

# Martha's Table

EDUCATION • FOOD • OPPORTUNITY

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## Our History

We believe that **every Washingtonian deserves the opportunity to thrive.**

For 43 years, we've been committed to advancing a more equitable Washington, D.C.

We stand firmly alongside Washingtonians day-in and day-out on **both sides of the Anacostia River** through:

- Nationally accredited **Early Childhood Education** programs
- Pairing healthy food access with **physical and mental health** services, and
- Promoting **family success** by investing in family leaders.







# Programs at Martha's Table







# Groceries through our Markets!

## Joyful Food Markets

We offer fresh produce to more than *15,000 children and their families*, hosting free healthy food markets for 53 elementary schools in Wards 7 & 8.

## Martha's Table Markets

Additionally, we offer all our neighbors the opportunity to shop at no cost for healthy food at our SE & NW locations.

- We host our MT Markets Monday-Friday, 11am-4pm.\*

***\*ID is needed.***







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# Diapers Available

**ONLY ON MONDAYS**

*Diapers will only be available for pickup on Mondays from **11am - 2pm at The Commons.***

**Please have baby documentation (actual or photo) available at pick up.**

For example:

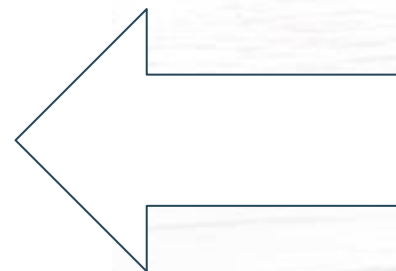
- Birth Certificate
- Insurance Card
- Daycare/school documents
- Medical documents (eg. pediatrician bill or immunization records)

*You can receive diapers once every four weeks*

Martha's Table at The Commons  
2375 Elvans Rd. SE, Washington, DC 20020  
[www.marthastable.org](http://www.marthastable.org)

# Diaper Bank

- Bring **one of the listed forms** of ID for your baby for your first visit to register
- Sizes Newborn - Size 6 Available
- Each registered child receives **50 diapers** per month







# Martha's Table Outfitters

- DC residents can stop by our Outfitters boutique and shop for clothing.
  - Each family can receive a **monthly credit** to purchase clothing. Families do not pay out of their own pocket.
    - 20020 residents: \$40
    - Outside of 20020: \$20
  - Our Outfitters Boutique is open Monday-Friday, 10am-4pm and is located on 2204 MLK Jr Ave SE.



Our brick-and-mortar store is open for safe in-person shopping at 2204 Martin Luther King Jr. Ave. SE.

## Become a member!

### Classic Membership - (Blue card)

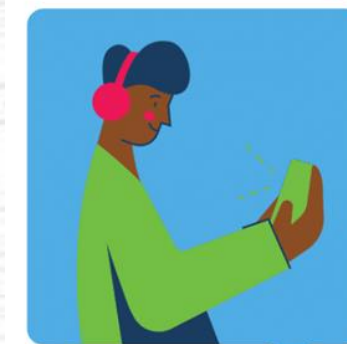
Residents of the 20020 over the age of 13 and guests who joined us during our COVID response are eligible for an Outfitters \$40 per month Classic Membership Card.

### Select Membership - (White card)

Select Membership is available to all DC residents who do not qualify for our Classic Membership and comes with a monthly \$20 credit to use at Outfitters.



### Prefer to shop virtually? Outfitters Online will still operate.



Shoppers with a Classic membership can access the Martha's Outfitters boutique virtually using their \$40/month credit and Select Members can shop virtually using their \$20/month credit.

*\*In order to sign up for the program, Classic and Select Members must first visit our boutique to sign up and receive their membership cards.*





## Emotional Wellness Services

### Workshops:

Educational sessions on various mental health topics, provided monthly. Open to all

### Individual Counseling:

1-on-1 sessions with a licensed therapist. Open to DC residents who are Medicaid eligible. Provided by Community Wellness Ventures

### Groups:

Therapeutic, multi-session groups on various mental health topics. Open to DC residents who are Medicaid eligible. Assessment required beforehand



"Find The Flowers  
Through The Weeds"

# Emotional Wellness

Kiea Murphy, Emotional Health & Wellness Outreach Coordinator

[kmurphy@marthastable.org](mailto:kmurphy@marthastable.org)

Additionally our Emotional Wellness program offers the following:

- Open Art Hour every Friday
  - 10am-12pm
- Healthy Happy Hour every Wednesday
  - 5pm-6:30pm





# McKenna's Wagon

- ❖ **Martha's Table's mobile food service**
  - Rolls out **7 days a week, 365 days a year** to feed hundreds of DC neighbors who may be experiencing housing instability or hunger.
  - Volunteers stop at **two locations** and serve hot, fresh meals, as well as sandwiches, homemade muffins, fruit, and refreshments.

5:15 p.m. - 5:40 p.m.

**New Jersey Ave. and I St. NW**

If meeting at the stops, park on I St. and walk over to the service site.

*\*Times are approximate and subject to traffic conditions.*

6:00 p.m. - 6:25pm

**19th and H Street NW**

If this location cannot be used there is an alternative location on the other side of the park, on Pennsylvania Ave. NW.

*\*Times are approximate and subject to traffic conditions.*





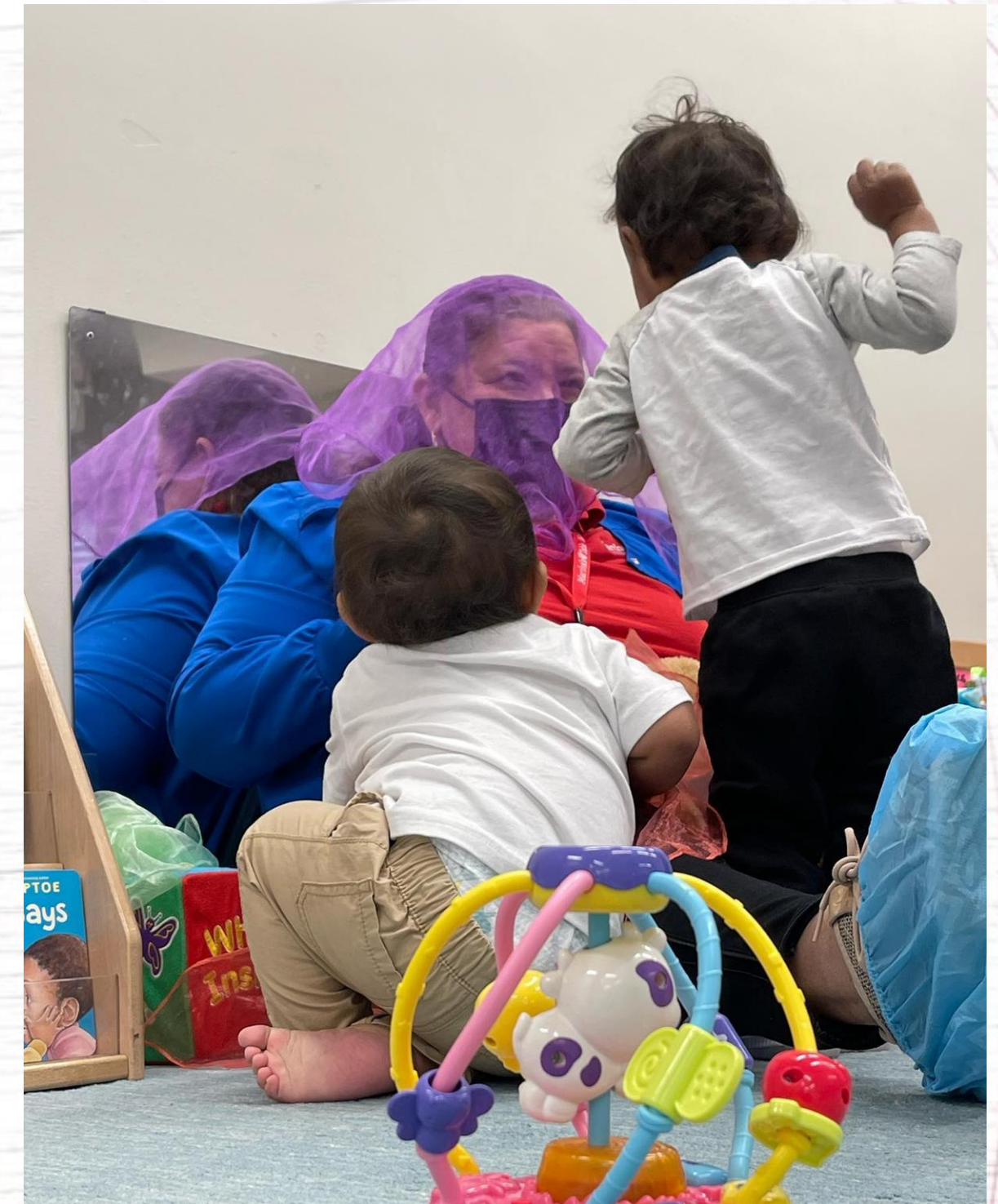
# Early Childhood Education





# National Accredited Early Childhood Education Program

- ❖ **The Commons: 2375 Elvans Rd SE**
  - Enrolling children who live in Ward 8 or experiencing homelessness.
  - Children ages 6 weeks to 4 years
  - PRE-K program.
  - Creative Curriculum: Focus on whole child development (Physical, Cognitive, and social-emotional development)
  - Supplies and meals are provided
  
- ❖ **The Maycroft: 1474 Columbia Rd NW**
  - Enrolling children who live anywhere in the District. *\*No geographic restrictions.*
  - Children ages 6 weeks to 3 years
  - Creative Curriculum:: Focus on whole child development (Physical, Cognitive, and social-emotional development)
  - Supplies and meals are provided







# Family Visiting-Home-Based Program

If the center based program is not for you, we have our amazing Family Visiting Program:

- ❖ In this program, we can assist **pregnant moms** and parents/guardians that have **a child up to 3 years old** who are **Ward 7 and 8 residents** or families experiencing **homelessness**.
- ❖ Each family is partnered with their own Family Visitor, who they meet with weekly. The family visitor supports the parent by:
  - Introducing **parent-child activities** that can easily be done in the home
  - **Connecting them with local resources** that can help them meet their family's needs and goals.
  - Including them in a community of other parents and children during monthly **family playdates**







# Eligibility Process

## Commons-SE & Family Visiting

- Income (Not needed if experiencing homelessness)
- Residency
- ID
- Birth Certificate
- Up to date Health forms & Insurance Card
- Proof of Pregnancy (FV)

**Maycroft - Nw - Subsidy** **Must be in a qualifying activity for at least 20 hours a week, receive TANF or experiencing homelessness.**

- Income or Voucher
- Residency
- ID
- Birth Certificate
- Social
- Up to date Health forms & Insurance Card

**If spaces are not available families will remain on our interest list.**







# Benefits of our Center-Based and Home-Based Program!

- ❖ 100 Diapers a Month
- ❖ \$1,000 Children's College Savings Account Investment after a year of enrollment
- ❖ Support in achieving personal and family goals
- ❖ Improved school readiness for children
- ❖ Child Development Activities & Screenings
- ❖ Easy transition to our Pre-k Program (Only at our SE location)
- ❖ Free Fieldtrips with other Family Visiting Families & Centerbased Families & MORE!





# Join Us at the Table



- **Learn More**  
<https://marthastable.org/>
- **Volunteer**  
<https://marthastable.org/volunteer/>
- **More information about our Programs:**
  - **Joel Lopez, Admissions & Outreach Coordinator**  
■ [jlopez@marthastable.org](mailto:jlopez@marthastable.org) or 202-516-4220
  - **Maria Johnson, Community Activator**  
■ [mjohnson@marthastable.org](mailto:mjohnson@marthastable.org)