

Freshen Your Plate

Learn about how the Women's Welcome Club brings love and nourishment into every meal they prepare and serve at Matt Talbot. Pg. 1



NEWSLETTER

News From the Kitchen

Updates on fresh fruits and vegetables, open volunteer positions, and more!

Shine the Light

The second annual Shine the Light Walk is December 8 and we'd love to have you join us!

A Letter From Emily

Nourish your body and your spirit this holiday season.

Fresh Produce

As part of our Freshen Your Plate initiative, Matt Talbot is committed to incorporating fresh produce into every meal served. While individuals experiencing homelessness are often reliant on canned goods that require no refrigeration, we aim to provide a different experience at Matt Talbot—one that offers a comforting, "home-cooked" meal to help our guests escape the daily hardships they face.

Though it might sound cliché, the phrase "you are what you eat" truly resonates with us. We want our guests to feel fresh, not canned or frozen. While we are fortunate to receive some fresh produce from the Food Bank of Lincoln, many other organizations are seeking the same supplies, often limiting us to canned goods. This is why the role of our volunteer teams is so vital in helping us fulfill our mission.

With funding from the Community Health Endowment and the support of our guests, the Freshen Your Plate Initiative requires each meal served at Matt Talbot to include fresh fruits or vegetables - or both! To help us fulfill this requirement, we ask that volunteer teams include these fresh items in their meal plan and communicate their ability to provide a fresh item in advance so we can plan accordingly. Canned goods are still accepted donations, but we now reserve them for the Choice Pantry or for food donations through our Outreach team.

If you need ideas on how to incorporate fresh fruits and vegetables into meals without breaking the budget, please feel free to reach out to our Nutrition Intern, Ben, or our Director of Hunger Relief and Volunteerism, Victoria. Thank you for your continued support and dedication to this important cause!

Volunteer Opportunities

Open Volunteer Positions

We are looking for volunteers to fill the following positions:

- **Laundry/Shower Volunteer:** Wednesdays from 12:30 PM until the last shower, typically around 4:30/5:00 PM
- **Reception Volunteers:** We are in need of volunteers to fill in as reception coverage when our main receptionist is unavailable. Volunteers may be called in advance or on short notice (morning of).

Reach out to Victoria if you have any interest in filling one of these openings. Thanks!

Freshen Your Plate Volunteers of the Month

This December, we are thrilled to honor the Women's Welcome Club as our Freshen Your Plate Volunteers of the Month! For over 25 years, this incredible group has been sharing love and nourishment with Matt Talbot, bringing their dedication to the kitchen through fresh, vibrant vegetables in every meal they serve.

You can find them hard at work on the mornings they volunteer, chopping peppers and shredding carrots to craft beautiful, healthy salads that brighten every plate.

Thank you, Women's Welcome Club, for your amazing contributions to our community!



Victoria

Victoria O'Neil

Director of Hunger Relief and Volunteerism

victoria.oneil@mtko.org, 402-817-0623

Fundraising & Photos with Santa!

Get a picture with Santa while raising money for Matt Talbot
Head to the Raising Canes on Cornhusker from 5-7 on December 9th to buy dinner and get a free photo with Santa! 15% of net proceeds will be donated to Matt Talbot, so be sure to mention us when ordering!

Raising Cane's Blanket Blitz

All Raising Cane's restaurants will be collecting donations of new and gently used blankets for our guests from Dec. 1-15.

Holiday Around the World

Money raised during the Cane's fundraiser will be used to have a toy giveaway for Matt Talbot guests during our holiday celebration on December 19!

Join us on a 1-mile walk to illuminate efforts to defeat hunger and homelessness

This family friendly event is a chance to come together and shine the light on our neighbors struggling this winter. We hope to see you there!



🕒 December 8th | 6 PM

📍 Antelope Park



Register

Contact Jenn Boettcher at jenn.boettcher@mtko.org or 402.817.0615 with any questions.

SHINE
THE
LIGHT



monthly recipe:

Super Simple Sausage Balls

150 Servings

Ingredients

- 30lbs of sausage
- 300 ounces of sharp cheddar cheese
- 60 cups of Bisquick baking mix
- Vegetable oil spray



Directions

1. Add sausage, cheese and Bisquick to mixing bowl and mix until consistency is smooth (mixture should look very dry).
2. Line a cookie sheet with aluminum foil and spray the surface with vegetable oil.
3. Roll mixture of sausage, cheese, and Bisquick into one inch balls by hand and place about one inch apart on the cookie sheet.
4. Bake in oven at 400 degrees for 10-12 minutes or until golden brown.
5. Drain extra oil on paper towel.
6. Serve!

Nourish Your Body and Spirit

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

December brings cozy gatherings, holiday treats, and opportunities to reflect and reconnect. Here are some ways to fill the season with celebration, making mindful choices that nourish body and spirit.

Start with Seasonal Vegetables

Root vegetables like sweet potatoes, carrots, and parsnips shine this time of year. Roast them with olive oil and herbs for a hearty side dish packed with vitamins and fiber. Winter greens like kale, spinach, and Brussels sprouts add a pop of color and nutrients to any meal.

Mindful Treats

Savor holiday desserts balanced with healthier options. Use fruits as a main dessert and include whole grains to add nutrients to traditional recipes.

Hydration Matters

Stay hydrated even in colder weather. Warm herbal teas and lemon water are excellent ways to keep fluids up while avoiding sugary drinks.

Reconnect with Community and Spirit

December is a season for connection. Share a healthy meal with friends, family, or those who visit Matt Talbot. Small acts of kindness nourish not only others but your sense of gratitude and purpose.

Reflect on Gratitude

Carve out time for spiritual practices or quiet reflection. Journaling about gratitude or attending a service can center your mind, lift your spirit and embrace new perspectives about what is most important in life.

This season, nurture yourself and those around you with wholesome food, meaningful connection, and the joy of giving back. Balance and gratitude are the keys to a fulfilling holiday season!



December 2024

SERVING TEAM CALENDAR

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>lunch Melinda Stanton & Friends</p> <p>dinner Dynek Friends & Family</p>	<p>2</p> <p>lunch SUB TEAM American Life & Securities</p> <p>dinner Super Supper Servers</p>	<p>3</p> <p>lunch Leftover Ladies</p> <p>dinner Capital City Christian Church</p>	<p>4</p> <p>lunch Wednesday Lunch Bunch</p> <p>dinner Praise Temple Church</p>	<p>5</p> <p>lunch SUB TEAM WRK Real Estate</p> <p>dinner St. Joseph's</p>	<p>6</p> <p>lunch IANL</p> <p>dinner Westminster Presbyterian</p>	<p>7</p> <p>lunch College View Church</p> <p>dinner Family & Friends</p>
<p>8</p> <p>lunch St. Mary's Elmwood</p> <p>dinner Molly Brummond</p>	<p>9</p> <p>lunch Sacred Heart Beaver Crossing</p> <p>dinner JTech</p>	<p>10</p> <p>lunch Community Corrections</p> <p>dinner St. Pat's</p>	<p>11</p> <p>lunch Christ United Methodist Church</p> <p>dinner St. Peter's Godteens</p>	<p>12</p> <p>lunch SUB TEAM LES</p> <p>dinner Blessed Sacrament #2</p>	<p>13</p> <p>lunch Christ School</p> <p>dinner Blessed Sacrament #1</p>	<p>14</p> <p>lunch Second Saturday Smilers</p> <p>dinner First Plymouth</p>
<p>15</p> <p>lunch St. Peter's</p> <p>dinner St. Paul's Methodist Church</p>	<p>16</p> <p>lunch SUB TEAM Smithfield</p> <p>dinner St. David's Episcopal</p>	<p>17</p> <p>lunch First Lutheran Church</p> <p>dinner SUB TEAM Jaishankar</p>	<p>18</p> <p>lunch SUB TEAM Food Bank</p> <p>dinner St. Teresa's #1</p>	<p>19</p> <p>lunch Holiday Around the World</p> <p>dinner St. E's Mission Integration</p>	<p>20</p> <p>lunch Second Baptist</p> <p>dinner St. Mary's/NA Martyrs Mix</p>	<p>21</p> <p>lunch St. Katherine's Lunch Bunch</p> <p>dinner Holy Savior Lutheran Church</p>
<p>22</p> <p>lunch Light of the World</p> <p>dinner Servants of Saint Joseph & Youth Ministry</p>	<p>23</p> <p>lunch SUB TEAM St. Mary's Sutton</p> <p>dinner Sysco Lincoln</p>	<p>24</p> <p>lunch Glenn's Family</p> <p>dinner Southwood Lutheran Church</p>	<p>25</p> <p>lunch Victoria's Family</p> <p>dinner SUB TEAM Kiwanis</p>	<p>26</p> <p>lunch Louann Cao Group</p> <p>dinner St. Francis & St. Clare</p>	<p>27</p> <p>lunch Sister Chicks</p> <p>dinner Sheridan Lutheran</p>	<p>28</p> <p>lunch St John's Talbot Lunch Bunch</p> <p>dinner CALL</p>
<p>29</p> <p>lunch SUB TEAM Quakes Softball</p> <p>dinner St. Patrick's - Manly</p>	<p>30</p> <p>lunch SUB TEAM HBL Logistics</p> <p>dinner St. Michael's Cheney</p>	<p>31</p> <p>lunch SUB TEAM Elizabeth Zlomke</p> <p>dinner SUB TEAM NEEDED</p>				

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.