In 1867, Barry Farm—later called Hillsdale—became the nation's first planned community for free African Americans.

Persistent and Systemic Challenges

We recognize that our country's history of racism and oppression have not been fully corrected—and that challenges faced by our communities are caused or perpetuated by systemic racial inequity. In our new community:

- Over 40% of families live beneath the federal poverty level
- Just one-quarter of children are developmentally on track
- There is only one grocery store supporting over 80,000 residents

Reading to Learn: An Interview with Becky Márquez

Chamene Howard, our Assistant Director of Annual Giving, recently sat down with Becky Márquez, our expert Literacy Coach. Here are excerpts from their conversation.

Chamene: Tell us a little about your role here at Martha's Table.

Becky: One of the most important responsibilities I have is to help teachers, family members, and anyone else who works with children as stakeholders know and prepare for the everyday things they can do to support a child's literacy development. This could be something as simple as singing together on the way to and from school, or creating something more special that is unique to that child.

Chamene: Why did you choose to focus your career on literacy?

Becky: My family moved from Puerto Rico to Florida when I was eight-years-old. I'd attended a bilingual school in Puerto Rico, but there are certain sounds in English that don't have comparable sounds in Spanish, like the sound of the "th" pairing in a word. One day in third grade my confidence was a little deflated after I experienced difficulty with this pairing and was referred for a speech therapy evaluation by my teacher; I also sensed that she was annoyed with me for my inability to properly make that sound. After testing, the speech therapist said, "You just don't know this sound and just need a little practice." With my confidence restored I asked her to tell me more about her job because I was really interested in the fact that she was someone supporting students, but not working as a teacher.

Chamene: How does Martha's Table support multilingual students?

Becky: We currently have students and teachers that speak Spanish, Arabic, Amharic, and a little American Sign Language; we even have an instructional coach who speaks Tagalog. To help students become comfortable with speaking both English and their native language, we speak to them in their native language during play. This also makes them more accepting of the teachers and more open to learning.

Chamene: At Martha's Table, we are focused on ensuring students are strong by age eight. Why is eight such an important year for children in terms of literacy?



Photo by John Cahill

Becky and Zuri engaged in a book for toddlers enrolled in our early childhood education program.

Becky: Research has shown age eight to be a child's most formative year in education and a very telling time for literacy. They're transitioning from learning to read to reading to learn.

Chamene: How does MT support children who are not reading at grade level?

Becky: We are in the early stages of curriculum mapping and focusing on comprehension and emotional learning. Tailoring to the child's age using oral language and play, which are the roots of literacy. Literacy for a third grader looks very different than literacy for a three-year-old child. But, we are starting these experiences at birth and building up to giving that eight-year-old all the play experiences and all the listening and speaking experiences so that they are fully engaged in reading to learn.



Photo by Chamene Howard

Rodnika and Zayli at The Commons.

Building Trust with Families

Story by Chamene Howard

Rodnika is a young, first-time mother who brought her daughter, Zayli, to Martha's Table as a 10-month-old infant. She was referred to Martha's Table by a trusted friend but was still hesitant to leave her baby alone with strangers. Her fears were calmed after she witnessed the gentle and skilled care our teachers used with their students.

It's been a while since she toured our classrooms, and Rodnika has watched Zayli blossom and thrive. She loves how our teachers engage students with reading, stories, and music to learn shapes, sounds, the alphabet, and how to count.

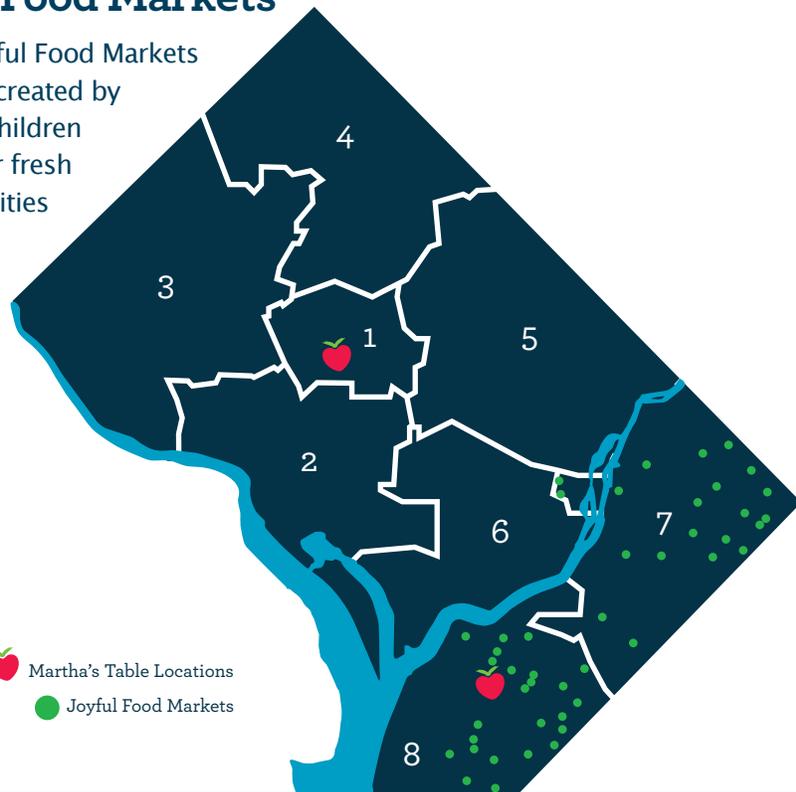
"The teachers at Martha's Table go above and beyond. They've helped me transition Zayli to her own bed, helped get her potty trained, and even helped me work out academic and professional goals for myself. Zayli's teachers keep me informed and up-to-date on her educational and socio-emotional development. She plays well with other children, but she's also very independent. She knows how to tie her shoes now. I once went to help her and she told me, 'No mommy, I got it.'"

Rodnika feels that Zayli's overall development is where it should be, maybe even further. Zayli is almost three-years-old now, so Rodnika is going to start looking at charter schools for her to start pre-kindergarten. "I would love for Zayli to stay with Martha's Table. I love all the teachers because they love my baby and take such good care of her."

ACTION ALERT: Ensure parents are both supported and supportive with your gift to Martha's Table today: marthastable.org/donate

Expanding Our Impact with Joyful Food Markets

For a little over three years, Martha's Table has hosted Joyful Food Markets at elementary schools in Wards 7 and 8 to lessen the gap created by a lack of grocery stores. These monthly markets provide children and their families with opportunities to shop at no cost for fresh produce and healthy pantry items. They are also opportunities for families to learn about healthy cooking through food demonstrations and children's food preparation activities. With our move to our new headquarters at The Commons, we have expanded our markets to nearly 50 locations, supporting just about every elementary school east of the Anacostia River.



 Martha's Table Locations
 Joyful Food Markets

ACTION ALERT: Join us at a market and see the exciting new JFM lineup. Bit.ly/MarthasTableJFMVolunteer

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About Martha's Table

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

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www.marthastable.org

Please send all monetary gifts to:
PO Box 97260
Washington, DC 20090



Photo by Alena Kaufman

"Mr. Willis" and students.

Carol Brown Goldberg, in honor of Mr. Johnson. Be sure to see it in person when you visit Martha's Table at The Commons!

Art That Inspires

Do you like to bake? If so, you should probably thank Willis Johnson for making the way we mix ingredients much easier. That's right, on February 5, 1884, African-American inventor Willis Johnson—a D.C. resident—designed the modern egg beater and patented the device that would replace the method of mixing by hand.

In our garden at The Commons stands a bright, multi-colored, larger-than-life sculpture evoking an egg beater that was created by world-renowned local artist,

To schedule a tour, contact

Valeria Viscarra Fossati at vviscarra@marthastable.org.

Support Martha's Table through Your Workplace

Help us increase access to quality education, healthy food, and family resources with your contribution through workplace giving. Designate Martha's Table (CFC #29262 & UW #8445) as the recipient of your charitable contribution when you participate in the Combined Federal Campaign or United Way Campaign.



For more information on workplace giving, contact Chamene Howard at choward@marthastable.org.

Support the New Martha's Outfitters

Wish List

NEW

Diapers
Baby wipes
Bottles
Toiletries for children and adults
Family appliances (bottle warmers, humidifiers, etc.)



GENTLY USED

Clothing for infants and young children
Maternity clothing
Business and business casual clothing
Cookware and dinnerware



Donations are accepted at our store (2204 MLK JR. Ave. SE) 10:00 am - 4:30 pm, Monday - Friday. Donations are also accepted at our new headquarters at The Commons (2375 Elvans Road SE).