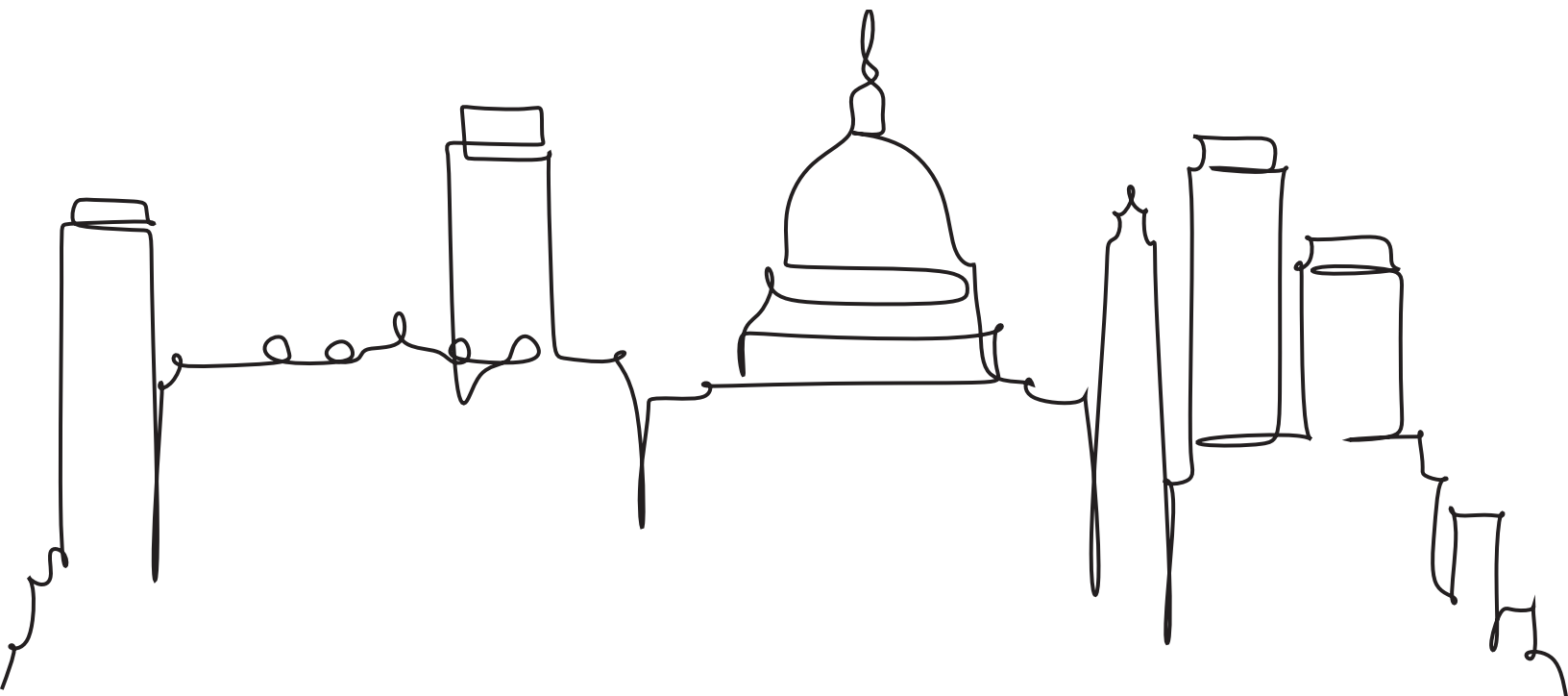




# **BEAT THE HEAT**

J U N E & J U L Y 2 0 2 3



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

For more information reach out to  
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# BEAT THE HEAT

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 increased risk of heat exhaustion and exposure.

Over the summer, MK sees a decrease of regular volunteers as they take 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 to for an on-site or off-site project, engage teams in peer-to-peer fundraising, and raise 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 40 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  
**\$2,000 Sponsorship**  
**For up to 10 people**  
includes the cost of supplies

# ABOUT miriam's kitchen

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 300 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. Whether under a bridge, on a bench, or in a park, 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) provide 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 supports, strengthen life skills and self-sufficiency, and improve overall health. This program recently grew from 14 to 27 staff to support 325 residents (an increase of 100).



### 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.