



matt talbot

kitchen & outreach

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BOLD HOPE. BOLD HOPE. BOLD HOPE. BOLD HOPE.

Thank You Volunteers!

April is Volunteer Appreciation month, so this edition of the Matt Talbot Newsletter is all about showing gratitude to our awesome volunteers and the way they celebrate our values!



NEWSLETTER

Volunteer Appreciation

A heartfelt message to our volunteers for this year's Volunteer Appreciation Month.

News From the Kitchen

Updates from Victoria on all things nutrition and hunger relief.

Nutrition Notes

Celebrate the arrival of spring with fresh, nutrient packed greens in every meal.



Freshen Your Plate Team of the Month

We're thrilled to celebrate Wyuka Funeral Home as our Freshen Your Plate Team of the Month! Last month, they proved that adding fruits and vegetables to meals can be simple and delicious. Their taco meal was a perfect example. By topping them with fresh tomatoes and crisp greens, they packed in both flavor and nutrition. Kudos to the Wyuka team for making fresh ingredients a priority!

For Kitchen Volunteers

New Prep Areas Available!

To make more space, we've added a new prep table in the walk-in pantry. We'll also be installing wall protection behind it soon. This will be super helpful when we have extra volunteers working on kitchen projects!

Can't Find the Food Processor, Blender & Meat Slicer?

No worries—they haven't disappeared! You can now find them on the bottom shelf of the prep table in the walk-in pantry.

It's Spring Cleaning Time!

It's time to clear out old team items from the walk-in freezer. We'll be cleaning it out in the next few weeks, and anything with freezer burn will have to go. If you have any questions, please ask Kitchen Staff!

Daily Reports

Daily Reports are now at the front of the reach-in cooler. Please make sure all highlighted spots are filled in completely. A big THANK YOU to the teams already doing this—we really appreciate it!

Where's the USDA Food?

With the Freshen Your Plate program in full swing, we're keeping more fresh fruits and veggies in the walk-in cooler. USDA items will be limited in the walk-in pantry, so if you need something, just let us know ahead of time—we'll do our best to get it for you!

Thank you for all you do to support our mission!

Victoria O'Neil
Director of Hunger Relief & Volunteerism
victoria.oneil@mtko.org
402-817-0623

VOLUNTEER APPRECIATION MONTH

During this Volunteer Appreciation Month, we want to take a moment to celebrate our incredible volunteers who bring hope and kindness to Matt Talbot every day.

Whether it's scanning at meal times, assisting with shower and laundry check-in, preparing and serving food as part of a meal team, or helping in countless other ways, volunteer dedication makes a world of difference. Volunteers provide more than just services—they offer dignity, comfort, and connection to those who need it most.

At Matt Talbot, we are guided by our core values: Integrity, Dignity, Empowerment, Compassion, Inclusion, and Diversity. Our volunteers live these values each day, fostering an environment where people are respected, supported, and given the tools to thrive. Volunteer service helps create a space where all are treated with the utmost care and respect.

If you're a volunteer, Matt Talbot wouldn't be the same without your generosity and commitment. Thank you for your time, your heart, and your unwavering dedication to our mission. We are so grateful for you!

And because we appreciate you so much, we've planned some fun surprises throughout the month to celebrate YOU! Keep an eye out—you won't want to miss them!

From the bottom of our hearts,



Open Volunteer Positions

We love our volunteers and are always looking for more! If you know someone who might be a good fit for a Matt Talbot meal team, contact Victoria at victoria.oneil@mtko.org for more information.

The Goodness of Greens

by Emily Gratopp, MS, ACC, ACTC
Assoc Extension Educator
University of Nebraska, Lincoln

As Nebraska's landscape turns green with the arrival of spring, it's a reminder of renewal, life, and growth. Green is not just a joyful color in nature—it's also a vital part of a healthy diet, helping our bodies thrive.

Why Eat More Greens?: Dark leafy greens like spinach, kale, and collards provide vitamin K for bone health, while broccoli and Brussels sprouts boost immunity with vitamin C. Green peas and edamame offer plant-based protein for muscle repair, and fiber-rich greens support digestion and gut health. Antioxidants in greens help fight inflammation, heart disease, diabetes, and cancer, while folate supports brain function and mood regulation.

Choosing the Best Greens: Darker greens pack more nutrients. Choose kale, spinach, or romaine over iceberg lettuce to get more vitamins A, K, C, and folate.

Best Ways to Cook Greens While Keeping Nutrients: To retain the most vitamins and minerals, lightly steaming, sautéing, or roasting green vegetables is best. Boiling greens in large amounts of water can cause nutrient loss, so try steaming with minimal water, stir-frying quickly, or eating greens raw in salads. Similarly, avoid adding extra sugar to green fruit to keep it nutrient-dense!

Easy Ways to Eat More Greens: Incorporate more greens into your meals by adding chopped greens to soups and stews, roasting green veggies for side dishes, mixing broccoli, zucchini, or green beans into casseroles and stir-fries, topping salads with beans or nuts, blending spinach into smoothies, and seasoning dishes with fresh herbs like cilantro, parsley, and basil.

Everyone deserves the goodness that greens in our diet can provide. Prioritizing greens in meals nourishes, heals, and sustains. As nature greens up, let's bring more green goodness to the table!

Try this creative and easy way to use broccoli in meals: Broccoli Slaw with Cranberries at the QR code to the right!



April 2025

SERVING TEAM CALENDAR

lunch: 11:30am - 12:30pm | dinner: 5:30pm - 6:30pm



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 lunch Leftover Ladies dinner Capital City Christian Church	2 lunch Wednesday Lunch Bunch dinner Praise Temple Church	3 lunch Leftover Queens dinner St. Joseph's	4 lunch IANL dinner Westminster Presbyterian	5 lunch College View Church dinner Family & Friends
6 lunch Melinda Stanton & Friends dinner Peggy and Greg Dynek	7 lunch SUB TEAM Tim Muggy dinner Super Supper Servers	8 lunch Community Corrections dinner St. Pats	9 lunch Christ United Methodist Church dinner St. Peter's Godteens	10 lunch SUB TEAM Lancaster Medical Alliance dinner Blessed Sacrament #2	11 lunch Christ School dinner Blessed Sacrament #1	12 lunch Second Saturday Smilers dinner First Plymouth
13 lunch St. Mary's Elmwood dinner Molly Burmmond	14 lunch Sacred Heart Beaver Crossing dinner Dads & Daughters	15 lunch First Lutheran Church dinner New Covenant	16 lunch Foresters dinner St. Teresa's #1	17 lunch Christ United Methodist dinner St. E's Integration Committee	18 lunch Second Baptist dinner St. Mary's/ NA Martyrs Mix	19 lunch St Katherine's Lunch Bunch dinner Holy Savior Lutheran II
20 lunch Closed for Easter dinner Westminster Presbyterian Children and Youth Education	21 lunch Good Samaritan dinner St. David's Episcopal	22 lunch Women's Welcome Club dinner Southwood Lutheran Church	23 lunch Trinity Lutheran-Cordova dinner Wall Street Scholars of Nebraska	24 lunch Joseph B dinner St. Francis & St. Clare	25 lunch Sister Chicks dinner Sheridan Lutheran	26 lunch St. John's Talbot Lunch Bunch dinner CALL
27 lunch Light of the World dinner Servants of Saint Joseph & Youth Ministry	28 lunch Victress dinner Sysco Lincoln	29 lunch Prairie Hill dinner St. Pat's	30 lunch Orthodox Men of Lincoln dinner St. Peter's			

Matt Talbot Answering Service: 402.473.2823
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Mission: To relieve hunger, overcome homelessness, address addiction, and provide outreach and advocacy in Lincoln.