

**FRESHEN YOUR PLATE:
A NEW HEALTHY EATING INITIATIVE AT MATT TALBOT**

With funding from the Community Health Endowment, Matt Talbot's new Freshen Your Plate project increases health equity in Lincoln by increasing access to healthy food. [MORE ON PAGE 1](#)



NEWSLETTER

News From the Kitchen

Victoria shares updates on the Fresh Choice Pantry, Freshen Your Plate project, & more.

September Highlights

Huskers Helping the Homeless raises more than \$47,000!

Recipes

White Chicken Chili and kid-friendly snacks and meals.



Freshen Your Plate

At Matt Talbot Kitchen and Outreach, we believe that nutrition should always be a top priority. That's why we're thrilled to announce our new Freshen Your Plate program! This initiative enhances the nutritional quality of our meals with the offer of one fresh fruit or vegetable with each meal. Our goal is to ensure that everyone who dines with us receives nutritious food that supports their overall health and well-being.

To celebrate the launch of Freshen Your Plate, we'd like to spotlight a remarkable volunteer team that truly embodies the spirit of this program. Over their 25 years volunteering with us, Janet Harrison and her team have consistently demonstrated a commitment to providing nutritious meals for our guests. When asked how she ensures each meal is packed with nutrition, Janet shared, "We make it colorful!" Research shows that incorporating a variety of colorful fruits and vegetables leads to a longer, healthier life, and Janet and her team strive to include as many vibrant options as possible, featuring items like brightly colored fruit salads and a mix of greens in every meal.

Thank you Greg and Janet Harrison, Don and Patsy Urbanovsky, Theresa Johnson, Mark and Linda Bennier, Katie Beiriger, and all of the family members you each bring with you for your dedication to freshening the plate of every guest dining at Matt Talbot!



Fresh Choice Pantry

On Monday, September 23, Matt Talbot opened the Fresh Choice Pantry. It is located in our former one-stall garage which was converted over the summer into an on-site pantry by removing the garage door, building a storefront, drywalling, and installing heating and air conditioning. Designed to look like a small grocery store, the pantry promotes dignity and autonomy by inviting guests to choose food items that best meet their family's needs, including refrigerated items like meat, dairy, eggs, and produce. The pantry is open on Mondays (1 pm - 4 pm), Wednesdays (1 pm - 3 pm), and Fridays (1 pm - 3 pm). Guests sign up for a time to visit the pantry during lunch and can "shop" once a month (all food is provided at no cost to the guest). If emergency food is needed outside of pantry hours, we can provide a prepackaged bag of groceries. The Fresh Choice Pantry is stocked with USDA food and items that have been donated. Volunteers play a crucial role in operating the pantry and assisting guests. If you'd like to volunteer or have questions, please contact Victoria at 402-817-0623 or victoria.oneil@mtko.org.

Updates from Victoria

Volunteers are the backbone of Matt Talbot Kitchen & Outreach. Whether it is purchasing ingredients, preparing food, serving a meal, helping at the reception desk, working in the garden, or hosting a donation drive or special event-- we appreciate your investment of time and resources and want to assist you in any way we can. Here are the updates I want to highlight this month:

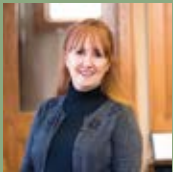
Kitchen Supplies "Behind the Counter"

Please have a member of your serving team provide silverware, plastic tumblers, and coffee cups to guests rather than leaving them out for guests to take themselves. Having volunteers provide these items while wearing gloves will be more sanitary for our guests and will help reduce the likelihood of these items disappearing. Silverware and tumblers were just replaced so we appreciate your cooperation with this! If your team needs to leave items out for guests to take themselves, please use plastic silverware and paper to-go cups.

Pantry Re-Organization

The back south wall in the pantry has been reorganized. This will now house items that all hunger relief teams can use in their meals. As we receive donated items we will add them to the shelves.

We will begin to order USDA again. If you have any special requests please let Victoria or Anthony know. Thanks!



Victoria

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

SEPTEMBER

Huskies Helping the Homeless Event Raises over \$47,275.

Our Husker Helping the Homeless hearts are full after an incredible funds and awareness-raising weekend. The event took place from September 19-21, and over the course of those three days, our fleet of 312 volunteers raised more than \$47,275 for our hunger and homelessness relief services!

We are so thankful to have had such a successful event and want to put out a sincere thank you to our compassionate volunteers, sponsors, and generous donors. There is truly no place like (Lincoln) Nebraska.



HIGHLIGHTS

MONTHLY RECIPE: WHITE CHICKEN CHILLI

Ingredients

- 80 Anaheim or poblano peppers
- 1 3/4 cup olive oil
- 20 medium sweet onions
- 40 cloves garlic minced
- 10 tablespoons ground cumin
- 10 teaspoons marjoram or oregano
- 2 ½ teaspoons ground cayenne pepper
- 60 cups of low sodium chicken broth
- 40 15.8 ounce cans great northern beans drained and rinsed
- 20 15.25 ounce cans whole kernel corn drained
- 40 cups cooked cubed or shredded chicken breast
- 10 cups of sour cream (could use light)
- 5 cups chopped fresh cilantro
- Kosher salt and fresh ground pepper to taste

Directions

1. Simmer the chicken: cook the chicken in broth until tender. This adds great flavor to the chili and you can even use frozen chicken!
2. Remove the chicken and shred with two forks (or chop it with a knife).
3. Add the chicken back in with the seasonings, beans, corn, minced onions and chiles.
4. Stir in sour cream and simmer until sour cream is melted and everything comes together.
5. Top each serving with monterey or pepper jack cheese.

Cook Time: 50 minutes
Serving Size: 120
Calories: 178kcal per serving

Health for the Next Generation

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

Volunteers can help shape the health of the next generation! Unfortunately, childhood obesity is a significant public health challenge in the U.S. One in five school-aged children (ages 6-19) classify as obese, according to the CDC. Children in low-income families are particularly at risk due to limited access to nutritious meals, which makes food distribution programs essential in the fight against childhood obesity. Fortunately, programs like Matt Talbot are making health a priority.

Parents and caregivers are the most important role models for children and are critical in helping prevent childhood obesity. However, parents and caregivers with limited resources can only give to their children what they have access to. That's why increasing access to healthy snacks and meals, especially at community-driven meal programs like Matt Talbot, is so important. Healthy meals provided at Matt Talbot can help reduce obesity and increase overall well-being for the next generation. Making healthy eating fun is key to engaging children. Creative meal presentation can help kids try new, healthy foods. Follow the QR code to access some unique, kid-friendly recipes to help reduce childhood obesity and improve overall well-being for generations to come.





October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lunch Mary Jo Friends & Family Supper SUB TEAM Bethlehem Lutheran Church	2 Lunch Wednesday Lunch Bunch Supper Praise Temple Church	3 Lunch Leftover Queens Supper St. Joseph's	4 Lunch IANL Supper Westminster Presbyterian	5 Lunch College View Church Supper Family & Friends
6 Lunch Melinda Stanton & Friends Supper Dynek Friends & Family	7 Lunch SUB TEAM Lancaster County Medical Alliance Supper Super Supper Servers	8 Lunch Community Corrections Supper St. Pat's	9 Lunch Christ United Methodist Supper St. Peter's Godteens	10 Lunch SUB TEAM: Tim Muggy – Concordia Supper Blessed Sacrament #2	11 Lunch Christ Schools Supper Blessed Sacrament #1	12 Lunch Second Saturday Smilers Supper SUB TEAM SW StuCo
13 Lunch St. Mary's Elmwood Supper Molly Brummond	14 Lunch Sacred Heart Beaver Crossing Supper SUB TEAM	15 Lunch First Lutheran Church Supper SUB TEAM Scott TIE Club	16 Lunch SUB TEAM Supper St. Teresa's #1	17 Lunch Christ United Methodist – Maggie Bates Supper St. E's Mission Integration Committee	18 Lunch Second Baptist Supper St. Mary's/NA Martyrs Mix	19 Lunch SUB TEAM Urban Plunge – First Plymouth Supper SUB TEAM Urban Plunge – First Plymouth
20 Lunch St. Peter's Supper Reaching the World Outreach	21 Lunch SUB TEAM Supper St. David's Episcopal	22 Lunch Women's Welcome Club Supper Southwood Lutheran	23 Lunch Trinity Lutheran-Cordova Supper SUB TEAM	24 Lunch Louann Cao Group Supper St Francis & St Clare	25 Lunch Sister Chicks Supper Sheridan Lutheran	26 Lunch St. John's Lunch Bunch Supper CALL
27 Lunch Light of the World Supper Servants of St. Joseph & Youth Ministry	28 Lunch SUB TEAM Supper Sysco	29 Lunch SUB TEAM: Tim Muggy Supper SUB TEAM	30 Lunch Orthodox Men of Lincoln Supper St. Peter's	31 Lunch St. Paulinas Supper St. James Cortland		

MTKO Answering Service: 402-473-2828

Mission Statement:

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

USDA Nondiscrimination Statement:

This institution is an equal opportunity provider.