



We celebrate our incredible growth and change during the past year.

Our leadership transition — welcoming a new Executive Director and honoring Susanne Blue for 25 years of dedicated service — brought gratitude, opportunity, and continued focus on our mission to relieve hunger, overcome homelessness, address addiction, and provide outreach and advocacy in Lincoln.

We saw a rise in the number of meals provided (39%), individuals served (21%), and outreach and homeless prevention services delivered (13%). This was made

possible by nearly 27,000 hours of volunteer service and general support from our community partners, like you.

Together, we are transforming lives.

In the year ahead we will continue to offer our essential services like hunger relief, laundry, showers, message & mail pick-up, substance use support, help obtaining vital documents, and housing assistance. We do this work with open hearts and minds, embracing growth and change in the spirit of offering as much hope and as many chances as our guests need.

Thank you for another year of your commitment to bringing BOLD HOPE to our community.

Alynn Sampson, MSW, Executive Director

Greg Frayser, Board President

At Matt Talbot Kitchen & Outreach we focus on relieving hunger, defeating homelessness, addressing addiction, and providing outreach to offer bold hope and strengthen our community. Individually, our four pillars are powerful, but it is their combined strength that enables us to meet the needs of our community.

Substance use services offered through the C.A.R.E. Program (Counseling, Advocacy, Referral, and Evaluation/Education) address some of the root causes of homelessness and instability, offering the support needed for lasting change. Our commitment to holistic care is furthered by guests having access to a mental health practitioner, case management, assistance with finding affordable safe housing, and expanded transportation services to ensure access to essential resources.

Outreach services reached 3,350 people in 2023, meeting the rising demand and ensuring more community members received the support they needed. Hunger relief efforts focused on providing healthier, more nutritious meals, combating food insecurity, and promoting well-being. Together these pillars created a support system that empowered individuals, fostered inclusivity, and strengthened Lincoln and beyond.

MATT TALBOT KITCHEN & OUTREACH'S FOUR PILLARS: RELIEVING HUNGER, DEFEATING HOMELESSNESS, ADDRESSING ADDICTION, AND PROVIDING OUTREACH

"Matt Talbot is one of the best resources in our community who is welcoming to all and nonjudgmental."

- Matt Talbot Guest



ALWAYS WITH PASSION

Our journey with guests often begins in the dining room, where individuals come for a meal or a safe place to stay. Despite their circumstances, mistakes, or strained relationships, guests find a community at Matt Talbot that offers a seat at the table for everyone.

People like Sally come in for meals because when you live in a motel you don't have access to cooking equipment.

People like Mark who have been through treatment multiple times find comfort here knowing that, for the first time, they

won't be released from treatment into homelessness.

People like Dontae who are still figuring things out keep coming to Matt Talbot because they know we don't give up on them.

MORE HOPE REQUIRES BOLD ACTION

At Matt Talbot Kitchen & Outreach we see hope in action through unwavering support in our guests' toughest times.

Our consistent presence and long-term commitment make us unique. We walk in when it feels like everyone else walks out.

We are equipped to hold onto hope as long as needed and provide a safe space for as long as it takes.

Our dedication is constant. We stick with people, ensuring they know they are never alone on their journey.

"The staff is awesome, very caring and supportive. It's a great place for those who are serious about bettering themselves and their lives."

- Matt Talbot Guest



Our mission extends beyond immediate assistance. We are here with people for the long haul, fostering a community where new faces are always welcomed, and more people find the help they need. Each new face represents another opportunity to make a lasting impact, another chance to provide hope and stability in times of uncertainty.





The community built at Matt Talbot is one of resilience, support, and commitment. We have created a space where individuals can rebuild their lives, find employment, and regain their sense of self-worth.

Together, we celebrate successes and provide a safety net for those in need. Our dedication to helping more people and seeing new faces inspires us to continue our mission, knowing that we act with bold hope.

**WE VALUE: INTEGRITY,
DIGNITY, EMPOWERMENT,
COMPASSION, INCLUSION,
AND DIVERSITY**

2023 IMPACT BY THE NUMBERS



RELIEVING HUNGER

Provided over 250,000 meal, averaging 245 meals each day.



DEFEATING HOMELESSNESS

Assisted 200 people through housing.



ADDRESSING ADDICTION

Completed 310 substance abuse evaluations through our C.A.R.E. program.



PROVIDING OUTREACH

Delivered over 50,000 outreach and homeless prevention services.

It was another productive, and financially strong year at Matt Talbot Kitchen & Outreach with total net assets ending at \$7,812,158. Revenue generated reached \$4,351,292, with expenses totaling \$3,174,172.

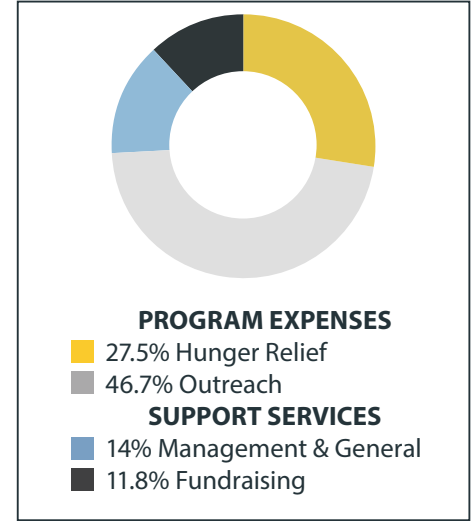
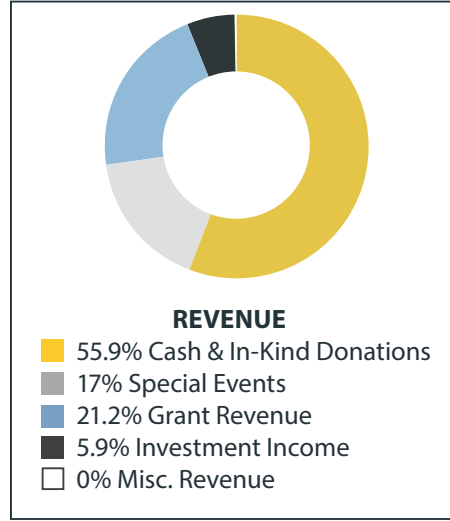
Complete audited financial statement available at mtko.org/about/financialinformation



Total assets were \$7,979,949 in 2023. Program expenses were 74.2% of all expenses and support services equaled 26%.



Donations, including in-kind, accounted for the largest segment of revenue at 55.9%.



2023 BOARD OF DIRECTORS

EXECUTIVE COMMITTEE

Greg Frayser, President
Chief Operating Officer, WRK LLC

Natasha Plooster, Past President

Chief Operating Officer,
Bridgepoint Investment Bank

Kiley Wiechman, CPA, Treasurer

Accountant, HBE Becker Meyer Love LLP

Tim McEwen, CFP, President Elect

Senior Vice President, Branch Manager
RBC Wealth Management

DIRECTORS

Rick Costello
Vice President, SAP America

Juan Carlos Huertas

Minister of Proclamation &
Practice of Justice,
First Plymouth Congregational Church

Reina Day

Realtor, Re/Max Concepts

Karen Flaxman, SHRM-CP

Retired HR Director, Community Board Member

Amanda Ostergard, CPA

Senior Tax Accountant, Nelnet

Ann Parr

Executive Vice President, Secretary & Legal
Counsel, Farmers Mutual of Nebraska

Andrew Wolf

Financial Advisor, Edward Jones

BRIGHTER FUTURE FOR ALL

In 2024, Matt Talbot Kitchen & Outreach aims to enhance nutrition, foster inclusivity, empower guests with choices, and develop a strategic plan that reflects the voices of our community. These goals are pursued through various initiatives that prioritize health, dignity, and collaborative decision-making.

Efforts are underway to transform the dining room into a space that is inclusive and welcoming to all. Our organization is committed to embracing diversity in all its forms. This includes making physical and cultural changes to ensure that everyone feels accepted and valued when they visit our community spaces.



HOPE FOR 2024 & BEYOND

01

FRESHEN YOUR PLATE

We will focus on enhancing the nutritional quality of meals provided to our guests by incorporating healthy ingredients and offering one fresh fruit or vegetable with each meal. The aim is to ensure that everyone who dines at Matt Talbot receives nutritious food that supports their overall health and well-being.

03

HOUSEHOLD PANTRY

A dedicated space will function as a place where guests can “shop” for household items they need, at no cost. By allowing guests to make their own selections, the store aims to empower individuals to find items that fit their personal needs and preferences, enhancing their sense of agency and self-reliance.

02

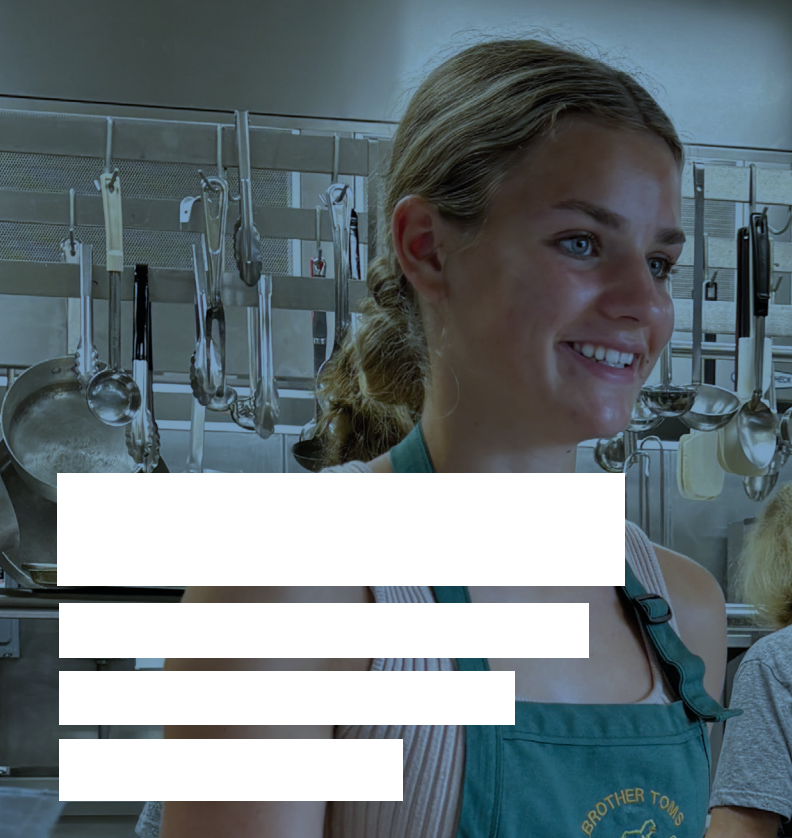
FRESH CHOICE PANTRY

Opening in 2024, the Fresh Choice Pantry will offer refrigerated foods, including meat and eggs. This pantry is designed to give guests the autonomy to choose the items that best meet their needs, promoting a sense of ownership and dignity. Volunteers will play a crucial role in operating the pantry and assisting guests.

04

STRATEGIC PLAN

A comprehensive three-year strategic plan will be developed with broad community input. Contributions from staff, guests, board members, volunteers, and the community will allow for all voices to be heard. This inclusive approach aims to incorporate diverse perspectives, leading to more effective outcomes.



matt talbot
kitchen & outreach

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United Way of Lincoln
and Lancaster County