

## Volunteer Database Update

It's time to refresh our volunteer records so we can serve you better and keep communication running smoothly!

A team member will be reaching out soon to update your information and paperwork, so please keep an eye out. Want to get a head start? Simply scan the QR code to complete the form online.



Thank you for helping us stay connected—we're so grateful for all you do!

## In Our Grit, Our Glory: Fueling Perseverance Through Nutrition

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

*The University of Nebraska–Lincoln has embraced grit with its campaign: “In Our Grit, Our Glory.”*

According to grit expert Angela Duckworth, grit isn't something we're simply born with or without—it's something we build. And it's not built overnight. It develops over time through consistent effort. In what can feel like rapidly changing, uncertain times, grit is more necessary than ever. Building a healthy foundation with nourishing foods can help fuel our ability to grow it.

Balanced meals with complex carbohydrates (whole grains, beans, vegetables) provide steady energy to help you stay the course. Lean proteins (chicken, fish, eggs, tofu) supply amino acids that support focus and motivation. Healthy fats from nuts, seeds, and olive oil help stabilize mood, while omega-3s from salmon, flax, or walnuts boost brain health.

Nutrients like iron (oxygen flow to the brain), magnesium (stress resilience), and B vitamins (energy metabolism) are essential for the mental stamina grit requires. Staying hydrated is equally important—dehydration can impair

concentration and decision-making.

As Duckworth's research shows, perseverance grows when we commit to small, repeated actions, such as:

- Starting the day with a balanced breakfast
- Packing a healthy snack for mid-afternoon energy
- Drinking a glass of water with every meal

When your body is fueled and your habits are steady, you're better equipped to persist—turning grit into your personal glory.

### Recipe Highlight:

These protein-packed, make ahead breakfast burritos are perfect for a quick grab-and-go breakfast that will help you start your day with grit from the get-go.



## September is Hunger Action Month!

We're celebrating Hunger Action Month by sharing the generosity of our community, important kitchen updates, and the incredible teams and volunteers who make our mission possible. From donated proteins to awesome meal teams, there's so much to be grateful for this September!



### Hope in Action

Hope is always in action at Matt Talbot—here's a look at what's to come this month!

### News From the Kitchen

Updates from Victoria on all things volunteer related.

### Nutrition Notes

Check out this month's Nutrition Note to learn about the impact of nutrition on daily life!

NEWSLETTER

HOPE. BOLD HOPE. BOLD HOPE. BOLD HOPE.





### Freshen Your Plate Team of the Month

We're excited to celebrate Messiah Lutheran as our Freshen Your Plate team of the month! With the talent of their very own chef, Bill Buckley, this crew makes sure guests enjoy delicious, well-balanced meals.. Thank you Messiah Lutheran for your dedication to nourishing our community!

### For Volunteers

#### Ongoing Volunteer Opportunities

We're so grateful for our dedicated volunteers who make a difference every day! If you or someone you know is looking to get involved, we currently have several ongoing opportunities available:

##### Receptionist

- Monday | 4:30-6:30pm

##### Fresh Choice Pantry Pantry Set Up

- Mon, Wed, Fri | Flexible hours before 12pm

##### Fresh Choice Pantry Grocery Distribution

- Monday | 1-4pm
- Wednesday | 1-3pm
- Friday | 1-3pm

##### To-Go Containers

Remember that to-go containers are just for guests who are leaving the building. Thanks for helping us keep things running smoothly!

##### Dishwasher Availability

Dishwashers are provided for lunch and dinner during the weekdays. If you need a dishwasher on the weekends, please let me know and I will secure a volunteer for your team.

#### Food Storage Reminder

Please check for SAVE labels on any food that is not yours. We continue to have issues with food going missing from dry storage, refrigerators, and freezers. If you are bringing in food before your meal date, please use the reach-in refrigerator and freezer and label everything clearly.

#### Available Proteins

We recently received a generous donation of a hog from one of our donors, and Matt Talbot covered the processing. If you are interested in using some, please reach out to our Nutrition Intern, Jillian, at 402.858.7731. We also still have ground beef and whole chickens available.

Thank you for all you do to bring hope to our community!

With gratitude,

*Victoria*

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

# HOPE IN ACTION

### Shine Bright, Do Good

We're excited to invite you to a Kendra Gives Back event on Sunday, September 7th from 10:00 am – 2:00 pm at Cooper and Co!

When you purchase Kendra Scott during the event, 20% of all proceeds will be donated directly to Matt Talbot!

Can't make it in person? You can still participate! Shop online and use the code GIVEBACK-JWCMK at checkout to have 20% of your purchase donated.

### Join the Team!

Huskers Helping the Homeless is back and we need YOU on the roster!

We're looking for volunteers to collect donations from generous fans before the big Husker game vs. Michigan on September 20th, as well as at various locations throughout the 3-day blitz. Whether you're a seasoned pro or a rookie, this is your chance to make a game-changing play for those in need. Scan the QR code below to get started!



## HUSKERS helping THE HOMELESS

**m** matt talbot  
kitchen & outreach

**THURSDAY**  
9-18-25

**FRIDAY**  
9-19-25

**SATURDAY**  
9-20-25

**YOUR TICKET TO A GREAT GAME DAY WEEKEND!**

Volunteer to collect donations as a family or with friends and become game changers for our neighbors in need!

FACE PAINTING

COOKE DECORATING

YARD GAMES

FREE T-SHIRTS

+ MORE!

SCAN TO SIGN UP + LEARN MORE

MTKO.ORG/EVENTS





**matt talbot**

kitchen & outreach

**VOLUME 14**

**ISSUE 9**

**SEPTEMBER 2025**

...E. BOLD HOPE. BOLD HOPE. BOLD HOPE.

## September is Hunger Action Month!

We're celebrating Hunger Action Month by sharing the generosity of our community, important kitchen updates, and the incredible teams and volunteers who make our mission possible. From donated proteins to awesome meal teams, there's so much to be grateful for this September!



### Hope in Action

Hope is always in action at Matt Talbot—here's a look at what's to come this month!

### News From the Kitchen

Updates from Victoria on all things volunteer related.

### Nutrition Notes

Check out this month's Nutrition Note to learn about the impact of nutrition on daily life!

NEWSLETTER





## Freshen Your Plate Team of the Month

We're excited to celebrate Messiah Lutheran as our Freshen Your Plate team of the month! With the talent of their very own chef, Bill Buckley, this crew makes sure guests enjoy delicious, well-balanced meals.. Thank you Messiah Lutheran for your dedication to nourishing our community!

## For Volunteers

### Ongoing Volunteer Opportunities

We're so grateful for our dedicated volunteers who make a difference every day! If you or someone you know is looking to get involved, we currently have several ongoing opportunities available:

#### Receptionist

- Monday | 4:30-6:30pm

#### Fresh Choice Pantry Pantry Set Up

- Mon, Wed, Fri | Flexible hours before 12pm

#### Fresh Choice Pantry Grocery Distribution

- Monday | 1-4pm
- Wednesday | 1-3pm
- Friday | 1-3pm

#### To-Go Containers

Remember that to-go containers are just for guests who are leaving the building. Thanks for helping us keep things running smoothly!

#### Dishwasher Availability

Dishwashers are provided for lunch and dinner during the weekdays. If you need a dishwasher on the weekends, please let me know and I will secure a volunteer for your team.

### Food Storage Reminder

Please check for SAVE labels on any food that is not yours. We continue to have issues with food going missing from dry storage, refrigerators, and freezers. If you are bringing in food before your meal date, please use the reach-in refrigerator and freezer and label everything clearly.

### Available Proteins

We recently received a generous donation of a hog from one of our donors, and Matt Talbot covered the processing. If you are interested in using some, please reach out to our Nutrition Intern, Jillian, at 402.858.7731. We also still have ground beef and whole chickens available.

Thank you for all you do to bring hope to our community!

With gratitude,

Victoria O'Neil

Director of Hunger Relief & Volunteerism

[victoria.oneil@mtko.org](mailto:victoria.oneil@mtko.org)

402-817-0623



# HOPE IN ACTION

## Shine Bright, Do Good

We're excited to invite you to a Kendra Gives Back event on Sunday, September 7th from 10:00 am – 2:00 pm at Cooper and Co!

When you purchase Kendra Scott during the event, 20% of all proceeds will be donated directly to Matt Talbot!

Can't make it in person? You can still participate! Shop online and use the code **GIVEBACK-JWCMK** at checkout to have 20% of your purchase donated.

## Join the Team!

Huskers Helping the Homeless is back and we need YOU on the roster!

We're looking for volunteers to collect donations from generous fans before the big Husker game vs. Michigan on September 20th, as well as at various locations throughout the 3-day blitz. Whether you're a seasoned pro or a rookie, this is your chance to make a game-changing play for those in need. Scan the QR code below to get started!



**HUSKERS**  
*helping*  
**THE HOMELESS**  
**m** matt talbot  
kitchen & outreach

**THURSDAY**  
**9-18-25**

**FRIDAY**  
**9-19-25**

**SATURDAY**  
**9-20-25**



## YOUR TICKET TO A GREAT GAME DAY WEEKEND!

Volunteer to collect donations as a family or with friends and become game changers for our neighbors in need!

FACE  
PAINTING

COOKE  
DECORATING

YARD  
GAMES

FREE  
T-SHIRTS

+ MORE!

SCAN TO  
SIGN UP  
+ LEARN  
MORE



**MTKO.ORG/EVENTS**

## Volunteer Database Update

It's time to refresh our volunteer records so we can serve you better and keep communication running smoothly!

A team member will be reaching out soon to update your information and paperwork, so please keep an eye out. Want to get a head start? Simply scan the QR code to complete the form online.

Thank you for helping us stay connected—we're so grateful for all you do!



## In Our Grit, Our Glory: Fueling Perseverance Through Nutrition

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

*The University of Nebraska–Lincoln has embraced grit with its campaign: “In Our Grit, Our Glory.”*

According to grit expert Angela Duckworth, grit isn't something we're simply born with or without—it's something we build. And it's not built overnight. It develops over time through consistent effort. In what can feel like rapidly changing, uncertain times, grit is more necessary than ever. Building a healthy foundation with nourishing foods can help fuel our ability to grow it.

Balanced meals with complex carbohydrates (whole grains, beans, vegetables) provide steady energy to help you stay the course. Lean proteins (chicken, fish, eggs, tofu) supply amino acids that support focus and motivation. Healthy fats from nuts, seeds, and olive oil help stabilize mood, while omega-3s from salmon, flax, or walnuts boost brain health.

Nutrients like iron (oxygen flow to the brain), magnesium (stress resilience), and B vitamins (energy metabolism) are essential for the mental stamina grit requires. Staying hydrated is equally important—dehydration can impair

concentration and decision-making.

As Duckworth's research shows, perseverance grows when we commit to small, repeated actions, such as:

- Starting the day with a balanced breakfast
- Packing a healthy snack for mid-afternoon energy
- Drinking a glass of water with every meal

When your body is fueled and your habits are steady, you're better equipped to persist—turning grit into your personal glory.

### Recipe Highlight:

These protein-packed, make ahead breakfast burritos are perfect for a quick grab-and-go breakfast that will help you start your day with grit from the get-go.

