



matt talbot

kitchen & outreach

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



Freshen Plates With Colorful Fruits

June's Freshen Your Plate Team of the Month added a fresh and fun twist to their meal with creative fruit pairings! Take a look inside for a delicious dose of inspiration.



Hope in Action

Read for a Give to Lincoln Day thank you and information on an upcoming fundraiser!

News From the Kitchen

Updates from Victoria on all things volunteer related.

Nutrition Notes

Learn what foods aid in prevention of common male health conditions this men's health month.

NEWSLETTER



Freshen Your Plate Team of the Month

St. Mary's / North American Martyrs get the spotlight this month for their creative and healthy twist during dinner service—adorable fruit shish kebabs! This fun, fresh idea brought smiles to our guests and showcased a playful way to serve nutritious food. Thank you for your creativity and care!

For Kitchen 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:

Dinner Scanners Needed

Help us welcome guests and keep things running smoothly during our dinner service.

- Mondays: 5:30 – 6:30 PM
- Tuesdays: 5:30 – 6:30 PM
- Wednesdays: 5:30 – 6:30 PM

Flexible Data Entry Help

We're also looking for a volunteer to assist with data entry. This role offers a flexible schedule and is a great way to support our behind-the-scenes work.

If you're interested in any of these roles, or have any questions, let us know!

Food Supply Update

Hunger Relief Teams may have noticed a recent decrease in the amount of USDA food available. Unfortunately, the supply of free fruits and vegetables such as corn, green beans, mixed fruit, and pears has become very limited.

While we can still order these items, there is now a minimum charge. If your team is interested in purchasing food through the Food Bank, contact me or Anthony.

Thank you!

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

HOPE IN ACTION



Thank You For Your Support During Give to Lincoln Day!

We are overwhelmed with gratitude for the incredible generosity shown during Give to Lincoln Day 2025!

To everyone who donated, stopped by our open house, or cheered us on—thank you. Your kindness fuels our mission and we couldn't serve this community without your support. Thank you for believing in what we do.

1ST ANNUAL AMERICAN LIFE CHARITY GOLF SCRAMBLE

IN SUPPORT OF
MATT TALBOT KITCHEN
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American Life

Men's Health Month: What You Eat Matters

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

June is Men's Health Month, a time to spotlight top health concerns for men like heart disease, diabetes, and cancer. Prostate cancer is the most common cancer in men, with 1 in 8 diagnosed during their lifetime. Testicular cancer, though less common, is the most frequently diagnosed cancer in young men aged 15–35. Diet plays a powerful role in preventing these health concerns, in addition to increasing overall quality of life. Here are some powerful prevention tips for choosing foods that support men's health:

Eat more tomatoes and increase fruit and vegetable consumption overall. Tomatoes are rich in the antioxidant lycopene which supports prostate health. Research shows that men who eat more cooked tomatoes and tomato-based products may have a lower risk of developing prostate cancer.

Limit processed meats. Research from the World Health Organization classifies processed meats—such as bacon, sausage, hot dogs, and deli meats—as Group 1 carcinogens, meaning there is strong evidence they can increase the risk of colorectal cancer. In contrast, lean meats like skinless chicken, turkey, and plant-based proteins such as beans or lentils offer healthier options without the added cancer risk from nitrates, nitrites, and

high-temperature processing.

Choose water, not sugary drinks. Sugary drinks are strongly linked to several common men's health issues, including obesity, type 2 diabetes, heart disease, and even certain cancers. Regular consumption of beverages like soda, sweetened teas, and energy drinks can lead to weight gain and insulin resistance—major risk factors for diabetes and heart disease, both of which are leading causes of death among men. Emerging research suggests that high sugar consumption may contribute to inflammation and hormone imbalances, which are associated with increased risks for prostate and colorectal cancers. Choosing water, unsweetened tea, or low-fat milk instead supports long-term health and disease prevention.

Small nutrition choices can make a big impact. Everyone's body is worth the effort of choosing healthy options.

Scan the QR code for a simple yet healthy recipe idea that provides the powerful prevention nutrients of tomatoes and whole grains. Add grilled, skinless chicken breast for healthy protein. Enjoy with a glass of water or low-fat milk.



June 2025

SERVING TEAM CALENDAR

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 lunch Melinda Stanton & Friends dinner Peggy and Greg Dynek	2 lunch Housing Authority dinner Super Supper Servers	3 lunch Leftover Ladies dinner Capital City Christian Church	4 lunch Wednesday Lunch Bunch dinner Praise Temple Church	5 lunch Leftover Queens dinner St. Joseph's	6 lunch IANL dinner Westminster Presbyterian	7 lunch College View Church dinner Family & Friends
8 lunch St. Mary's Elmwood dinner Molly Brummond	9 lunch Sacred Heart Beaver Crossing dinner JTech	10 lunch Community Corrections dinner St. Pat's	11 lunch Christ United Methodist Church dinner St. Peter's Godteens	12 lunch Messiah Lutheran dinner Blessed Sacrament #2	13 lunch Neelima & Friends dinner Blessed Sacrament #1	14 lunch Second Saturday Smilers dinner First Plymouth
15 lunch St. Peter's dinner St. Paul's Methodist Church	16 lunch Perceptyx dinner St. David's Episcopal	17 lunch First Lutheran Church dinner Lincoln SDA Church	18 lunch Highstreet Insurance & Financial Services dinner St. Teresa's #1	19 lunch Christ United Methodist dinner St. E's Integration Committee	20 lunch Second Baptist dinner St. Mary's/NA Martyrs Mix	21 lunch St. Katherine's Lunch Bunch dinner Holy Savior Lutheran Church III
22 lunch Light of the World dinner Servants of Saint Joseph & Youth Ministry	23 lunch NRECA dinner Sysco Lincoln	24 lunch Women's Welcome Club dinner Southwood Lutheran Church	25 lunch Trinity Lutheran-Cordova dinner Dinger Family	26 lunch Joseph B dinner St. Francis & St. Clare	27 lunch Sister Chicks dinner Sheridan Lutheran	28 lunch St John's Talbot Lunch Bunch dinner CALL
29 lunch Andy Barry & Family dinner St. Patrick's - Manly	30 lunch Immanuel Church dinner St. Michael's Cheney					

Matt Talbot Answering Service: 402.473.2823
This institution is an equal opportunity employer.

Mission: To relieve hunger, overcome homelessness, address addiction, and provide outreach and advocacy in Lincoln.