Here for Good... Taking Bold Action

This spring, we responded rapidly to meet the urgent spike in need in our community. *We did not know what was possible until you stepped up to join us.*

Together with you, we have taken **bold action** to support our community. From providing healthy groceries to *every* neighbor visiting Martha’s Table, to relieving financial hardship by providing $1.2 million in direct cash assistance to the 137 families in our education program—your actions make a difference in our community. **With your partnership, we are able to support strong neighbors like Ra’Chelle.**

“I volunteered for Martha’s Table and helped prepare meals for the homeless over the past years with my church, but I never knew they had a school. When I saw the sign about enrollment, I immediately pulled over, and I went into Martha’s Table,” Ra’Chelle shared.

Once her son Noah was enrolled, Ra’Chelle began attending our parent engagement program, got speech therapy support for Noah, and regularly picked up no-cost healthy groceries for her family at our market. She also stepped up as a member of the Martha’s Table Parent Council, helping lead initiatives to build connections among parents and provide valuable input on our education program.

Just as she felt she had her footing in our community, **Ra’Chelle was thrown a curve ball.** *(Read more on page 3)*

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Action Alert: Your gift today will make TWICE as much impact in our community. Martha’s Table is here for good—we need your help to continue to meet the spike in need. The Robert I. Schattner Foundation is matching all donations, up to $25,000, to help purchase healthy food. Visit [Marthastable.org/give](http://Marthastable.org/give).

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Here for Good... With Beautiful, Healthy Food

No neighbor should be worried about where their next meal will come from. With your support, Martha’s Table has innovated to meet the growing needs across D.C. Understanding transportation barriers in communities east of the Anacostia River, we have established grocery distribution sites in areas with high populations of seasoned citizens and young children. 

**Your donation ensures we can purchase enough food for every neighbor to have access to fresh, healthy groceries—thank you!**

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[Map showing distribution sites]
Here for Good... Supporting Healthy Communities

Q & A with Kim R. Ford

We received many great questions during our special “town hall” event with Kim, our president and CEO, in August. Below are some highlights. We hope you can join us for our next event in November!

How and where does Martha’s Table get food from?

Kim: YOU! Your donations go directly towards buying the food we distribute. It is a common misunderstanding that all of our food is donated. Of course, when we buy in bulk through the food bank and other sources, the prices are much better. But at the end of the day, we did not budget for this spike in need. Neighbors like you have made this possible.

What are the most critical needs of the families we support in the months ahead?

Kim: The biggest need that we can immediately address is money. Whether it’s direct money or providing access to resources that reduce financial pressures. When we are providing healthy food, clothes, and diapers, what we are doing is taking away costs that families would have to incur. Those savings are hugely impactful.

What are the biggest challenges at Martha’s Table?

Kim: Our two biggest challenges have been people power and the unexpected costs from expanding our food access programs by 400%. Our volunteers have been essential. We have been inspired by how many volunteers keep coming back to help. Including many neighbors—who aren’t in a position to financially support us at this time—who visit to pick up two bags of groceries, then come back as volunteers and help pack 200 bags for their neighbors.

We are also undeterred because of amazing folks like you. We will continue to make a way because we are inspired by the energy of the community. When you just listen to folks and hear their resilience and optimism, it inspires us to continue to keep on and continue to meet these levels that are just unprecedented.

Is there something you have learned during the time of COVID-19 that will change the way MT operates when we emerge from this crisis?

Kim: Yes, we are already starting to have these conversations. You can either be paralyzed as an organization—just freeze, wait, and be reactive to whatever shakes out. Or you can use this time to innovate. Martha’s Table is committed to innovating. When we moved our headquarters to Southeast, we made it our ultimate goal that 20 years from now, the current residents of this community will still be living here and they will have the same economic, educational, and health outcomes as their peers in different parts of D.C. We are going to have to do things differently to achieve that.

What makes up the 203,043 bags of groceries we have distributed since March? In addition to the regular shelf-stable items many nonprofits provide, we pack each bag with fresh fruits and vegetables. Your donations purchase beautiful produce that is critical to supporting the health of our neighbors.

Action Alert: We are in high need of sandwich donations that go out with our nightly McKenna’s Wagon meal. Turn your next Zoom call with friends or family into a virtual sandwich making party—give back while catching up!

Learn more and schedule your donation at marthastable.org/in-kind

Stats in Perspective

25,000 pounds of healthy food each week = 1 school bus

100,000 pounds of healthy food each week = 4 school buses
Here for Good... Supporting Strong Families

How we are helping keep families strong from a distance

Similar to many education programs across our country and the world, our team is stepping up to ensure our children and families feel supported and engaged while they are learning from home.

With your support, we have been able to provide direct cash assistance and retain our excellent team of teachers and Family Engagement Specialists.

“I miss my students!” Sequoya affirmed. Being a Martha’s Table teacher for 12 years, Sequoya has never encountered this type of teaching assignment.

Gabrielle, a mother of a child in our education program, shared that this has been a challenging time. “Routine is important for children and without the traditional routine of going to school, it took some adjusting for my sons. I have been using FaceTime with teachers so my son can still see a familiar face.”

(Read more on page 4)

Ra’Chelle is a salon owner and hair stylist. She was devastated when she was forced to close her business this spring and was unable to file for unemployment.

“I am thankful to have Martha’s Table standing with me. As soon as the pandemic hit our community in March, the organization stepped up for families, providing comprehensive family supports and financial assistance.

“The food and financial support provided have been a lot of help for our family. You still have things that come up; you have to buy food for your family. You have to pay bills and purchase items for your children. To actually have an emergency savings account, and for the first time, I opened up an online hair accessory store to provide for my son.

“Most people only meet you at certain chapters in your life. They never know how the story all began, but for the time being, they may be the help that you need right now. It is up to you to decide to use the resources and the community around you to continue your story. To get the job done that you want to see for yourself and others. Always remember your reason WHY. Mine has always been for my kids to be better. My new chapter is just starting. What I thought was going to be a disaster is starting to turn out to be the push I needed to start making the changes in my community that I wanted to see and that I needed.”

- Ra’Chelle, Mother and MT Parent Council Member

We are all so proud to stand alongside Ra’Chelle and her children. Martha’s Table is here for good, and, together with you, we will continue to support more strong families. Thank you for joining us in this important work to keep our D.C. community strong.

Take Action: Our volunteers are essential to our expanded food access programs, distributing bags of groceries to 2,000+ neighbors daily. Volunteer with us to help ensure ALL of our neighbors have access to healthy food.

Learn more at marthastable.org/volunteer

Here for Good... Taking Bold Action (Continued)

99% of families said the cash assistance from Martha’s Table was “very helpful/helpful”

94% of families used the cash assistance from Martha’s Table towards housing or utilities costs
“This is pushing me to be more creative with my lessons,” Sequoya explained, “Visuals during lessons are really important. Normally the children rely on interaction. We’re making sure the children love their lessons and activities to keep them engaged.”

“All the resources provided by Martha’s Table have been very helpful! Martha’s Table is a blessing. I’m very grateful. Martha’s Table looks out for their families,” Gabrielle shared.

Your gift has helped provide critical resources to families so learning can continue at home. Many of our families did not have enough devices to support virtual learning. With your help, we are providing families with tablets and wifi access. Our Family Engagement Team also put together at-home learning kits for all of our families! These kits included age-appropriate toys and resources for parents to be best equipped to support their child’s continued growth.

“The parents I work with have been amazingly flexible and adapted quickly!” Cara, a member of our Family Engagement Team, shared. Even though our team’s interactions with the children and parents in our program looks quite different when done virtually, our children are continuing to be deeply supported.

“One of the moms I work with was interested in increasing tummy time for her 2 month old. Thanks to video conferencing, I could model an activity for her to engage the baby in tummy time, and she could try it at the same time. I was able to offer encouragement and answer any questions while she practiced. We learned her baby really enjoyed this activity!” Cara celebrated.

You support allows our teachers to stay connected to their driving purpose: to support children and families in thriving. Thank you.

Take Action: With your support, our teachers are continuing to partner with families in our education program to ensure their children thrive. Check out our wish list to provide D.C. families with the supplies and tools they need to best support their child in growing and learning! Visit bit.ly/MTWishList

Here for Good... Thanks to Our Sustainers

We are so grateful for the neighbors who continue to step up to support our community. You are keeping our D.C. community strong when it is needed most. But the need for this work does not stop with the pandemic. There is much more work to be done to ensure ALL Washingtonians have the opportunity to thrive.

Martha’s Table is here for good. Month-in and month-out, Martha’s Table is supporting our neighbors with healthy food, quality education, and family resources. Will you join the 253 D.C. neighbors who have committed to our community with a monthly sustaining donation by setting up a recurring donation online today?

Visit www.marthastable.org/give

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Our education team has been hosting virtual story time with the children and families in our education program. Eman and Cara read Dragon Loves Tacos and engaged the children using puppets and other props to bring the story to life.