Rain, Snow, or Shine...McKenna’s Wagon is a “Go”

You Help Ensure Neighbors Can Rely on Us

365 days a year. With support from YOU—our dedicated donors and volunteers—our McKenna’s Wagon vans arrive downtown each night to provide warm, tasty meals to 200+ neighbors experiencing hunger or homelessness. One of our McKenna’s guests, Leon, shared, “I'm a regular with McKenna’s Wagon. Where would I go to get food, if not there? I’m glad Martha’s Table is here.”

Many of you first got involved with Martha’s Table through McKenna’s Wagon, our longest running program. In fact, before becoming our President and CEO, Kim R. Ford was a volunteer with McKenna’s Wagon, chopping vegetables for the nightly meal throughout middle and high school. “My mom would say, ‘The only time Kim is in the kitchen is at Martha’s Table!’” Kim reminisced.

We are so grateful for your commitment. Flip to page 2 to see what goes into each day of McKenna’s Wagon.

ACTION ALERT: We need your help to ensure every family has healthy food to enjoy at home this holiday season. Donate today to help stock our no-cost markets with fresh fruits, vegetables, and shelf stable items! www.marthastable.org/give

Your Gift Supports Strong Children and Families

For Trisha, Martha’s Table Is a Place She Feels Heard

Trisha is a first-time mother and lives near Martha’s Table’s headquarters in Southeast D.C. She and her daughter, Evie, recently enrolled in our Family Visiting program, meeting monthly with our team.

Once hesitant, Trisha quickly felt welcomed by our team. “I just feel heard. These visits help me identify areas I can work on and how to support Evie’s development,” Trisha shared.

Trisha had been worried about challenges Evie was having with speech. By connecting with our team, she quickly got her the support needed. Evie now meets weekly with our Speech Therapist and has made great progress! “At Martha’s Table, I feel like the teachers really care and want my daughter to grow,” Trisha exclaimed.

Trisha has enjoyed the ease of connecting with other resources at Martha’s Table. After their visits, Trisha and her daughter often stop by the market in our lobby and shop at no cost for fresh fruits and vegetables to enjoy at home. They also love shopping for clothing together at Martha’s Outfitters, our no-cost community store.

Thank you for helping support strong families, like Trisha and Evie, who make our community in Southeast D.C. strong.
More Than a Meal: A Day of McKenna’s Wagon

**Step 1: It Takes a Village**
Donations from generous supporters like you ensure McKenna’s Wagon runs smoothly each day. Our Head Chef at The Maycroft, Chef Mark, plans a vibrant, nourishing menu each week for McKenna’s Wagon with only the best ingredients. These recipes come to life using healthy food we purchase and that is donated by individuals.

**Step 2: Roll Up Your Sleeves**
Seven days a week, volunteers gear up with hair nets and aprons to help prepare a meal. As you enter the kitchen at Martha’s Table, you know to be ready to roll up your sleeves to help create a beautiful meal. Just like in your home, variety is the spice of life. Our volunteers help prepare anything from a fresh fish stew to Indian spiced beef.

**Step 3: Calling All Baking Enthusiasts**
Each night, people visiting McKenna’s Wagon receive healthy to-go snacks to ensure they have food between the meals we provide. Our ‘Baking Enthusiast’ volunteers fill our kitchen with the delightful smell of freshly baked muffins each day, and hundreds of donors bring in thousands of sandwiches and trail mix packs for McKenna’s Wagon.

**Step 4: Packing Up to Roll Out**
At 4:30pm, our McKenna’s Wagon Drivers and Helpers arrive at Martha’s Table. Together, they help pack up the vans with the meals, serving utensils, folding tables, and the containers of water and juice.

Our Drivers are an essential piece to this puzzle! Drivers attend additional training and commit to regular volunteer shifts to ensure we are able to drive to our two meal locations downtown each and every night—no matter the holiday or weather.

Over 200 of our downtown neighbors come by each night, eager to enjoy another McKenna’s Wagon meal.

**Step 5: Rinse and Repeat**
Volunteers help unload materials from the vans, clean up the kitchen from the day of cooking, and get things ready for yet another busy day tomorrow.

All of this is because of you. Together, we are able to produce meals that we can be proud to serve and our neighbors are proud to enjoy.

**YOUR DOLLAR GOES FAR WITH MCKENNA’S WAGON**

$0.64 = 1 MEAL

Thanks to countless volunteer hours and our creative kitchen team, the price of each meal through McKenna’s Wagon is just $0.64.

**ACTION ALERT:** We are in high need of more volunteer McKenna’s Wagon drivers! Do you have 1-2 nights a month to volunteer? Visit marthastable.org/volunteer for more details and to connect with our team.
Fathers to the Front: Flipping the Script
Connecting Fathers to Support Strong Families

In April, with your support, we launched our new Fathers to the Front initiative. Each month, dads from our community meet to connect about their favorite role: being a father.

“A lot of programs cater to mothers, which is a good thing. But at the same time, I see a lot of fathers doing pick-up and drop-off in our education program,” Richard, our Family Support Specialist shared. That’s when Richard decided Martha’s Table could help fill this gap.

(continued on page 4)

ACTION ALERT: Are you going to a game for the Capitals or Wizards in the month of December? Monumental Sports & Entertainment has selected Martha’s Table as their Community Partner for December. Half of all proceeds from the 50-50 raffle will support our work. Join the 50-50 raffle for a chance to win while also supporting our mission!

Deepening Our Roots in Southeast D.C.

Throughout decades on 14th Street NW, Martha’s Table grew wide recognition amongst our neighbors in Northwest D.C. We are thrilled to be building these same deep relationships with our new neighbors in Southeast D.C. This energy has shined through our monthly community dinners—where attendance has sky rocketed from 53 families at our first dinner to 115 at our most recent. That’s how Roberta and her family discovered the joy in attending our community events and volunteering with us.

Roberta and her husband live in Southeast D.C. with their two young sons. They first heard about Martha’s Table when we were located on 14th Street NW. During the summer, the family attended our no-cost healthy food markets.

When we opened our headquarters in Southeast, they were thrilled for the opportunity to get more involved. “We walked into the new building to visit Community of Hope, just next door, and were like, ‘Wait, we’ve been to their markets! What else is Martha’s Table about?’” They picked up our calendar of events and decided to give the monthly community dinner a try.

After a welcoming experience at the community dinner, Roberta started volunteering at our Martha’s Outfitters store, helping young families shop at no-cost for clothing and baby items. She has loved the friendly environment of the store. Her husband also got involved with our Fathers to the Front parenting gatherings. “I love all the events here at Martha’s Table. We can just relax while also being with our kids. It’s all really supportive, and that can be hard to find around here sometimes.”

Whether you have been partnering with Martha’s Table since we were on 14th Street NW or you recently joined our work, you are helping fuel our growing impact. Together, we are investing deeply in the neighborhoods where we have the greatest opportunity for impact. Together, we are all supporting strong children, strong families, and strong communities across D.C.

Kim R. Ford, our President and CEO, welcoming families to one of our monthly community dinners. Families attending enjoy a tasty meal, connect with neighbors, and learn about our programs and upcoming events.
Fathers to the Front: Flipping the Script (continued)

Each meeting has a different topic as well as group discussions, reflecting on questions such as: what kind of father do you want to be, how did your father impact your life, and what did you take away from your childhood. “I enjoyed the open dialogue with the other fathers,” one dad shared. “It’s important, right? This was an opportunity to meet other men dealing with the same thing. Just having a conversation about not just being a father, but being a husband, grandfather, or son...it’s all important.”

Your investment in Martha’s Table helps make innovative programs like Fathers to the Front possible. We look forward to this program continuing to grow and bring more fathers to the front.

ACTION ALERT: Will you help support strong families this holiday season? Donate today to our quality education and family support programs and give the gift every parent wants: for their child to thrive.

Giving Made Easy

Did you know that many employers match charitable donations?

That’s right! Your donation to Martha’s Table could go even further supporting strong children, strong families, and strong communities.

As the season of giving is upon us, look out for an annual giving campaign at your workplace. Often times, by giving through your workplace, you are able to make charitable donations through payroll deduction. Additionally, retired federal employees are still able to participate in the Combined Federal Campaign.

A special thank you to our donors already giving through their workplaces—especially our partners through United Way, Combined Federal Campaign, World Bank Group Community Connections Campaign, and DC One Fund.

Check with your employer today for more details about your workplace giving.

We held a mini baby shower in October to provide parents with no-cost baby items, including diapers, clothing, and wipes!

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

The Commons
2375 Elvans Road SE
Washington, DC 20202

The Maycroft
1474 Columbia Road NW
Washington, DC 20009

Martha’s Outfitters
2204 Martin Luther King Jr Avenue SE
Washington, DC 20202
202-808-8520
info@marthastable.org
www.marthastable.org

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

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