2024 BEAT THE HEAT

SUPPORT MIRIAM'S KITCHEN, ENGAGE YOUR TEAMS, AND HELP INDIVIDUALS EXPERIENCING HOMELESSNESS BEAT THE HEAT THIS SUMMER!

For more information reach out to Rachel Glassman, Director of Corporate Partnerships
rachel.glassman@miriamskitchen.org
https://donate.miriamskitchen.org/2024BeatTheHeat
Most of us view the summer as a season that brings lots of fun, vacations, and celebration. But for those we serve at Miriam’s Kitchen (MK) experiencing homelessness, summer brings sweltering temperatures and a heightened state of emergency with an increased risk of heat exhaustion and exposure.

Over the summer, MK sees a decrease in regular volunteers as they vacation or return home for summer break. To combat this, we’re bringing organizations throughout the DC area together to address this critical need and provide an opportunity for your teams - whether summer associates, interns, or full-time staff - to foster a deeper level of community engagement while helping others.

GET INVOLVED

Join this effort today by signing up for an on-site or off-site project, engaging teams in peer-to-peer fundraising, and raising awareness for ending chronic homelessness!

- This initiative runs from June 1 to July 31 during the height and heat of summer.
- We welcome organizations of all sizes and disciplines to get involved.

Your hands-on and financial support make it possible for our programs to provide high-quality services to our vulnerable neighbors during this urgent time!

On-site Shifts

Meal Shifts
Reserve one of our meal shifts to serve those experiencing homelessness breakfast (6:15-8:30am) or dinner (3:15-5:30pm) in our kitchen and dining room
$1,500 sponsorship for up to 6 people

Social Services Prep
Help sort, organize, and prep our clothing and coffee packets so that we are ready for the next shift (9-11am)
$1,000 sponsorship for up to 4 people

Off-Site Projects

Seasonal Kit Packing
Create seasonal outreach packs for our Outreach Team to distribute to those experiencing homelessness
$2,500 Sponsorship
For up to 25 people
includes the cost of supplies

Care for the Grow Garden
Weed and water the GWU Grow Garden which supports our Kitchen with 700 lbs of fresh vegetables each year
$1,500 Sponsorship
For up to 10 people
Wed/Sun 5-6pm
includes the cost of supplies

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Miriam’s Kitchen began in 1983 serving meals to the hungry and unhoused. Over the years, it has evolved its mission from serving those experiencing homelessness to changing the system and ending chronic and veteran homelessness in Washington, DC.

We do this through a multi-pronged approach starting with meals and case management services to meet the immediate needs of our guests; helping guests apply for housing and supporting them so they stay housed, and advocating for system change to end homelessness in our nation’s capital.

### WHAT WE DO

#### Meals

Our Kitchen Team produces 400 made-from-scratch meals each weekday (we even make our own hot sauce!). Since each meal may be our guests’ only meal of the day, it contains 1200-1500 calories and features whole grains, fruits and vegetables, and lean protein. Over the course of a year, we anticipate 75,000 meals served.

#### Social Services

Our Social Services Team creates pathways for individuals experiencing homelessness to find housing security. We offer intensive support for guests—connecting them to critical medical and mental health care, helping them apply for Social Security and disability benefits, supporting them on their housing journeys, and more. Every year MK serves approximately 3,500 individuals with their short- and long-term needs.

#### Street Outreach

Our Outreach Team meets individuals experiencing homelessness where they are. Our team covers nearly half (33 square miles of DC), supporting individuals on their path toward housing. This comes in the form of connecting individuals to timely housing resources and providing urgent supplies to individuals who are still unhoused.

#### Permanent Supportive Housing

Our Permanent Supportive Housing Team (PSH) provides intensive wraparound services such that 9 out of 10 residents remain stably housed after one year. They work closely with each resident to build back community support, strengthen life skills and self-sufficiency, and improve overall health.

#### System Advocacy

Miriam’s Kitchen serves as a systems change catalyst to make the homeless services system more efficient. We examine systems affecting homelessness and build coalitions with our partners and those with lived experience of homelessness. We advocate for increased resources, addressing systemic barriers, strengthening prevention, and changing the narrative around homelessness in DC.