



About Shepherd's Table

WHO WE ARE

Shepherd's Table is a community-based nonprofit serving individuals from all walks of life since 1983. We address food insecurity and homelessness through various programs designed to meet immediate needs and provide sustained social support. Our mission is to improve quality of life, create a pathway towards self-sufficiency, and inspire hope for the most vulnerable. We envision a DMV where lives are transformed with nourishment, empowerment, and care.

PROGRAMS

- **Daily Meals** are provided 365 days a year (3 meals on weekdays and 2 on weekends).
- A reimagined **Beyond the Table**, which will include us partnering with other non-profits and organizations to serve other vulnerable communities like our partnership with Horizons Greater Washington, a tuition-free academic and enrichment program serving K-8 students in families from underserved communities in the DMV.
- This year we are also launching a pilot program, **Culinary Skills Training** in which participants will receive culinary and life skills.
- Our **Resource Center** offers referrals, toiletries, mailing addresses and prescription assistance.
- Our **Eye Clinic** provides free eye exams, eye glasses and referrals/financial aid for both glaucoma and cataract treatments.
- Our **Clothing Closet** provides free clean and seasonably appropriate clothing and shoes.
- Our **Urban Garden** fosters community through our garden club and provides pounds of fresh herbs and produce that are used in our kitchen.

OUR IMPACT IN 2023



180,442 meals served



7,649 visits to the Resource Center



1,806 Clothing Closet visits



3,488 unduplicated volunteers

GET INVOLVED

Join us as a volunteer, in-kind donor, financial donor or event sponsor. For more information, visit our website shepherdstable.org/get-involved and follow us online.