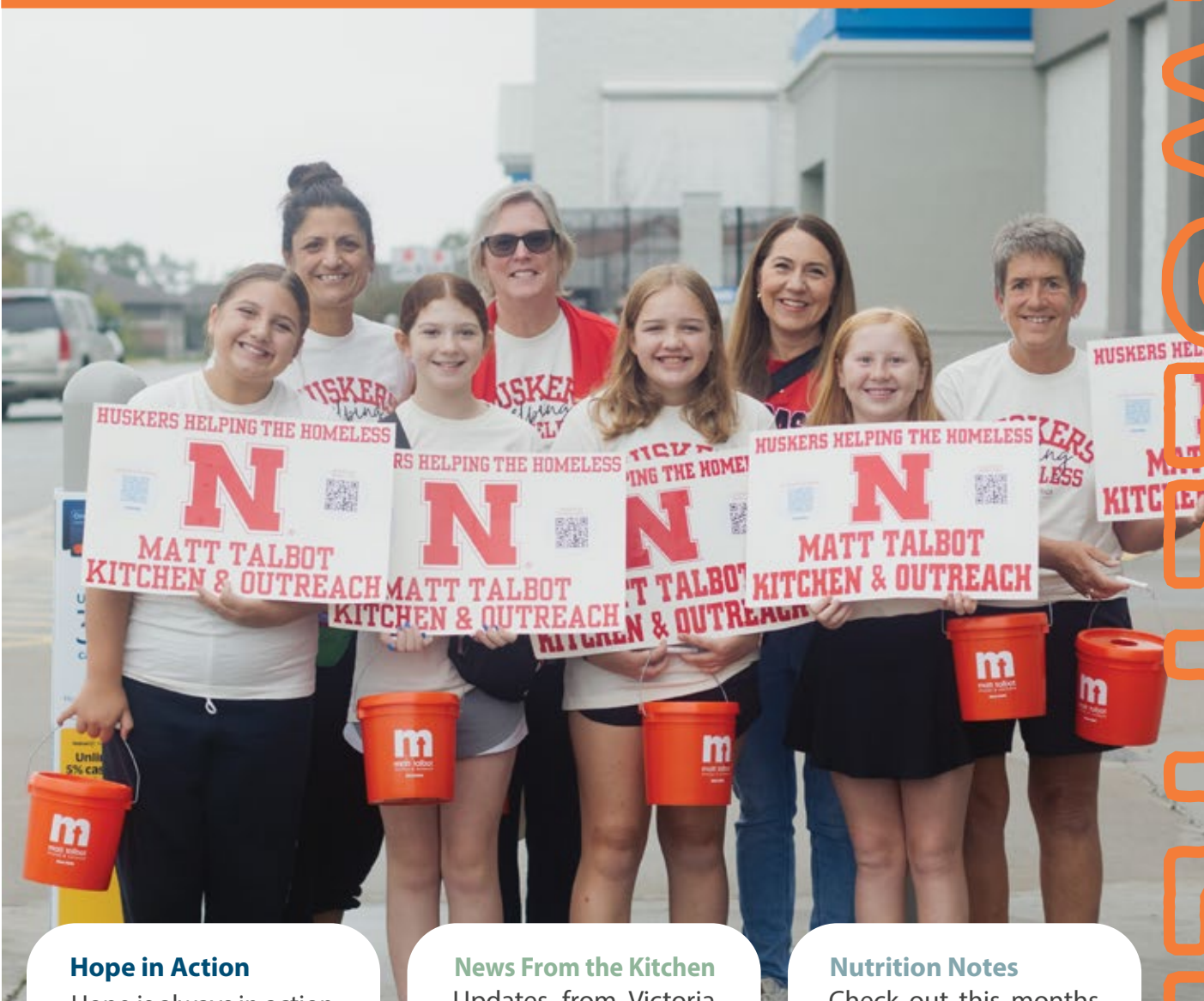


## Husker's Helping the Homeless Was a Hit!

Last month was Huskers Helping the Homeless-- our biggest fundraiser of the summer-- and it was a great success! Keep reading for more info on the awesome funds and awareness-raising project, as well as a few other exciting updates and announcements.



### Hope in Action

Hope is always in action at Matt Talbot—here's a look at what's going on!

### News From the Kitchen

Updates from Victoria on all things volunteer related.

### Nutrition Notes

Check out this month's Nutrition Note for some fun tips on keeping some nutrition in your treats!

NEWSLETTER



## Egg Roll in a Bowl

In September, our kitchen crew whipped up a flavorful “Egg Roll in a Bowl” to show how Freshen Your Plate makes healthy eating exciting! The program is all about providing colorful, balanced meals that promote health and nutrition.

Need a little inspiration for your team’s menu? Just ask our staff—we love sharing fresh ideas!

## For Volunteers

### Safety Alert

During a recent cleaning, a bottle of cleaner was discovered stuck behind the pressure cooker. The bottle had melted and burned, creating a serious fire risk. Please remember:

After cleaning the pressure cooker, stove, or oven, remove all cleaning supplies from the area.

If you need to tilt the pressure cooker, make sure the temperature dial is turned OFF. Our repair company has confirmed that tilting the appliance while it’s on can prevent the pilot light from reigniting.

We’re grateful for everyone’s care in helping us keep the kitchen safe. If you have questions, Anthony or Victoria are happy to help.

### SAVE Stickers Are Here!

We know how important it is for teams to have their meals ready to go. To make things easier, we’ve added new SAVE stickers in the kitchen. Be sure to use them for any food you’ve set aside for

your team. If you’re taking food from the walk-in cooler or freezer, please check for a SAVE sticker before using it. This small step goes a long way in supporting one another.

### Looking Ahead to the Holidays

The holidays are just around the corner! Please take a moment to review the holiday meal calendar and double-check your team’s scheduled dates. If your group won’t be able to serve as planned, reach out to Victoria as soon as possible so we can make sure every meal is covered.

Thank you for all you do to keep our kitchen safe, organized, and welcoming. Your efforts make a big difference every day.

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

## Huskers Helping the Homeless Was a Hit!

Our Husker Helping the Homeless hearts are full after an incredible funds and awareness-raising weekend! From September 18–20, more than 300 amazing volunteers joined us across Lincoln to raise awareness and support for our hunger and homelessness relief services.

While we're still tallying the totals, we already know this year's event surpassed last year's bucket donations—a true testament to the generosity of our community!

We are deeply grateful for our dedicated volunteers, compassionate sponsors, and generous donors who make this event possible. There's truly no place like Lincoln.

## Socktober is Back at OMT!

Matt Talbot is excited to partner once again with OMT for their annual Socktober event! Throughout October, for every pair of socks you purchase from OMT, a pair of white crew socks will be donated to Matt Talbot Kitchen and Outreach.

Socks are one of the most requested items at Matt Talbot. As Leanne Pelser, our Director of Housing and Outreach Programs, explains: *"For many of our guests, feet are their only transportation. Keeping feet dry and wearing clean socks decreases the likelihood of serious medical conditions and helps guests stay healthy."*

Join us this Socktober in helping keep feet warm, dry, and healthy—all while picking up some fun socks for yourself!



## SHINE THE LIGHT

an encounter with homelessness

**SUNDAY, FEBRUARY 1 | 6PM | ANTELOPE PARK, LINCOLN, NE**



Join us for a 1-mile family and group-friendly walk where you will **step into a story and witness the journey of homelessness.**

Three lives. Three journeys.  
One powerful night of awareness.

**Will you walk with us?**

Register and learn more at  
[mtko.org/events](https://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!

If they haven't already, 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!

## A Different Kind of Treat

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



On my daughter's birthday, I stood at the checkout with two very different "treats" in my cart: a round, frosted cake and two small packs of raspberries—her favorite. She loves to put the berries on her fingertips and pretend they are ruby nails before eating them one by one. What struck me was the price tag: the cake and the raspberries cost nearly the same.

This comparison shines a light on our food system. The cake—made mostly of sugar, flour, and oil—benefits from a long history of agricultural subsidies that keep those ingredients inexpensive. The raspberries, on the other hand, were picked carefully by hand, packed, and shipped—probably hundreds of miles—with urgency to stay fresh. Though the raspberries were nearly 1/16 the weight of the cake, they both cost the same amount. For families on tight budgets, these economics shift how

"treats" are perceived. Processed foods, made cheaper by the system, become the go-to celebration, while fruits and vegetables—though nutrient-rich—are seen as luxuries. Over time, this shapes our choices, our diets, and ultimately our health.

As we think about nutrition security, maybe we could also rethink what it means to treat ourselves. Sometimes, the sweetest gift is found in food that both delights and sustains. The next time you're shopping, notice what you call a "treat"—and consider how your choices support the kind of food system you want to see.

Frozen fruits can be just as much of a treat as fresh fruit and smoothies are often a crowd-pleaser. Scan the QR code to try this Peach Raspberry Smoothie for a dessert or special celebration treat!