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## 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 welcome all to our community table for meals and access to social services, provided with compassion and respect.

## WHAT WE PROVIDE

- **Meals:** Brunch and Dinner every day
- **Beyond the Table:** free prepared meals in Aspen Hill and Riverdale
- **Resource Center:** information and referrals, toiletries, mailing address, prescription assistance, and more
- **Eye Clinic:** eye exams, eye glasses, glaucoma and cataract treatment
- **Clothes Closet:** clean, seasonal clothing

## OUR IMPACT IN 2020

- 107,461 meals were served
- 5,643 meals distributed through Beyond the Table
- 362 prescriptions filled
- 82 blankets distributed
- 472 clothes closet visits
- 932 bus tokens distributed
- 20,180 pieces of mail logged in
- 149 eye exams provided
- 101 prescription glasses provided
- 30 legal assistance visits

## GET INVOLVED

Join us as a volunteer, in-kind donor, financial donor, or event sponsor.

For more information, visit our website [www.shepherdstable.org/get-involved](http://www.shepherdstable.org/get-involved)