



matt talbot
kitchen & outreach

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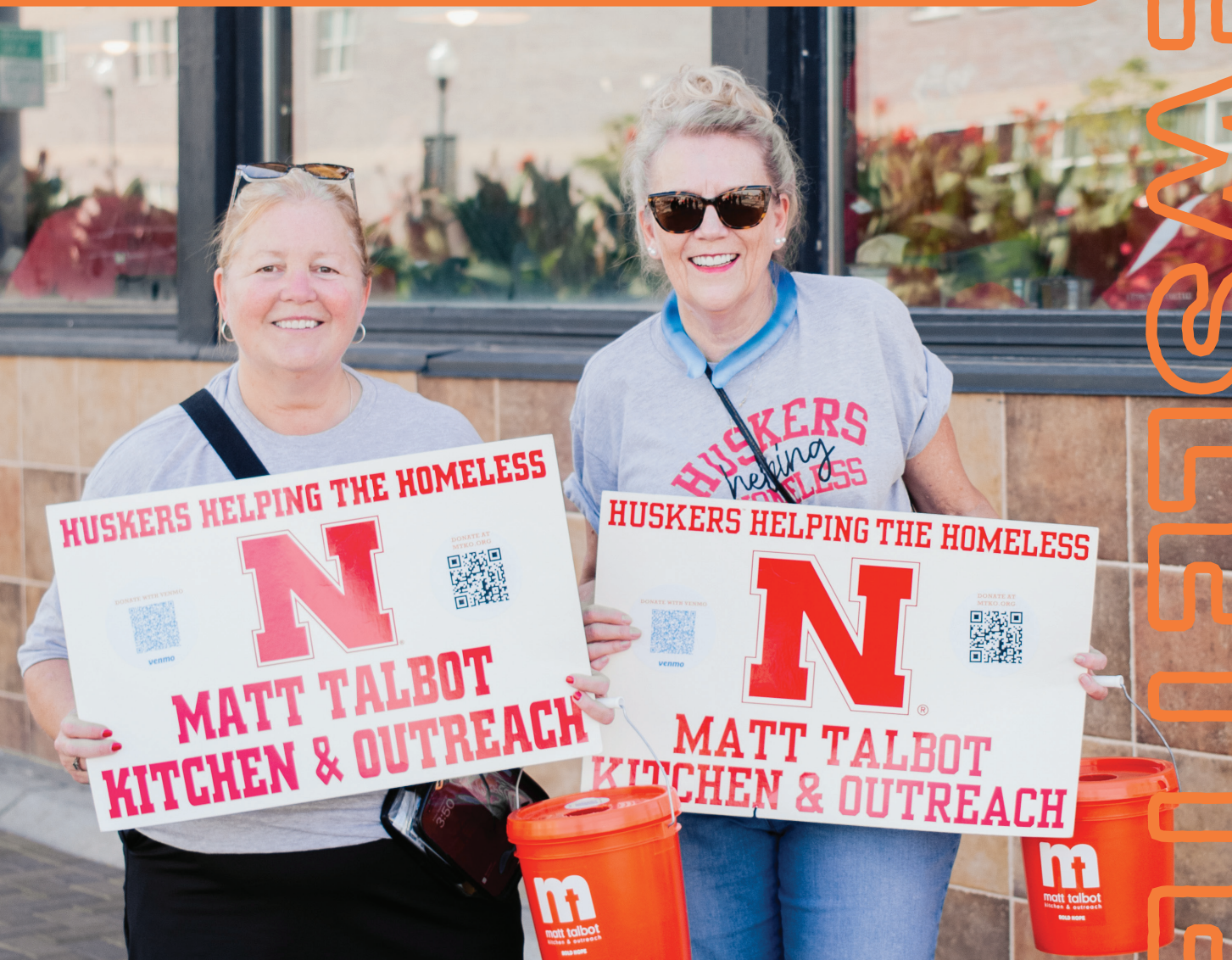
JULY 2025

PE. BOLD HOPE. BOLD HOPE. BOLD HOPE.

Huskers Helping the Homeless is Back!

Huskers Helping the Homeless is happening September 18-20 and volunteer registration is officially live! Take a look inside for all the details on how YOU can become a part of our game plan.

NEWSLETTER



Hope in Action

Hope was in action this June—here's what we witnessed and what's still to come!

News From the Kitchen

Updates from Victoria on all things volunteer related.

Nutrition Notes

Summer is here! Read on for a few fun summer recipes to keep this summer sweet *and* healthy.



Freshen Your Plate Team of the Month

Holy Savior Lutheran Church III get the spotlight this month for their commitment to upping the nutrition of each meal served! Thank you Holy Savior Lutheran Church III for being a dedicated hunger relief team!

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:

Hunger Relief Openings

- 8/3 - Lunch
- 8/11 - Dinner
- 8/19 - Dinner
- 8/27 - Dinner
- 8/30 - Dinner

Receptionist Openings

- Monday + Thursday | 4:30-6:30pm

Garden Openings

- Flexible schedule. Let us know what works for you!

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

Milk Reminder

Just a quick reminder to serve one milk per person and not leave any milk out on the

counter. It helps a lot to have someone from your team in charge of handing them out. Thanks for helping things run smoothly!



Meet Jillian!

We have a new Nutrition Intern on staff, and she has written a little message to introduce herself!

"Hey everyone! My name is Jillian, and I'm super excited to be joining the Matt Talbot team as the new Nutrition Intern. I'm currently a student at UNL, where I'm studying Nutrition and Psychology. I grew up in Lincoln and went to Pius X high school. When I'm not studying, I love spending my time baking, crocheting, and playing with my niece and nephews. While I'm here, I look forward to helping Matt Talbot's mission and working towards providing each person with healthy food choices. I am so grateful to be part of this team and can't wait to get to know all of you!"

Welcome, Jillian!

With bold hope,

Victoria O'Neil

Director of Hunger Relief & Volunteerism
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HOPE IN ACTION

The Annual Report is Here!

2024 was an incredible year at Matt Talbot Kitchen & Outreach, and we're thrilled to finally share the impact you helped make possible! Keep an eye on your mailbox—our 2024 Impact Report will be arriving soon!

Extra Hours to Beat the Heat

June 19-22, as Lincoln faced dangerously high temperatures, we stayed open late to provide critical relief to our neighbors experiencing homelessness. With heat indexes soaring well above a healthy range, we knew that access to water, air conditioning, and a safe space could be life-saving.

A few of our volunteers came in over that weekend to help provide shower and laundry services, making all the difference for guests living outside during the heat wave. Thank you for supporting us in meeting the needs of our community, no matter the forecast.

1st Annual American Life Charity Golf Scramble

American Life is hosting a Golf Scramble on August 4, 2025 at Wilderness Ridge Country Club. All proceeds will go to support Matt Talbot! If you are interested in participating, scan the QR code to register and see more information.



It's Game Time!

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!



VOLUNTEER AT
[MTKO.ORG/EVENTS](https://mtko.org/events)



THURSDAY
9-18-25

FRIDAY
9-19-25

SATURDAY
9-20-25



2121 N 27th St
Lincoln, NE 68503

Refreshing Summer Sweets

by Emily Gratopp, MS, ACC, ACTC
Assoc Extension Educator
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Summer's here, and nothing beats the heat like homemade frozen snacks that are both nutritious and oh-so-fun.

A fan favorite is the Yogurt Freezer Pops! Simply mix thawed orange juice concentrate with low-fat vanilla yogurt, pour into paper cups, secure lids with foil, insert sticks, and freeze until firm. Each pop is only about 50 calories, yet loaded with calcium, vitamin C, and a touch of protein—a perfect refresher!

Another star of the season is a 4th of July Fruit & Yogurt Candy Salad—a festive, nutrient-packed treat bursting with flavor. Instead of traditional sugary desserts, try making frozen yogurt fruit candies that double as fun, colorful additions to your summer fruit salad. Simply blend one part low-fat vanilla yogurt with one part processed fruit (like strawberries, blueberries, or peaches),

pour into ice cube trays (try small or shaped trays for extra fun!), and freeze for 2–4 hours. Once frozen, pop them out and mix into a bowl of freshly chopped fruit—like watermelon, pineapple, grapes, and kiwi—for a cool, refreshing explosion of vitamins, fiber, and probiotics.

These treats keep things light, fun, and picture-perfect for summer—and they're easy enough for little hands to help, making them an ideal way to engage kids in healthy habits.

Scan the QR code for a closer look at these fun and festive summer treats!

