



matt talbot

kitchen & outreach

VOLUME 14

ISSUE 5

MAY 2025

HOPE. BOLD HOPE. BOLD HOPE. BOLD HOPE.

Hope Lives Here.

Meet Shelley, a resident in one of Matt Talbot's four transitional houses. This Give to Lincoln day, we're encouraging people to donate so that community members like Shelley can find hope and stability. Read on to learn how your Give to Lincoln Day donation can multiply the hope living at Matt Talbot and within our Lincoln community.



Hear
Shelley's
Full Story.



Give to Lincoln Day

Learn about how donating during Give to Lincoln day expands the impact of your generosity!

News From the Kitchen

Updates from Victoria on all things Hope Garden and Hunger Relief.

Nutrition Notes

Learn how cooking with color can positively impact your well-being!

NEWSLETTER

For Kitchen Volunteers

Hope Garden Season is Here!

Spring is here, and that means it's time to get our Hope Garden growing. Our amazing volunteers are already preparing the garden beds for planting! We're once again grateful to Christ School in Lincoln for their generous donation of flowers to brighten our grounds and spread a little extra hope.

This year, we bid a heartfelt farewell to Green Schools Farm, as they have retired after many years of donating vegetable plants to our garden. We are incredibly thankful for their years of support that helped our garden thrive.

Last season, we grew over 80 vegetable plants—and we'd love to do it again! If you have any extra vegetable plants to donate, we would be thrilled to receive them. We're also looking for volunteers to help with weeding, watering, harvesting, and maintaining the flower beds throughout the season.

We're excited to use the fresh vegetables in both our daily Hunger Relief meals and our Choice Pantry, giving our guests access to nutritious, homegrown food.

If you're interested in supporting the Hope Garden, we'd love to hear from you! Thank you for all you do to support our mission!



Open Volunteer Positions

We are in need of providing, preparing, and serving teams for the following meals this summer:

May 17 – Dinner

May 20 – Lunch

May 31 – Dinner

June 25 – Dinner

July 4 – Dinner

If you or someone you know would be interested in filling any of these open slots, let us know!

Thank you!

Victoria O'Neil

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

GIVE TO LINCOLN DAY

A donation during Give to Lincoln Day multiplies the amount of hope you're spreading!

At Matt Talbot, hope looks like a hot meal, help finding housing, support for recovery, and so much more. Every act of kindness, helping hand extended, and dollar donated at Matt Talbot brings someone closer to stability and healing.

The impact of your gift will go even further with matching funds from the Lincoln Community Foundation. When you give during Give to Lincoln Day, your generosity is multiplied—helping even more neighbors in need find stability and hope.



SAVE THE DATE

Don't just take our word for it, come see the hope for yourself!

Join us at Matt Talbot on Thursday, May 29th from 5:30-6:30pm for an open house picnic dinner with facility tours offered at 6 and 6:30pm. We would love to see you there!

**OPEN
HOUSE
MAY 29TH
5:30-6:30PM**

Cooking with Spring's Palette for Healthy Hearts

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

In Nebraska, May brings a bloom of early perennials and a rainbow of color in nature—from lilac blossoms to vibrant tulips. Just like our gardens and landscapes, our meals should reflect that same vibrant diversity.

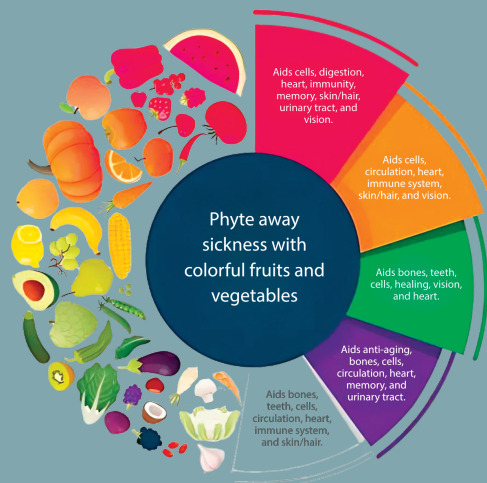
Meals are more than food—they provide our bodies with daily renewal and healing. A variety of colorful fruits and vegetables in every meal isn't just eye-catching—it's scientifically linked to better health. Each color group contains different vital nutrients our bodies need.

Red tomatoes bring lycopene, a powerful antioxidant that helps protect cells from damage and may reduce the risk of heart disease and certain cancers (especially prostate cancer).

Green spinach offers iron and folate. Iron carries oxygen to organs and muscles, while folate helps make DNA and new cells—especially important for women of childbearing age.

Orange carrots deliver beta-carotene, which is essential for healthy vision, skin, and immune function.

Eating a rainbow of colors is like using nature's own medicine cabinet.



Can you get at least three vibrant colors in each meal you cook? Try incorporating colorful ingredients like:

Red: Peppers in a veggie stir-fry; **Green:** Kale in a quiche; **Orange:** Sweet potatoes as a roasted side; **White:** Mushrooms in a stir-fry; **Purple:** Eggplant in pasta.

Stir-fries can be an easy way to pack in the colors and nutrients. Scan the QR code to try this easy Steak Stir-Fry recipe! The steak can easily be swapped for a more affordable, more heart-healthy meat option such as chicken or pork. Beans and rice also make a complete protein when combined and could be substituted for steak for a meatless meal option.

