



**"At first, I was nervous that my daughter wasn't home, but it was excellent. They are working on tummy time with her, which is great...they take good care of her and make me feel better."**

—Ms. Quigley, Martha's Table Parent

## Families Receive a FULL Circle of Support

When families come to Martha's Table, they become a part of our community not just for a day, *but for life.*

That's especially true for Ms. Quigley, who found her way to Martha's Table when her oldest daughter, now 16-years-old, enrolled in our afterschool program on 14th St.

Now, her youngest daughter, 6-month-old Stay, is one of the many young learners growing and developing in our early childhood education centers.

**"I trust them," Ms. Quigley shared. "The people that taught my oldest daughter are the same teachers that are teaching my youngest daughter!"**

That full circle support has given Ms. Quigley peace of mind that she and her family will be supported every step of the way.

**"I'm glad Martha's Table is on this side [East of the River]," she reflected. "They are helpful during Christmas and Thanksgiving...and with homework. They always make time. I never have doubts when I send my children to Martha's Table."**

Our support for Ms. Quigley and her children doesn't stop in the classroom...

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**Take Action:** Children like Ms. Quigley's are learning and growing in Martha's Table classrooms all year round.

Start a monthly gift today to join the Martha's Table Apple Corps and ensure strong starts for all young learners in D.C.!

**Make a meaningful impact every single month at**

**[www.marthastable.org/monthly](http://www.marthastable.org/monthly)**

## Everyone Can Be Healthy, Happy, and Well

This year, with support from kind neighbors like you, we've doubled down on our commitment to expand emotional wellness programming in D.C. Through a partnership with Community Wellness Ventures, we've already connected hundreds of community members to no-cost mental health services.

**"Part of Martha's Table's role is connecting our participants to those services, providing a transition to their team of clinicians and following-up to help support them,"** shared Sarina Sechrist, Martha's Table's Director of Emotional Health and Wellness. **"The counseling process can be overwhelming, kind of scary, and hard to begin, so we help them navigate any issues they might have."**

Every Wednesday, Sarina hosts our "Healthy Happy Hour" event, welcoming neighbors in for healthy snacks, refreshing mocktails, and relaxing activities for everyone. Because of you, it's barrier-free and open to *all*.

**"We're bringing in nutrition education, followed by an exercise class,"** Sarina explained. **"We're trying to remove not only the barriers from health insurance, but also incorporate different activities to support overall wellness!"**



**There's a healthy treat for everyone at our weekly Healthy Happy Hours!**

*Flip to page 3 to read more about the ways your support helps neighbors like Ms. Sanders and Ms. Brown focus on their emotional and mental wellness with Martha's Table.*

# Nightly Meals are Crafted With Care and Love

It's five o'clock on a cold, winter evening. As many Washingtonians start to head home, our McKenna's Wagon team is just getting started.

Have you ever seen our bright blue Martha's Table van, winding its way through busy downtown streets, and wondered... where are those volunteers headed?

Every single day, through rain, snow, sleet, and even protests, McKenna's Wagon rolls out for its nightly run. Inside, our chefs have carefully packed hot, homemade dinners so that every neighbor we meet can enjoy a healthy meal.

For Chef Mark, creating those fresh, nutritious meals is an important part of making sure every Washingtonian has the opportunity to eat nourishing and delicious food every day.

"I try to cook respectfully, and I try to cook healthy," he reflected. "And I try to keep the presentation nice because I feel like whether you're on the street or in a restaurant, you should be able to open your meal and see something beautiful in front of you."

Tonight, our volunteers could be doling out fresh chicken tacos, butternut squash mac n' cheese, or even steak, gravy and biscuits.

Regardless of the menu, Chef Mark knows just how much care and attention needs to go into every packed meal he creates.

"Every single move that I make here impacts human beings...if I decided to put one and a half scoops instead of two, realize that there's a human being at the other end who is going to open their meal and be shorted," he reflected. "This is a huge responsibility because we're putting this food into the hands of another person!"

When any neighbor comes to Martha's Table, they get to walk away with not just bags of healthy groceries...bright recipe cards help families turn their fresh produce into a nutritious meal!

Your support provides the opportunity for neighbors to try tasty new foods like sliced mangos, roasted brussel sprouts, and sweet potato muffins. On McKenna's Wagon, Chef Mark loves surprising our guests with exciting new recipes.

"You know, there are some meals that I make regularly," he shared. "But I like to keep pushing myself personally and professionally...and I like for folks to try new things!"

You help us keep every Washingtonian strong, 365 days a year. Thank you!



Volunteers load the McKenna's Wagon van with over 200 homemade dinners, sandwiches, and snacks every single night.

Did you know?  
130,000 nightly meals served this year!



Even our littlest chefs know the meaningful impact a warm meal has for D.C. neighbors experiencing hunger and housing insecurity.



**Take Action:** We need your help! Our markets are in full-swing, providing fresh, healthy no-cost groceries to our neighbors. Sign-up for a volunteer opportunity and make a meaningful impact this holiday season.

Check out our volunteer opportunities at [www.marthastable.org/volunteer](http://www.marthastable.org/volunteer)

## Every Neighbor is Ready for Winter!

Last month, your support helped provide over 3,200 children and families with warm winter coats, hats, gloves, and household items. Thank you for helping your neighbors prepare for the chilly season ahead!



## Healthy, Happy, and Well...

(Continued)

When Ms. Sanders visits us for a Healthy Happy Hour, she and her kids are greeted by neighbors, friends, and a warm welcome from the Martha's Table team.

"Everything was great. The mocktail with elderberry syrup was *delicious*," Ms. Sanders reflected. "The music was relaxing, the view was great, and the basketball court for the kids was appreciated."

For Ms. Brown, the best part of the evening was getting to spend time in our community garden, where our team grows herbs, flowers, and vegetables to use in Healthy Happy Hour recipes each week.

"I like the opportunities we get to tour the vegetable and flower garden and learn what ingredients go into the drinks and food," she shared. "It's an enlightening experience!"

In addition to attending Healthy Happy Hour, Ms. Brown has also joined a few Martha's Table workshops, led by emotional wellness professionals like Sarina.

"The group helps you identify many things that can cause you stress or anxiety, and shows us how to manage them," she gratefully shared. "It really helped me during the pandemic!"

Your support helps parents and children enjoy time together, sampling healthy treats and practicing emotional wellness activities.










## ELDERBERRY SYRUP MOCKTAIL



### INGREDIENTS

- 2 oz. freshly squeezed orange juice
- 1 oz. elderberry syrup
- 1/2 oz. fresh lemon juice
- 1/4 tsp ground turmeric
- Ice
- Sparkling water

## What's on the Menu This Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Lasagna Garlic Bread Broccoli	Chicken Drumsticks Rice Green beans	Grilled Tilapia French fries Veggies	Egg Souffle Turkey bacon Tater tots	Philly Cheesesteak Hush puppies Green beans	Shepherd's Pie Carrots Dinner roll	Pasta Puttanesca Garlic Bread Broccoli

# FULL Circle of Support...

(Continued)

Because you stepped up, Martha's Table is providing *full-circle support* for Washington, D.C. families just like Ms. Quigley.

**"Not only is my daughter in the education program, but I'm also a participant in 'Strong Futures, Strong Families,'" Ms. Quigley expanded. "I get food at the markets. They've helped me find a good school for my daughter and provided me with resources."**

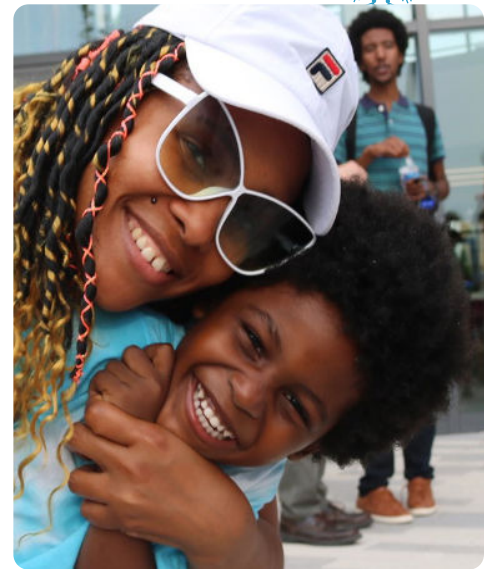
With 'Strong Futures, Strong Families,' Ms. Quigley is able to use direct cash assistance to pay her bills and support her growing children.

**"The money helped me *get ahead* on my bills," she shared with relief. "When I pay my bills late, I still feel bad, even though I'm paying them. It felt good to pay ahead and stay afloat financially."**

At Martha's Table, Ms. Quigley also gets the kind of support that only other mothers can provide. Your gift gives caregivers the opportunity to connect with our team *and each other*.

**"It's comforting to be around other moms who have similar experiences and can connect," Ms. Quigley shared. "Team members like Ms. Dennis, who show up as themselves and care about the work... people feel comfortable talking to someone they can relate with...who has shared experiences and understands what they've been through."**

You help us go beyond the classroom to support strong children, strong families, and strong communities across D.C. *Thank you!*



**"It allowed me to breathe. Even though it was a large chunk of money, it went by fast. I paid my car note, I paid my rent and paid all my bills. Even though I get paid at my job, it really helped out. I could save money!"**

—Ms. Quigley, Martha's Table Parent


**Take Action:** You make a meaningful difference in the lives of D.C. families like Ms. Quigley's. Your holiday gift supports a Washington, D.C. where every child, family, and community are able to THRIVE.

**Make a gift today at**  
[www.marthastable.org/donate](http://www.marthastable.org/donate)

## Your Year of Impact



**132**  
New moms received **cash support** for their family



**457**  
Neighbors connected with **supportive partner organizations**



**220,000**  
Bags of fresh, **healthy groceries** shared with D.C. neighbors



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