

### Opportunities Without Borders

At Martha's Table, we believe in ensuring access to food, education, and opportunity. Every day, we share over 300 bags of fresh, healthy groceries with our neighbors, and welcome over 120 bright young learners into our classrooms. With your help, we're also providing exciting new opportunities for Ward 8 teenagers!

When we launched our strategic plan three years ago, our neighbors shared their desire for Martha's Table to help support young people from our community in successfully transitioning from youth to adulthood. With that in mind, the Global Passport Program was designed to give older youth East of the River the opportunity to both see the world outside of their immediate neighborhoods, and to see that they have a greater place in the world.

Traveling to exciting destinations like Atlanta, New York City, Philadelphia, and even Panama, Global Passport teens get to experience new cultures, try new food, visit HBCUs, immerse themselves in the history of different cities, and more!

Program participant, Maestro, reflected on his trip to Philadelphia with the Global Passport program.

**"Martha's Table provided us with the opportunity to travel to Philadelphia, Pennsylvania, explore different customs and try different foods,"** Maestro revealed. **"The sites, knowledge, and perspective that I have gained during this trip made me excited and adventurous about the different information that was out there."**

While in Philadelphia, students toured Temple University, visited the Liberty Bell Center, swung by Benjamin Franklin's brick house, and learned at The National Constitution Center. Students even enjoyed a special evening at the theater with Broadway's Musical Comedy, Mrs. Doubtfire!

For brothers Robert & Jeremiah, who traveled to Atlanta with the Global Passport Program, the opportunity to travel outside of D.C. for the first time was life-changing. The brothers participated in Atlanta's Civil Rights Tour where they were able to learn about their history in a new and exciting way.



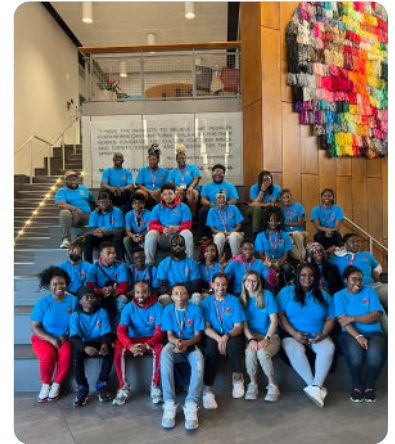
During the Global Passport Trips students have the opportunity to learn, build relationships, complete a service project, visit colleges and explore museums.

**"To me, the purpose of the Global Passport Program is to put hope in kids like me,"** Robert shared. **"I feel that [the Global Passport program] is helping me get out of my situation, because it's helping me look at things differently... to give me motivation!"**

His brother Jeremiah also traveled with us to Atlanta, and is hopeful that programs like Global Passport will help his peers to think differently about the world around them.

**"This program is important because if you get all the teens in our area to think the same way that ya'll got me to think, we could stop gun violence in D.C. easily,"** he emphasized. **"I can promise that."**

These stories are just the beginning. With your support, Martha's Table can open doors for more young people in our community, ensuring that every D.C. youth has the opportunity to discover a world of endless possibilities.



**"I think these [Global Passport program] trips are important because I know if this changed my perspective, it could change my friends' perspective or anybody else's perspective."**

*-Robert,  
Global Passport Participant*

**Take Action:** Your support allows our programming to reach every neighbor where they are. Set up a monthly gift today to join the Martha's Table Apple Corps and ensure every family can feel that caring support when they need it most!

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

# Getting Involved for Good!

This spring, we celebrated Volunteer Appreciation Month! Thank you to ALL of the volunteers who have shared the valuable gift of time with Martha's Table. Volunteering at Martha's Table isn't just about filling a need; it's about creating moments of connection and fostering a sense of belonging. Whether you're sharing healthy food with guests in our lobby market, preparing meals for McKenna's Wagon, or lending a hand at one of our community events, your time and energy make a profound difference in the lives of our neighbors.

Ever wonder that a volunteer opportunity with Martha's Table really looks like? Check-out the "Day in the Life" that one of our fantastic volunteers shared from a recent healthy markets shift!



Martha's  
relies on our  
volunteers to  
work every s

Last year, volunt  
over 30,000 ser  
support our D.C  
When we work  
can achieve gr

Sign-up to vol  
Martha's Table

**Take Action:** Take your impact to the next level by signing up to volunteer with Martha's Table!

Learn more at [www.marthastable.org/volunteer](http://www.marthastable.org/volunteer)

## Day in the Life of a Martha's Table Volunteer

**9:00 AM**

Arrive at Martha's Table at The Commons, check-in, and meet the market leaders in charge of today's shift.

**9:30 AM**

A big truck arrives from the Capital Area Food Bank, carrying pallets full of the fresh food and pantry items that will go out in today's market.

**10:30 AM**

Time to get the market ready for our guests! Tables are filled with all of the food that our neighbors can choose from today. On the menu this week: Apples, Oranges, Bananas, Sweet Potatoes, Carrots, Avocados, Onions, Garlic, Collard Greens, Rice, Canned Tuna, and Eggs.

**11:00 AM**

The market is open! My first shopper was so excited to see that we had avocados today, and we talked about the fresh guacamole she's going to make for her grandkids when she gets home.

**12:00 PM**

There's a lunchtime rush! While the other volunteers kept the market moving, I helped unload a donation delivery of 300 turkey and cheese sandwiches. All 300 sandwiches will go out on McKenna's Wagon tonight!

**12:30 PM**

A young dad came through the market and his 2-year-old son couldn't stop reaching for the big box of ripe bananas! He was so happy to see learn about the education center on-site, and filled his bags with all the ingredients to cook a sweet potato hash when he gets home.

**1:00 PM**

Just like that, my shift is already over - the time sure went by fast! I can't wait to sign up for another shift soon and continue to support the many programs that fuel the work here at Martha's Table!

# Good Food at Home!

Did you know that East of the River, there are only three full-service groceries stores serving over 150,000 residents? Imagine getting home from work, traveling several miles on public transportation to get to the grocery store, and only being able to bring home what you can comfortably carry in one trip. For many residents in Ward 7 and 8, this is an exhausting reality.

Recently, we were excited to partner with InstaCart, Partnership for a Healthier America, and Building Bridges Across the River to make healthy food even more accessible for D.C. families living East of the River.

The Good Food at Home program offered \$60 every month for participating neighbors to purchase fresh fruits and vegetables + free grocery delivery through Instacart. This partnership allowed families to access healthy foods if they are unable to make it to a Martha's Table location.

For local mom Mya, this partnership made a positive impact for her and her family's lives.

**"Fresh fruits and vegetables do not last in our refrigerators like they used to..."** she shared. **"So I'm buying them at least every three days, and that's expensive!"**

Together, we're working hard to ensure that D.C. neighbors like Mya can fill their kitchen tables with new, healthy recipes for the whole family to enjoy.

**"I'm excited to play with all the different fruits and vegetables that I thought I really couldn't afford,"** she emphasized. **"I love cooking, so I'm excited!"**

**Your support makes partnerships like this possible!** Thank you for ensuring our neighbors have access to healthy foods all year round.

**Take Action:** Your gift this spring will help D.C. families like Mya's continue to fill their tables with fresh, healthy foods all year round.

Support healthy families today at [www.marthastable.org/donate](http://www.marthastable.org/donate)

## Did you know?

Our no-cost clothing boutique relies on year-round donations to ensure D.C. families have the professional and children's clothing they need to thrive in every season.

Learn more at [www.marthastable.org/clothing-donations](http://www.marthastable.org/clothing-donations)



Picture yourself making an impact here!

Join the hundreds of Martha's Table volunteers who make a difference every week in the lives of our neighbors.

Sign up today!



Martha's Table  
our dedicated  
to fuel our  
single day!

Volunteers provided  
service hours to  
D.C. community.  
Work together, we  
do great things!

Volunteer with  
Martha's Table this spring.



## Have you heard about Martha's Table's Maz Legacy Circle?

A tribute to our co-founder, Dr. Veronica Maz, this circle represents a special group of supporters who extend their generosity through a gift in their will or estate.

By including Martha's Table in your will or estate plans by June 30, 2024, an anonymous benefactor will contribute \$1,000. This is part of a matching initiative totaling up to \$70,000, offering a unique way for you to make an immediate and lasting impact in our community.

**Take Action:** When you create your will with Martha's Table today, you can unlock \$1,000 in matching funds (up to \$70,000!) to support strong D.C. families.

[www.marthastable.org/ways-to-give](http://www.marthastable.org/ways-to-give)

### Do you need help making a will?

Martha's Table has partnered with FreeWill to help our donors make their will online for free.

Scan here to make your will for free today!



### Ready to join the Maz Legacy Circle?

Join the Maz Legacy Circle today and have an extra \$1,000 of your gift matched!

Scan to join the Maz Legacy Circle today!



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#### The Commons

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#### The Maycroft

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#### Martha's Outfitters

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