



# About Shepherd's Table

## WHO WE ARE

Our mission is to improve quality of life, **create a pathway towards self-sufficiency**, and inspire hope for the most vulnerable experiencing food insecurity, homelessness, and poverty. We've been doing this for 38 years and we've never missed a single day of meal service. Thanks to the unfailing support of the community, that's not going to change any time soon.

## PROGRAMS

Our Food Services include our **Daily Meals**, provided 365 days a year (3 meals on weekdays and 2 on weekends), and **Beyond the Table**, free prepared meals distributed in Aspen Hill and Riverdale. Our **Resource Center** offers referrals, toiletries, mailing addresses and prescription assistance, our **Eye Clinic** provides free eye exams, eye glasses and treatment for both glaucoma and cataracts. Our **Clothing Closet** provides free clean and seasonably appropriate clothing and our **Weekend Day Program** fosters community through activities like art projects, movies, cheering on beloved sports teams, and guided group conversations.

## OUR IMPACT IN 2021



135,116 meals served



860 unduplicated clients in the Resource Center



381 Clothing Closet visits



273 eye exams

## 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](https://shepherdstable.org/get-involved) and follow us online.