

## MORE THAN A MEAL: Inside N Street Village's Food Program

Among the very first meals served at N Street Village were baked potatoes. Simple, warm, and nourishing—a humble beginning shaped by the belief that healing can start with something as small as a shared meal.

That same mission continues today in a vibrant, intentional food program rooted in community and care. Every woman is welcome. Every meal is prepared from scratch, with a balance of protein, vegetables, and starch. Nutrition feeds the body; nourishment helps us feel whole. Each plate served at Bethany Day Center is designed to offer both.

For many women, the act of choosing what to eat is deeply meaningful. At the Village's Day Center, meals are served with options—an approach that honors personal preference, culture, and comfort. "That choice is special because a lot of times people in different situations don't have a lot of choices," one woman shared. "Being able to have a choice over something, even that simple, is really meaningful."

Chef Angela Knuckles, who leads the program, invites women to help shape the menu. The kitchen recently prepared a lasagna based on a recipe a client developed in a nutrition class. "When we ask for their input," says Chef Angela, "we're saying: Your comfort matters. Your voice matters. You deserve to be at the table."



Consistent, nourishing meals are transformative. One client saw her health improve so significantly that she no longer needed insulin after working on her diet with Chef Angela. Another woman, Linda, described arriving at the Village after spending months in an environment where food was scarce and processed. "All of a sudden, I was a person again," she said. "I was Linda again."

The Village complements daily meals with weekly classes that teach women everything from simple cooking techniques to nutrition label reading and meal planning on a budget.

As needs grow across the community, this work remains as vital as ever. The team continues to navigate rising food costs, with inflation driving up prices and forcing the Village to stretch resources. At the same time, the number of women relying on meals at the Village has risen from about 70 a day last year to nearly 100 a day this year. During peak periods, that daily number can climb to more than 125 women.

Even so, the Village remains determined to keep the kitchen open, prepare nutritious meals, and have a seat at the table waiting for every woman who walks through the doors.



# A Message from



Dear Village Friend,

As the holidays approach and the days rush by, we feel the season's light and hope—alongside the inevitable stress and anxiety. During this time of great uncertainty across our community, these emotions are heightened.

The needs we see every day are deep and complex, and for N Street Village and organizations like ours, the call to serve has never been louder. The Village has a rich history of providing shelter and holistic healing, and we're determined to continue doing so during these uniquely challenging times.

Most of us would rather not grapple with hard issues and decisions, yet it's often in these moments that we rediscover the quiet strength of community. Lately, I've been reminded of a story many of us grew up with, the tale of *Stone Soup*.

In the story, a small village struggles with limited resources. One day, someone proposes making “stone soup” together. They begin by filling a pot of water with a few stones. Before long, a neighbor adds a carrot, another brings a potato, and someone else offers a bit of celery. Little by little, each person contributes what they can, and together the villagers create a delicious, sustaining soup.

I have carried memories of *Stone Soup* for more than 50 years, and I recently learned the folktale has been told for centuries. Remarkably, it still feels just as relevant today. At its core, it's a story about community. It's about what's possible when everyone brings whatever they can to the table. It's a story that underscores light and hope, even during difficult times.

We see that incredible spirit at N Street Village every single day. We see it in our staff, who bring dedication and heart to their work. We see it in our volunteers and partners, whose support makes our mission possible. And we see it in you—community members whose generosity sustains our efforts to provide housing and an entire ecosystem of supportive services for women who are experiencing homelessness.

The *Stone Soup* story reminds us that when we each bring what we have, no matter how small, something extraordinary happens. Despite a scarcity of resources, we're able to support the Village—providing housing, healing, and hope for some of our most vulnerable neighbors.

Thank you for being part of our community and for the generous contributions you make to N Street Village. We are extraordinarily grateful.

Sincerely,



*Portia*

**Portia Robertson Migas**  
President & CEO, N Street Village

# Voices of the Village

# SPOTLIGHT

*At our annual SHERO Community Walk in October, a Village client stood before the group and read a heartfelt poem about what N Street Village has meant in her life. Her words speak to the care and community she has found at the Village, and we're grateful to share her reflection with you.*

## What N Street Means to Me

*by Maureen Brown*

N Street Village is more than just services  
It is a nice and loving place of dignity and respect  
You know what I mean, a hand up not a handout  
A place where real needs are met  
And in return, my real gratitude you bet

A safe space for camaraderie and where everyone is known  
Where generosity of the heart and kindness are always shown  
A staff that is full of knowledge and wisdom  
With a loving and empathetic ear  
Someone who is there to listen and hear

Without criticism and judgement but encouragement  
They hear our stories our challenge, our struggles, our mountains we have climbed  
To overcome our homelessness and to gain strength  
In our recovery from addiction or mental health issues  
They are always ready with a tissue

When the burden of our experiences and pain becomes too heavy to bear  
A space where it is safe to open up, and myself I can share





a community of empowerment  
and recovery for women

**1333 N Street, N.W.**  
**Washington, D.C. 20005**  
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**United Way #8281 | CFC #90946**

**N** Street Village is a community of empowerment and recovery for women experiencing homelessness, housing instability, or low income in Washington, D.C. With comprehensive services addressing both emergency and long-term needs, N Street Village partners with women to achieve stability and make meaningful gains in their housing, income, employment, mental health, physical health, and addiction recovery.

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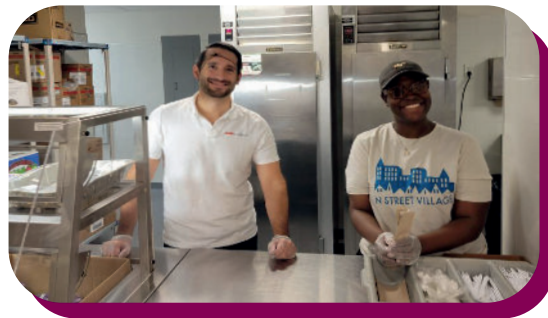
## The Village Shines with your Support!!



We appreciate our friends at **Morgan Stanley** for helping us maintain our community garden!



We're grateful to **Van Scoyoc Associates** for coming in to serve a hot meal for women at the Village.



Thank you to our friends from the **AARP Foundation** for joining us bright and early to serve breakfast at the Village!