We Are Not Stopping…
Because of Neighbors Like Ms. Phyllis

Your support touches the lives of neighbors like Ms. Phyllis.

Ms. Phyllis is a mother of four and a grandmother of four. “I’m a single mom, still surviving... Martha’s Table makes sure they provide for the neighborhood each and every day,” she shared.

As a resident of Southeast D.C., Ms. Phyllis faced barriers to accessing healthy food even before the pandemic. There is only one full-service grocery store in Southeast D.C.’s Ward 8, compared to 10 in Northwest D.C.’s Ward 1. So, she turned to Martha’s Table for fresh fruits, vegetables, and shelf-stable items.

Feeling welcomed and supported when she visited Martha’s Table, she signed up to volunteer to help her neighbors access healthy food.

Neighbors like Ms. Phyllis are our why and our how. (Continued on page 3)

Ms. Phyllis welcomes neighbors at The Commons, our Southeast D.C. headquarters. We are so grateful for our volunteers!

“More people need help than before...I love how we come together as one and let people know that we are still here for them in this time of need.”
—Ms. Phyllis, MT Volunteer and Market Shopper

Take Action: You have already been so generous with our community. But with 5,000 neighbors visiting our markets EACH WEEK, your continued commitment is critical. Your gift today will help provide fresh fruits, vegetables, shelf-stable food, and other essential resources to support children and families in D.C.

Visit www.marthastable.org/give.

We Are Not Stopping…Because of YOU!

While we know there are brighter days ahead, many neighbors are still facing an uphill battle. You should be proud of the impact you are making. You help support:

- 5,000 families each week with fresh fruits, vegetables, and shelf-stable food
- 90 children through high-quality early education and comprehensive resources for parents
- 500 families with direct cash assistance to support financial stability through our THRIVE East of the River partnership
- 200+ neighbors at risk of hunger and housing instability with warm nightly meals through our McKenna’s Wagon food program
- 180+ families and 8 partner nonprofits with no-cost clothing for children and adults every month
We Are Not Stopping...
Because of the Bold Vision of Our Neighbors

Beyond meeting the continued spike in need, we know we must do even more to work towards a D.C. in which all Washingtonians can thrive.

This past year, the Martha’s Table team had the honor of listening to and learning from more than 1,000 neighbors during our strategic planning process. Conversations were held with young adults, returning citizens, seasoned citizens, families enrolled in our early childhood programming, and visitors to our weekly markets.

Neighbors candidly reflected on their needs and challenges, as well as their hopes and dreams. These conversations with neighbors will directly inform how we will grow our programming, and visitors to our weekly markets.

We look forward to sharing more soon and, with your help, continuing to support strong children, strong families, and strong communities in the District of Columbia.

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We Are Not Stopping... Because Your Support Makes an Impact

...Because of Neighbors Like Ms. Phyllis (Continued)

When asked why she first signed up to volunteer, Ms. Phyllis shared, “I love the way that Martha’s Table doesn’t turn anyone down. And if there is anything humanly possible they can do for you, they make sure they do it.”

We truly could not provide this level of support in our community without our committed donors and volunteers.

As a volunteer since 2018, Ms. Phyllis has not let the pandemic stop her service.

“More people need help than before...lots of people have lost their job; a lot of people have lost their way of feeding their family.

What Ms. Phyllis loves most about being part of Martha’s Table is the sense of community.

“I love how we come together as one,” Ms. Phyllis shared, “and let people know that we are still here for them in this time of need. Martha’s Table makes you feel so comfortable. ‘C’mon in and get a bag of food; come tomorrow if you need to.’ I love that.

“That’s inspirational. That makes you feel like, ‘I need help; I’m not embarrassed to go get it. I’m going to Martha’s Table. They are not going to make me feel ashamed.’ You make people feel welcome, and I love to be a part of that.

With your help, we continue to support 5,000 families like Ms. Phyllis’s EACH WEEK.

Thank you for helping foster community.

Take Action: We LOVE our volunteers! Caring people like you make it possible to support our neighbors with no-cost groceries and clothing. Join neighbors like Ms. Phyllis in coming together to advance our mission.

Learn more about our variety of volunteer opportunities at www.marthastable.org/volunteer.

We Are Not Stopping... Because When There’s a Need, There’s a Way

The stretches of long days at home led many to clean-out their closets and donate clothes to Martha’s Table. “We have been blessed by the generosity of Washingtonians,” Laura, the Manager of Martha’s Outfitters, shared.

With our Martha’s Outfitters store temporarily closed due to the pandemic, we were committed to finding a way to safely get our clothing donations to families. So, our team shifted to hosting clothing distribution events outdoors.

“The response from neighbors was really good,” Laura shared. We found a way to sustainably and safely distribute clothing...but we didn’t stop there. Now, neighbors can call or go online to place no-cost clothing orders.

Recently, Laura connected with a mother who was calling to get clothes for her three-year-old son. “She said her son really loves trucks and dinosaurs,” Laura remembered. “The first month she called, we lucked out and had dinosaur shirts. She called back this month, and we found shirts with trucks! I also included a children’s book all about trucks with their package.”

The mother stopped by Martha’s Table for the package of new clothing for her son and could also pick up healthy groceries at our market. We are proud to be a one-stop-shop for critical resources.

Take Action: In April, Martha’s Table was proud to host a conversation with national leaders about the deep impact of cash assistance programs, like our THRIVE partnership. Visit marthastable.org/videos to learn more!
We Are Not Stopping…Because Families are Facing an Uphill Battle

Our teachers and family visiting team support 90 children learning and growing in our early childhood education programs. We know it is also vital for the parents and caregivers to have critical resources to keep their children strong—especially with the challenges of the pandemic.

Ms. Walker is the mother of a child in our early education program. During the pandemic, she has faced lost income from her cleaning business.

With your help, we transformed how we support families.

Martha’s Table formed the THRIVE East of the River partnership with peer Ward 8 nonprofits to deeply support families. Together, with help from you and our partners, we provide 500 families with direct-cash assistance and wrap-around supports.

Facing economic challenges during the pandemic, Ms. Walker learned about THRIVE during a check-in with her child’s teacher.

When she picked up her supply of groceries and household goods at Martha’s Table, she was shocked, “The bag was unreal. Everything I needed was in this bag, without me asking for it or anything. I was just in tears. I’m really thankful for Martha’s Table.”

Ms. Walker’s words of appreciation are because you stepped up. Thank you for helping ensure families like Ms. Walker’s have the opportunity to thrive.

500 THRIVE families supported with:
• $5,500 in direct-cash assistance
• one-on-one support to connect families with resources
• weekly supply of healthy food
• cleaning supplies and essential household goods

“The bag was unreal. Everything I needed was in this bag, without me asking for it or anything. I was just in tears.”
—Ms. Walker, Mother of child at MT

Take Action: You can make a direct impact for your neighbors day-in and day-out. Similar to monthly subscriptions to streaming services, you can set up a monthly donation to Martha’s Table...an easy way to give back! Join the 386 (and growing) sustaining donors by setting up a recurring donation today. Visit marthastable.org/give.

We Are Not Stopping…Because We Are Still in a Food Access Crisis

2019

450 regional nonprofits distributing food
MT plays a vital role in supporting neighbors across D.C. with access to healthy food

2020

HALF of regional food nonprofits close
Your support helped MT expand our no-cost healthy food markets when others closed, increasing our reach in the community by 5x

2021

1/3 of regional food nonprofits remain closed
With your help, we are not stopping. We continue to support 5,000 families every week with healthy groceries

2022 + Beyond

D.C. on the road to recovery + equity
With the help of our community, MT will continue to fight for food justice and increase access to healthy food.

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