

Strong and Healthy...TOGETHER

Many families are faced with food insecurity during the summer when schools are closed.

Your support helps fight food insecurity. With your help, we host pop-up markets throughout D.C. all summer long. All neighbors are welcome to shop for the food they need at no cost.

Ms. Brown is one of our neighbors visiting us this summer. She loves to bring her kids, too. They are greeted by baskets overflowing with fresh fruits and vegetables...and a whole lot of joy!

"I want my kids to learn about different produce and fruits," Ms. Brown shared. "The produce I am getting from Martha's Table helps me because I can keep more fresh fruit in the house for my kids to snack on!"

Ms. Brown loves seeing her kids discover new fresh produce. This summer, they tried fresh zucchini and eggplants for the first time!

Plus, we make it easy by providing recipes highlighting fruits and vegetables families get from our markets. They are even kid-approved in Ms. Brown's house!

"We tried some of the recipes and we actually like them! I'm so glad that we are able to try new produce we would never have tried before," she celebrated. "And, I don't have to buy extra stuff to go with the recipes, it's just in the bag...which is extremely helpful!"

This fall, we are gearing up to host 50 markets each month in schools throughout D.C. Ms. Johnson is a volunteer who makes our market possible at Cedar Tree Elementary School. She knows just how important our recipes are...

Your support keeps our markets joyful all year-round. Thank you!

[Read more on page 4]

2022 Summer Markets

Goal: **300,000** meals

Distributed: **430,000+** meals

Take Action: Food insecurity doesn't end with a pandemic... it ends when we take action year-round. Set up a monthly gift today to join the Martha's Table Apple Corps to ensure children can experience the joy of healthy food year-round!

Make an impactful gift today at
www.marthastable.org/monthly



"Having fresh fruit and fresh produce makes me eat better and focus on creating a healthy lifestyle for my kids."

—Ms. Brown, Martha's Table Market Shopper

ZUCCHINI PIZZA BOATS

Try one of our market recipes!

INGREDIENTS

- 2 medium or 3 small zucchini
- ½ cup tomato-based pasta sauce
- ½ cup shredded mozzarella cheese
- 2 tablespoons parmesan cheese

DIRECTIONS

- 1 Heat oven to 350 degrees
- 2 Wash zucchini. Trim ends and cut the zucchini in half. Then, cut the zucchini lengthwise to open
- 3 Use a spoon to gently scrape out soft, seedy center of zucchini
- 4 Place zucchini halves in a small baking dish. Spoon or brush pasta sauce into zucchini halves
- 5 Top with mozzarella and parmesan cheeses
- 6 Bake for 20 to 25 minutes or until zucchini can be pierced with a fork and cheese is bubbly and brown. Serve warm

Supporting Strong Families...TOGETHER

“Strong Families, Strong Futures had a huge impact. If it wasn’t for them, I would’ve been living paycheck to paycheck, barely making it.”

-Saleemia

“I’ve been receiving a lot of help, especially as a first-time mom. The program gives new moms like me a chance to provide our family with the things we need.”

-Marquid

We know the first year of a child’s life can be expensive...from diapers, to formula, to quality child care. It is also an essential time for bonding.

Our new program Strong Families, Strong Futures DC is a direct cash assistance program supporting new and expecting mothers during the pivotal first year of their child’s life. **Thank you for helping families** build a strong financial foundation to pave the way for lasting child and family success.

“It helped me and my children become more financially stable, and provided helpful resources that were available when we needed them most.”

-Parris

“Strong Futures, Strong Families pushes me to do better and have a better life for myself and my kids.”

-Lydi



Take Action: Neighbors visiting McKenna’s Wagon downtown each night don’t always know where their next meal will come from. Will you sign-up today to prepare homemade sandwiches for our McKenna’s Wagon guests experiencing hunger?

Sign-up today at
www.marthastable.org/sandwiches

Sharing the Joys of Parenthood...TOGETHER

The parenting journey is best traveled with a strong and steady support system.

Your generosity is connecting mothers in our community. Our parent support programs provide concrete resources like cash assistance...but they also connect mothers and build relationships.

“This program has become my family! I’m sincerely appreciative.” Ms. Patterson, a strong Martha’s Table mom, shared with a smile.

Ms. Patterson is on a new career path, continuing her education because of your support. With a passion for nurturing young children, she applied for a full scholarship with our early education workforce development program.

“On June 30th, I was accepted with a full scholarship,” Ms. Patterson celebrated. **“I can’t wait to see what doors will open for me and my family in the near future!”**

New doors have also opened for Ms. Ali. She described Martha’s Table’s parenting programs as nothing short of “enlightening!”

“I love hearing from moms who go through the same struggles as me,” she shared. **“I know that I’m not alone.”**

Reflecting on the community she has found at Martha’s Table, Ms. Ali said, **“It takes a village, and I love the village that welcomed me.”**

Thank you for being a part of the village that keeps D.C. families like Ms. Ali’s strong all year-round!

Martha’s Table’s Baby and Me program is funded in part through the generosity of the Colonel Harland Sanders Foundation.



“I love hearing from moms who go through the same struggles as me. I know that I’m not alone.”

—Ms. Ali, Martha’s Table Mother

Building Community...TOGETHER

With your help, we’re deepening our impact even further with the launch of our new Community Impact Fund!

Sadly, many grassroots organizations who have served our neighbors for years are overlooked by funders. When our community organizations are strong, our work at Martha’s Table is strong too! We are proud to work TOGETHER.

When you step up to support Martha’s Table, you’re also standing alongside neighborhood leaders who share the lived experiences of the communities they serve.

You are fueling so many inspiring initiatives: from investing in the immediate needs of children and families experiencing homelessness, to offering higher education scholarships to high school students in D.C. Wards 7 and 8.

You should be proud of the deep impact your support makes in our community.

One inspirational grantee is the Anacostia AMP Outreach & Empowerment Center. You are helping support their mission to provide community HOPE through healing, opportunity, provision, and empowerment.

“This will be life changing for the people we serve,” Aummett Paige, President of Anacostia AMP reflected. **“Anacostia AMP is my ministry, and this grant provides a huge relief to the organization and allows us to expand our reach in the community.”**

We are so proud of the work each community grantee is doing to uplift our Martha’s Table community. We can’t wait to see the impact of their work.

A council of Southeast D.C. neighbors selected organizations in Ward 8 to receive \$10,000 to fuel mission-focused work in our community!

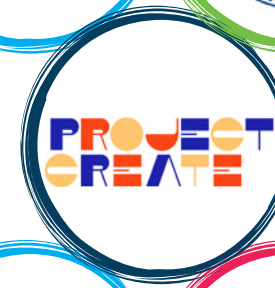
Take Action: What does 1,000 bags of fresh groceries a day really look like? Join us for a volunteer opportunity to experience the meaningful impact of your generous support first-hand!

Sign-up today at
www.marthastable.org/volunteer

Your support is helping our entire community stay STRONG!



Martha’s Table
EDUCATION • FOOD • OPPORTUNITY



“We congratulate the incoming class of Community Impact grantees. They are committed to advancing equity and opportunity for everyone in our Ward 8 D.C. community!”

—Tiffany Williams, Martha’s Table Interim President & CEO

Strong and Healthy...continued

"I made some guacamole and stir-fry from one of the recipes," Ms. Johnson remembered. "I like that they're kid friendly, they're quick, and most of the time, they're easy!"

This summer, Ms. Johnson especially enjoyed market activities like playing games with volunteers dressed in funny fruit costumes and dancing to upbeat music with neighbors stopping by to pick up a bag.

Even after a long day working in her classroom, she looks forward to the excitement of a Martha's Table market.

"I used to work on the third floor, and we'd be like, 'the market is here, we can smell the food!'" she shared cheerfully. "We couldn't wait to get downstairs to try the food. I loved how they'd allow the kids to try to chop and help with ingredients."

With over 50 monthly markets during the school year, we truly rely on the caring support of neighbors to make sure every child goes home with a bag full of fresh, healthy food.

You make a wonderful difference in the lives of D.C. families and caregivers like Ms. Brown and Ms. Johnson—thank you!



"Martha's Table's markets definitely help me, my family, and my community."

—Ms. Brown, Martha's Table Market Shopper

Take Action: Thank you for helping families like Ms. Brown's experience the joy of fresh fruits and vegetables. Your gift today will ensure kitchen tables across D.C. remain filled with healthy meals all year-round.

Make an impact with a gift today
marthastable.org/donate

SAVE THE DATE

October 2, 2022 | The Commons

Martha's Table's Annual Benefit

For tickets or more information visit:
marthastable.org/2022-annual-benefit

Sponsorship opportunities available!

Contact:
Dan Schiff,
Asst. Director for Institutional Giving,
dschiff@marthastable.org

Team Member Spotlight

With your support, we have a team dedicated to helping children and families thrive. **Meet Cara Wilner, a Family Engagement Coordinator at Martha's Table!**

"I love being able to build relationships with our families and witness their growth over the course of the program. I am still working with one family who started when the baby was just 11 months old, still learning to crawl, and now he's 3 and walking, talking, a bundle of energy and fun!"



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