



matt talbot
kitchen & outreach

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AUGUST 2025

HOPE. BOLD HOPE. BOLD HOPE. BOLD HOPE.

Lend a Helping Hand This August!

August is full of meaningful ways to make a difference at Matt Talbot—through volunteering, giving, and advocating for neighbors in need. Read on to discover how you can get involved!

NEWSLETTER



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 all about the power of protein!



Freshen Your Plate Team of the Month

We're thrilled to spotlight IANL this month! This crew's warmth is contagious, and our guests feel the love every time they're here. Thank you, IANL, for your incredible commitment!

For Volunteers

Meal Team Openings

We have more than 20 unfilled meals through the end of the year. Please reach out for a list of available dates if interested!

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:

Lunch Scanners

- Saturday + Sunday | 11:30am-12:30pm

Receptionist

- Monday | 4:30-6:30pm

Fresh Choice Pantry Set Up

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

Fresh Choice Pantry Grocery Distribution

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

It's a Busy Summer at Matt Talbot!

The dining room is full most days and we see teams providing more than 200 meals during their 1-hour serving period. As our numbers increase and we work together to continue our mission of relieving hunger, it is becoming more expensive. And,

because there is less food available through the Food Bank, Matt Talbot is purchasing more food each week to prepare on-site meals for our guests and stock the Fresh Choice Pantry.

Food insecurity in Nebraska is at a historical level. An estimated 287,240 people (1 in 7)—including more than 91,000 children (1 in 5)—are facing hunger in our state. With the recent passage of the "Big Beautiful Bill Act," our guests may see cuts to their Supplemental Nutrition Assistance Program (SNAP) benefits. With these cuts, we anticipate that even more people will come to us for help.

We will continue to do our best to have food on hand to help teams offset rising costs, but we are relying more than ever on our volunteers and donors. If you have any questions or concerns, please reach out to me directly.

Restore hope!

Victoria O'Neil

Director of Hunger Relief & Volunteerism

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402-817-0623

HOPE IN ACTION

August is Make-A-Will Month

When you support Matt Talbot, you provide more than food—you offer hope for a better tomorrow. This August, in honor of National Make-A-Will Month, we invite you to create a plan for the future that reflects your values. Through a simple, free will-writing tool, you can leave a legacy gift to Matt Talbot and help continue our mission of relieving hunger and homelessness in Lincoln. It's a meaningful way to extend your impact and build a future rooted in hope. Scan the QR code and secure your legacy today.



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!



JOIN THE TEAM!

HUSKERS
helping
THE HOMELESS

SEPTEMBER 2025



For more information, contact

Victoria O'Neil | 402.817.0623 | Jenn Boettcher | 402.817.0615

THURSDAY
9-18-25

FRIDAY
9-19-25

SATURDAY
9-20-25

**VOLUNTEER OR
DONATE AT
MTKO.ORG/EVENTS**



Let's Connect!

Starting in August, we are launching a brand new method of collecting volunteer information. This will allow us to better serve and communicate with all volunteers, making sure your time with us is as productive, safe, and enjoyable as can be!

Anthony and/or Michelle will be reaching out to get all volunteer information and paperwork up to date, so keep an eye out! We are so thankful for everyone's cooperation and are looking forward to connecting with you soon.

The Power of Protein: Why Your Body Needs It and How to Get It

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

Protein is a powerhouse nutrient that your body needs every day. It helps build and repair tissues, supports a strong immune system, produces essential hormones and enzymes, and keeps muscles, bones, and skin healthy. One of protein's most important roles is providing the body with essential amino acids—the building blocks of protein that we must get from food.

To get all nine essential amino acids, we need what's called a complete protein. Animal sources like eggs, meat, dairy, and fish naturally provide complete proteins. However, you can also get complete protein by combining plant-based foods—such as brown rice with beans, or whole wheat bread with peanut butter.

Eggs, in particular, are a nutrient-rich and

affordable choice. They're packed with high-quality protein, vitamin B12, choline (for brain health), and antioxidants that support eye health. Choose lean meats, seafood, and eggs that offer complete protein without excessive saturated fat—important for heart health. Saturated fat can clog or damage arteries. Aim for at least two meals a week with seafood and eggs to support brain and body function.

Scan the QR code below to try some healthy recipes from the blog: Making the Most of Your Protein Dollars. One favorite is the "build your own burrito bowl"—a versatile dish that works with rice and beans, or add eggs, chicken, pork, or seafood for a protein-packed meal!



August 2025

SERVING TEAM CALENDAR

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



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

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.