

## MARTHA'S TABLE VOLUNTEER PROGRAM

Martha's Table is a non-profit, tax-exempt organization founded in 1980 and dedicated to meeting the needs of low income children and families and homeless individuals with meals, learning experiences and support services 365 days a year. Located at 2114 14<sup>th</sup> Street NW in downtown Washington, Martha's Table is supported by individuals, private foundations, businesses, civic organizations, schools and religious groups, including Washington National Cathedral.

### **MARTHA'S TABLE PROGRAMS:**

- McKenna's Wagon, two mobile soup kitchens, make regular stops through the city every evening, delivering meals to those in need. Each day, volunteers at Martha's Table sort food donations, make soup, prepare food for the wagons and staff the delivery. McKenna's Wagons serve more than 1,200 people daily, including the homeless and needy families. Some who come to the wagon help distribute food to others who are unable to get to one of the stops themselves. Cathedral volunteers provide sandwiches and fruit for McKenna's Wagon on the third Sunday of each month.
- Community Services for the neighborhood around 14<sup>th</sup> and W streets include Martha's Outfitters, a clothing closet where donations are accepted.
- The Martha's Table Children's Program seeks to increase self confidence and a feeling of security among children of the neighborhood, while expanding their horizons through new learning opportunities. The Childhood Development Center and related programs located at the facility provide day care, tutoring services, reading enrichment, an after-school program and weekend and summer activities and parenting programs.
- More details can be found at [www.marthastable.org](http://www.marthastable.org)

### **WHAT YOU CAN DO AS A CATHEDRAL VOLUNTEER:**

- Purchase and prepare sandwiches and fruit for the Cathedral's contribution and bring the food to the Cathedral on the third Sunday of the month between 8:30 and 11:15 a.m. At present, food is being collected by volunteers parked on Hearst Circle, the small loop road off Wisconsin Avenue that goes around and above the entrance to the parking garage. Turn in as if you were going to the garage but instead bear right around the circle. Look for a vehicle with a Martha's Table sign.
- Join the roster of those who take turns collecting the Cathedral's contributions and taking them to Martha's Table on the third Sunday. Volunteers park on Hearst Circle to collect the food between 8:30 and 11:15 a.m.
- Join the Cathedral's group of volunteers who go to Martha's Table on the third Sunday to pack the donated sandwiches and fruit for McKenna's Wagon. Packing normally takes about an hour, between 11:30 and 12:30. Four or five volunteers are needed each month.
- Join the Cathedral's McKenna's Wagon team which staffs the delivery vans in delivering the food on the third Sunday.

### **OTHER VOLUNTEER OPPORTUNITIES AT MARTHA'S TABLE**

- **Martha's Outfitters** clothing center provides free and low cost clothing, linens, toiletries, books, and children's supplies to those in need. All proceeds from sales go to support the children and youth programs. It is open to the community five days a week, Tuesday through Saturday from 9 a.m. to 6 p.m. Volunteers assist in sorting and displaying clothing and helping customers.
- **Children and Youth Programs** include a Childhood Development Center for children ages 3 months to 4 years; a before- and after-school program for children age 5 to 9, the Bridge after-school program for 10- to 13-year-olds; a teen program for 14- to 18-year-olds as well as parent training and education classes. Tutors and mentors are needed for these programs.

## **Instructions for Martha's Table Mobile Soup Kitchen Food Preparation and Delivery**

### **1. Supplies**

Prior to the third Sunday of each month, purchase the supplies listed below. Generic brands are fine. Martha's Table has established the menu, the amounts needed and the type of packaging desired to ensure nutritional balance, efficiency, cleanliness and a pleasant presentation. **Please do not make any additions or substitutions, and keep the food properly refrigerated until it is delivered to the Cathedral.**

- Two loaves of bread, wholegrain preferred.
- 24 slices of meat, low-fat preferred (number needed may vary, depending on bread loaf)
- 24 slices of cheese (ditto)
- Sandwich bags
- 24 pieces of fruit

### **2. Preparation**

- Make each sandwich with two pieces of bread, one slice of meat and one slice of cheese. **Do not use any filling such as mayonnaise, mustard, margarine or lettuce.**
- **Put each sandwich into an individual sandwich bag.**
- Place the bagged sandwiches in the bread bags.
- Refrigerate the sandwiches until time of delivery to the Cathedral.

### **3. Delivery**

Deliver your sandwiches and fruit to the Cathedral between 8:30 and 11:15 a.m. on the third Sunday. The collection point now is a vehicle parked on Hearst Circle, the small loop road off Wisconsin Avenue that goes around and above the entrance to the parking garage. Turn in as if you were going down into the garage but instead bear right around the circle. Look for a vehicle and a volunteer with a Martha's Table sign. (Please make sure we have your current e-mail address and phone number so we can keep you posted if there are site changes, as post-earthquake work continues to affect access to parts of the Cathedral grounds).

**Note: please do not take your food contributions into the Cathedral. If you miss the van collection, please take your food to Martha's Table at 2114 14<sup>th</sup> Street NW, between V and W Streets, telephone 202/328-6608.**

Want a reminder? Let us know your current e-mail address and phone number and we'll put you on the list to get a reminder a few days ahead of each third Sunday of the month that our "Martha's Sunday" is upcoming.

Questions? Sid and Carol Hurlburt and Lee Ann Ghajar coordinate the Cathedral's volunteer program at Martha's Table. You can reach them at home at 703/264-9054 or 703/967-0657, or e-mail to [marthastable@cathedralcongregation.org](mailto:marthastable@cathedralcongregation.org).

To volunteer at Martha's Table itself, contact the volunteer assistant there at 202-328-6608, ext. 212, or [volunteer@marthastable.org](mailto:volunteer@marthastable.org)

For information about other volunteer opportunities at the Cathedral, contact at the Cathedral Volunteer Office, 202/537-8990, or [volunteer@cathedral.org](mailto:volunteer@cathedral.org)