



matt talbot

kitchen & outreach

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hope. bold hope. bold hope. bold hope. bold hope.



Freshen Your Plate

Maggie Bates' Team from Christ United Methodist is our Freshen Your Plate Team of the Month!



NEWSLETTER

January Highlights

Read the remarkable success story of Matt Talbot client Justin and learn about our next big event!

News From the Kitchen

Updates from Victoria on all things hunger relief.

Nutrition Note

Celebrate Black History Month with healthier takes on classic soul food recipes.



Hunger Relief Team of the Month

We're excited to recognize Christ United Methodist Church's hunger relief team, led by Maggie Bates, as our Freshen Your Plate Volunteer Team of the Month! This dedicated team consistently prepares and serves delicious meals with care and enthusiasm, making a meaningful impact in our community. We're grateful for their ongoing support and the hard work Maggie and her team put in each month. Thank you, Christ United Methodist, for all you do!



For Volunteers

Milk Issues:

If you notice any milk that is half full or sour, please leave the cartons in the three-compartment sink. The milk has been leaking, and we have notified our supplier about the issue. We appreciate your help in addressing this.

Pantry Reorganization:

You may notice some changes in the Pantry. We're working to create more workspace in the kitchen, and as part of that, all donated food and USDA items for the Hunger Teams will now be stored along the front wall, near the ovens. Teams are welcome to take anything they can use from this area. If you need anything saved, please let Ben, our Nutrition Intern, know when he contacts you. Our goal is to add two prep tables to the pantry soon to help with space!

Saved Food Storage:

We've had issues with items going missing from the saved food section in the walk-in cooler. Despite our best efforts, the problem persists. To address this, we are converting the reach-in refrigerator into a Saved Food Area. If you bring in food or have asked staff to save food for you, it will be labeled and stored in this fridge. Please note that no one should remove anything from this area unless it's their own food or they've requested it to be saved. All items will be labeled with the team name.

If you have any questions, please feel free to reach out! Thank you for your cooperation!

Victoria

Victoria O'Neil

Director of Hunger Relief and Volunteerism

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



january highlights

A story for all of us needing a reminder not to give up.

Justin stopped by Matt Talbot last month to say “thank you” and drop off some warm winter gear – his way of paying it forward.

Years ago Justin was one of the dining room guests in need of warm winter gear. He experienced homelessness for over two years, coming to Matt Talbot to get out of the weather, eat hot meals, take showers, receive mail, and get items needed to survive in the cold.

“I smelled terrible, was angry, and didn’t trust anyone. The people at Matt Talbot were concerned about me, but I didn’t feel judged.”

Justin was using substances to numb his physical and emotional pain and spending time with a few dangerous people in the process.

“It was hard to be outside and not use. But when I came to Matt Talbot and told you I was scared, you helped.”

Justin completed substance use treatment and worked with staff to find housing in a town outside of Lincoln where his friends weren’t around to pull him back down. It was the fresh start he needed.

“After a few days, it dawned on me that I felt safe. My heart broke and I cried because I couldn’t remember the last time I felt like that.”

In his new town, he had great support from Lisa at South Central Behavioral Services and from Cristi with Eagle Feather Counseling.

It took a long time and it wasn’t easy. But all these years later, Justin is doing well and grateful for the help he received.



“I couldn’t have made it without Matt Talbot – I’d be dead. I’m sure it is hard to know if anything is helping and it feels futile, but it’s not. You are saving lives.”



Save the Date!

Get ready for an unforgettable evening where Lincoln's top chefs compete to create the most delicious gourmet bites. One chef will come out on top, but our community will be the big winner!

All proceeds from the Chef Showdown support Matt Talbot's housing programs which help guests experiencing homelessness find stability and a safe place to call home. Scan the QR code to learn more!

Open Volunteer Positions

There are currently two reception spots we are needing to fill!

1. Monday: 4:30 - 6:30pm
2. Thursday: 4:30 - 6:30pm

Training for the volunteer receptionist position will be provided. If you are interested in helping, please contact Victoria. Thank you!

Black History Month

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

February invites us to honor the rich and enduring legacy of Black and African American individuals in the United States. While their contributions deserve celebration year-round, Black History Month offers a dedicated time for reflection, recognition, and celebration. It highlights the often-overlooked achievements of Black Americans across all fields—from art and music to politics and beyond—while also acknowledging the ongoing struggle for equality and justice. This month is a tribute to the resilience, determination, and strength of Black communities throughout history.

There is beauty in recognizing and honoring the rich diversity of cultures and experiences that shape our world. Food, as a universal connector, serves as a powerful expression of culture—bringing communities together, preserving traditions, and celebrating identities. Soul food, rooted in the South, emerged from the ingenuity of enslaved Africans who skillfully transformed available ingredients into nourishing meals. Its hearty flavors and bold seasonings tell timeless stories of history, resilience, and community.

This Black History Month, celebrate by savoring dishes that nourish both body and soul. Scan the QR code to explore these healthier takes on classic soul food recipes, each with deep cultural significance. As you savor these dishes, reflect on the rich tapestry of foodways and cultural expressions that make our human experience so beautifully diverse and endlessly fascinating. Celebrating Black History Month - in both awareness and appreciation - honors the past while working towards a future rooted in equity and justice.



February 2025

SERVING TEAM CALENDAR

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



BOLD HOPE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>1</p> <p>lunch College View Church</p> <p>dinner Family & Friends</p>
<p>2</p> <p>lunch Melinda Stanton & Friends</p> <p>dinner Peggy & Greg Dynek</p>	<p>3</p> <p>lunch SUB TEAM Tim Muggy/</p> <p>dinner Super Supper Servers</p>	<p>4</p> <p>lunch Leftover Ladies</p> <p>dinner Capital City Christian Church</p>	<p>5</p> <p>lunch Wednesday Lunch Bunch</p> <p>dinner Praise Temple Church</p>	<p>6</p> <p>lunch Leftover Queens</p> <p>dinner Bryan Nurses</p>	<p>7</p> <p>lunch IANL</p> <p>dinner Westminster Presbyterian</p>	<p>8</p> <p>lunch Second Saturday Smilers</p> <p>dinner First Plymouth</p>
<p>9</p> <p>lunch St. Mary's Elmwood</p> <p>dinner Super Bowl Party!</p>	<p>10</p> <p>lunch Sacred Heart Beaver Crossing</p> <p>dinner OPEN</p>	<p>11</p> <p>lunch Community Corrections</p> <p>dinner St. Pat's</p>	<p>12</p> <p>lunch Christ United Methodist Church</p> <p>dinner St. Peter's God teens</p>	<p>13</p> <p>lunch SUB TEAM Lancaster Medical Alliance</p> <p>dinner Blessed Sacrament #2</p>	<p>14</p> <p>lunch Christ School</p> <p>dinner Blessed Sacrament #1</p>	<p>15</p> <p>lunch St Katherine's Lunch Bunch</p> <p>dinner SUB TEAM LSW Student Council</p>
<p>16</p> <p>lunch St. Peter's</p> <p>dinner St. Paul's Methodist Church</p>	<p>17</p> <p>lunch Food Bank of Lincoln</p> <p>dinner St. David's Episcopal</p>	<p>18</p> <p>lunch First Lutheran Church</p> <p>dinner OPEN</p>	<p>19</p> <p>lunch KPMG</p> <p>dinner St. Teresa's #1</p>	<p>20</p> <p>lunch Christ United Methodist - Maggie Bates</p> <p>dinner St. E's Mission Integration Committee</p>	<p>21</p> <p>lunch Second Baptist</p> <p>dinner St. Mary's/NA Martyrs Mix</p>	<p>22</p> <p>lunch St. John Talbot Lunch Bunch</p> <p>dinner CALL</p>
<p>23</p> <p>lunch Light of the World</p> <p>dinner Servants of Saint Joseph & Youth Ministry</p>	<p>24</p> <p>lunch SUB TEAM HBL Logistics</p> <p>dinner Sysco Lincoln</p>	<p>25</p> <p>lunch Women's Welcome Club</p> <p>dinner Southwood Lutheran Church</p>	<p>26</p> <p>lunch Trinity Lutheran-Cordova</p> <p>dinner OPEN</p>	<p>27</p> <p>lunch Joseph B</p> <p>dinner St. Francis & St. Clare</p>	<p>28</p> <p>lunch Sister Chicks</p> <p>dinner Sheridan Lutheran</p>	

Matt Talbot Answering Service: 402.473.2823

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