



**EDUCATION  
STEWARDSHIP  
SUSTAINABILITY**



**ANNUAL  
REPORT  
2022**



# LEGACY of LOVE



Thank you! Thank you! Thank you!

[Thank you! Gracias! Merci beaucoup! Danke! Asante sana!]

Reflecting on our journey over the past **13 years**, without you No More Empty Pots would not have become what it has become to our community. You have ensured that when our neighbors want and need access to **local nutritious food** from local farmers, when they want to start and grow **food businesses**, when they want to **learn how to prepare food** for themselves and their households, and when they want to pursue employment in the food and beverage industry but need some training and support – **you showed up to support their basic needs and their aspirations**. That is a legacy of unmatched care and trust, of love. Together we have served and collaborated with thousands, as evidenced in the pages that follow from this past year and the many pages from years gone by.

When I began this work as a co-founder in 2010 then later serving as the CEO for No More Empty Pots in 2016, I thought I knew what I was getting into – uncertainty, hard work, meaningful collective action. **I had no idea that it would be so much more**. Through this work, we have been changed, becoming better listeners, more vulnerable leaders and more empathetic neighbors in the process. **I am grateful for each moment of sweat, tears, fear, failure, winning and joyful triumph that we have shared with each of you**.

It is only through each of us believing in each other and trusting each other to do what we can that we have gotten to where we are now. I am amazed at the breadth of engagement and the impact. None of it possible without US. I believe in US – our supporters, staff, participants, partners, community – **developing a legacy of love and care**. And I believe in our **collective power** to ensure that each of us has the resources and support to bring what we have and get what we need to thrive. Love. Respect. Justice. Care. We deserve it and can offer it to ourselves and each other.

**There is so much more to be done and so much more in the works**. I am excited for the future of our community, for each of us and for No More Empty Pots. Together we have laid a foundation to be responsive to community needs. **I am honored to have served**. I am grateful for each of you and every step of this journey. Our legacy will be determined by how we embrace and learn from the lessons that inevitably come and how we champion the wins that come from consistent determination and action.

As No More Empty Pots moves through the transition of what comes next, **we are grateful**. Grateful for each opportunity to serve and connect each of us to each other. Grateful for your continued support of this beloved organization and all who have a stake in it. Together we can ensure that each person in our community is food secure, earns a living wage, has safe affordable housing and high-quality education and training. **I believe in US and our equitable future bounded by a legacy of love**.

*Nancy*

Nancy Williams  
CEO/Co-Founder  
No More Empty Pots

“ *I believe in us and our equitable future bounded by a legacy of love.* ”

# OUR MISSION

**Connect individuals and groups to improve self-sufficiency, regional food security and economic resilience of urban and rural communities through advocacy and action.**

## NO MORE EMPTY POTS TIMELINE

Since 2010, No More Empty Pots has addressed food security, education and economic opportunity with a systems approach to solutions so that there will be “no more empty pots”. No More Empty Pots is a grassroots non-profit organization that supports communities in becoming self-sufficient and food secure through collaboration and adherence to our core values of education, stewardship and sustainability.

### 2010-2013

No More Empty Pots holds two food summits with community stakeholders to discuss the needs, resources and potential economic impact of increased support for local food systems. No More Empty Pots officially becomes an organization and receives nonprofit designation in 2010. Pilot programming begins with the Community Market Basket to increase access to local food.

### 2016-2017

Phase One of the Food Hub, with the first commercial kitchens in the lower level, completes in 2016, and food entrepreneurs begin renting the Shared-Use Kitchen. No More Empty Pots earns licensing from the Nebraska Department of Education for culinary workforce training in 2017.

### 2019

Construction of the Food Hub officially completes in 2019 including the Kids Kitchen, Cups Café, and Rooftop Garden in 2019. That year, the Food Hub serves over 400 youth in June and July, Cups Café at Florence opens in July, and No More Empty Pots celebrates the Food Hub grand opening in August.

### 2020

Amid the COVID-19 pandemic, No More Empty Pots pivots to support community needs by adapting programs and support services. The Community Harvest and Feeding Our Neighbors programs distribute emergency meals and produce boxes.

### 2021

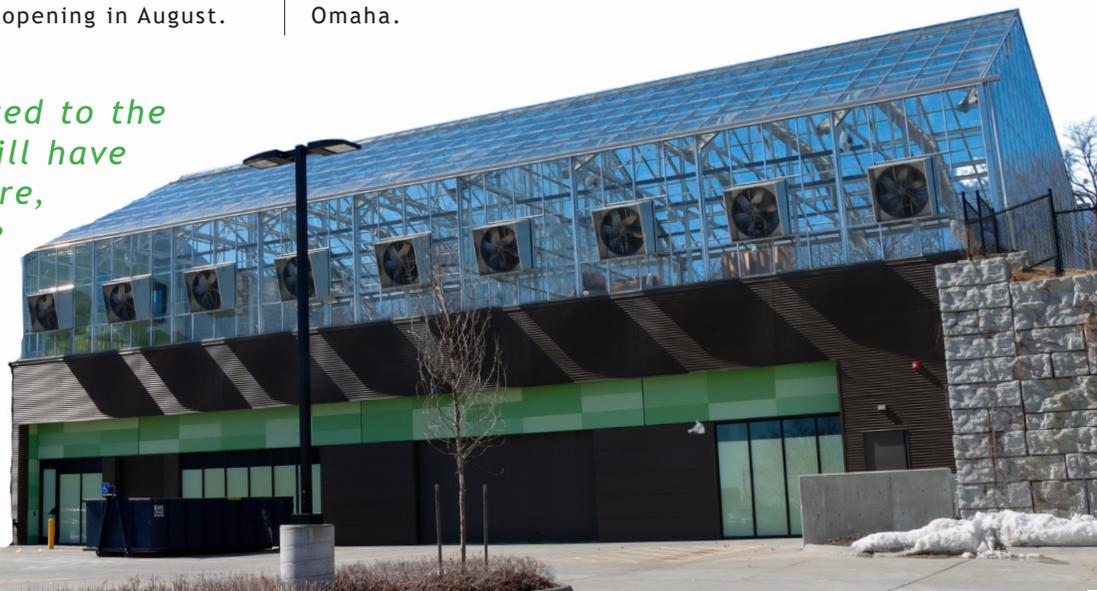
Community Harvest relaunches as a local food subscription service procuring produce and food products in 2021. No More Empty Pots amplifies the connectivity of its multi-generational programming by organizing programs as an intentional pathway of engagement that builds and sustains curiosity and self-sufficiency over time for generations of learners, households and communities.

### 2022

No More Empty Pots focuses on developing and enhancing opportunities for emerging leaders and disinvested entrepreneurs in the Omaha community. In 2022, No More Empty Pots announces plans to occupy and operationalize the Highlander Accelerator Greenhouse, owned by Seventy Five North in North Omaha.

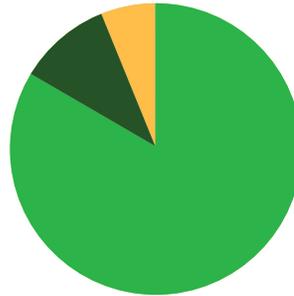
*“...Each person connected to the Greenhouse initiative will have the opportunity to explore, discover and learn while building trusting relationships that lead to lasting change.”*

**NANCY WILLIAMS**  
NMEP CEO/CO-FOUNDER



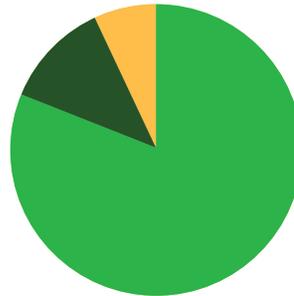
# 2022 OVERVIEW

No More Empty Pots is focused on a multi-generational approach that combines hands-on experiential learning activities and programs into a comprehensive pathway that takes generations of learners from curiosity to sustainable self-sufficiency.



## INCOME

- Grants: \$1,462,454\*
  - Contributions: \$183,343\*
  - Program Revenue: \$107,701\*
  - Other Operating: \$115\*
- TOTAL: \$1,753,613**



## EXPENSES

- Programs: \$1,540,205\*
  - Administration: \$228,179\*
  - Fundraising: \$133,104\*
- TOTAL: \$1,901,488**

*\*Figures were not audited as of December 31, 2022.*

**4,181**  
total individuals impacted  
through No More Empty Pots  
programming in 2022

**12,533**  
meals distributed across Greater  
Omaha to over 39 zip codes in  
Iowa and Nebraska in 2022

**38**  
entrepreneurs received business  
support and coaching services  
to launch or sustain their  
small business in 2022

FOOD ACCESS



GARDEN,  
CULINARY, AND  
STEAM EDUCATION



ENTREPRENEUR  
AND BUSINESS  
SUPPORT



LEADERSHIP  
DEVELOPMENT





# FOOD REMAINS AT THE CENTER

## VALUE-ALIGNED LOCAL FOOD SOURCING AND DISTRIBUTION

No More Empty Pots brought the “farm to table” across Greater Omaha in 2022. Food distribution at No More Empty Pots provided access to the freshest possible fruits and vegetables by choice to every household, regardless of any multitude of factors that may impact an individual’s food security or the ability to acquire food on his or her own.

Through Community Harvest, families and individuals in over **39 zip codes** in Iowa and Nebraska enrolled to receive CSA, or Community Supported Agriculture, boxes of fresh produce or plant-based meals through a subscription service.

Community Harvest was hyper focused on local options to provide a market opportunity to value-aligned farmers while ensuring food was fresh,

high quality and nutritious.

**No More Empty Pots Distributed over 4,666 CSA Boxes and 12,533 Meals in 2022.**

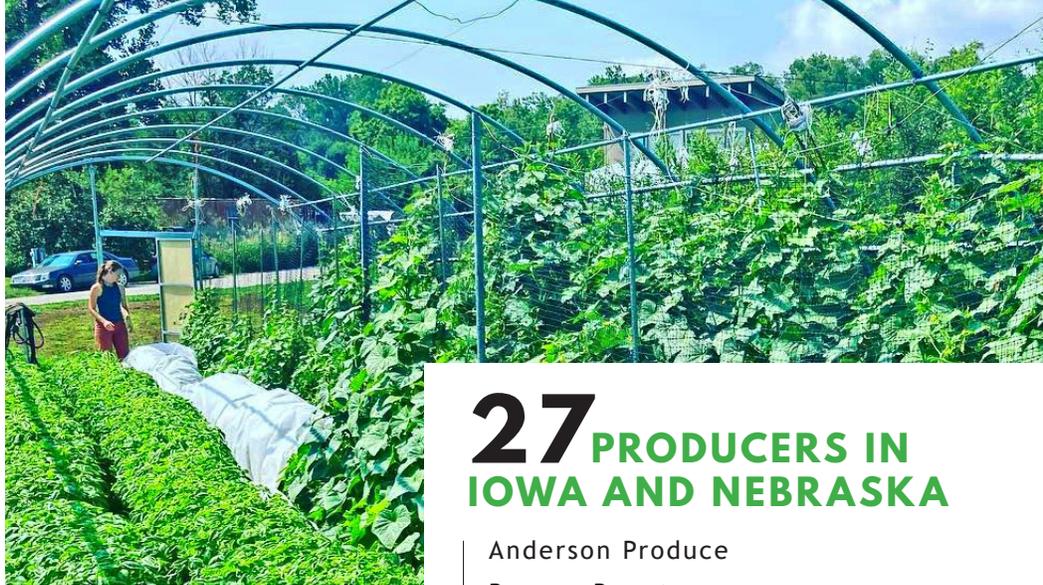
No More Empty Pots distributed over **4,666 CSA Boxes** and **12,533 Meals** in 2022. Delivery services combatted access barriers for individuals including those with weakened immune systems during the pandemic and those without access to transportation.



### Angela Recieves Meals to Keep Cancer Treatment Affordable

Angela (left) is a cancer survivor who holds the heavy financial burden of paying for life-saving treatment. Angela said receiving CSA boxes of local food was helpful during weeks when hospital bills made her budget especially tight. She had peace of mind knowing her three sons had nutritious food at their door every week. Cancer survivors receive food in honor of the late Carlynn Hartman-Kurtz, a long-time friend and supporter of No More Empty Pots.

Greenhouse at Flavor Country Farms located in Honey Creek, Iowa  
[www.flavorcountryfarms.com](http://www.flavorcountryfarms.com)



## 94% OF FOOD PURCHASED IN 2022 WAS SOURCED LOCALLY

No More Empty Pots invested into the community by sourcing produce and meals from local producers, entrepreneurs, and food artisans. Products were used for a variety of programs including Community Harvest plant-based meals and CSA boxes; community food support and distribution; educational workshops; and catering events. In 2022, No More Empty Pots partnered with over **27 producers** within a **148-mile radius** of Omaha. No More Empty Pots partnered with diverse, small or specialized farming operations for procurement ordering services. Procurement in 2022 also prioritized sourcing from businesses owned by BIPOC (Black,

Indigenous, People of Color) producers with a focus on sustainability.

### **Kelsey Jones is the founder and co-owner of Source Farms.**

Kelsey Jones is the founder and co-owner of Source Farms. Source Farms, located in Hoskins, Nebraska, partnered with No More Empty Pots as one of the **27 producers** who grew local food used in programming in 2022. Kelsey is a chef, yoga instructor, mother and community advocate with a passion for nature and health. She founded Source Farms to grow medicinal food that brings wellness to the body, mind and spirit.

Source Farms Co-Owners, Kelsey Jones and Lyle Marotz @SourceFarms



## 27 PRODUCERS IN IOWA AND NEBRASKA

- Anderson Produce
- Benson Bounty
- Big Muddy Urban Farm
- Bridgewater Farm
- Burbach's Countryside Dairy
- Early Morning Harvest
- FarmTable Procurement and Delivery
- Flavor Country Farms
- Grain Place Foods
- Grandview Farm
- Lone Tree Foods
- Nebraska Food Cooperative
- One Farm
- Plum Creek Farms
- Wolff Farms
- Good Taste Farm
- Ditmar's Orchard and Vineyard
- Junge's Produce
- Clover Patch Farm
- Grimm Family Farm
- Old Market Greens (Gather Omaha)
- Beavers Produce
- Sweet Selma
- Long Walk Farm
- Omstead Family Farm
- Source Farms
- Blue Gate Farm

*“Working with No More Empty Pots has given us the opportunity to wholesale our products to Omaha residents.”*

**KELSEY JONES**  
**PRODUCER**

81%

of responding community education participants in 2022 said they have experienced a lifestyle change since learning with No More Empty Pots

1,072

total program hours for gardening, culinary, STEAM and nutrition education reported in 2022

26+

community-based organizations partnered with No More Empty Pots for educational programming in 2022

*“It’s like No More Empty Pots was the root, and now I’ve started growing. I know I can go even further now!”*

GALE, CULINARY CERTIFICATE PROGRAM GRADUATE



# THE FOUNDATION FOR A BETTER FUTURE

## HANDS-ON EDUCATION REINFORCES RESILIENCY AND SELF-SUFFICIENCY

No More Empty Pots provides hands-on food preparation, growing and nutrition education programming that integrates STEAM (Science, Technology, Engineering, the Arts and Mathematics) and affordable food growing practices.

**1,658 participants engaged in 1,072 hours of education programs.**

In 2022, **1,658 youth, adult and senior participants** engaged in **1,072 hours** of education programs. Promoting individual self-sufficiency and community resilience through education has been at the center of No More Empty Pots' purpose since its founding in 2010. Programs in 2022 were organized as an intentional pathway of blended engagement that builds and sustains curiosity and self-sufficiency for multi-generational households and families for proven greater impact.

**The Culinary Certificate Program graduated 13 students in 2022 through four cohorts.**

Students in 2022 clocked over **1,356 hours** in the Culinary Certificate Program of culinary training, workforce experience and classroom instruction. In 2022, **four ceremonies** celebrated the graduations

of **13 students** total. The Metropolitan Community College Institute for the Culinary Arts accepts the certificate for college credit equivalency.

### GARDEN EDUCATION

No More Empty Pots connected communities to resources that supported the development and growth of collaborative community garden spaces to increase neighborhoods' participation in sustainable food production, improve food access, and support community organizing and capacity. The following were participating gardens in 2022:

- **Food Hub Rooftop Garden**
- **13th and Leavenworth Garden: A Pop-Up Oasis**
- **Heartland Family Services Generations Community Center Garden**
- **Seventy Five North Highlander Accelerator Garden**



### Amaiya Learns a Family Recipe

Amaiya is 15 years old. She enrolled in The Empowerment Network's Step-Up Omaha program that works to close the employment gap by investing in tomorrow's workforce. No More Empty Pots hosted Amaiya and her cohort at the Food Hub to explore future careers within our local food system. Spending time in the Rooftop Garden ignited Amaiya's interest in gardening and cooking. She brought greens home to cook alongside her Great-Grandmother to learn a family recipe.

*A stock photo (above) is used to maintain Amaiya's privacy.*



# AN ECOSYSTEM OF ENTREPRENEURSHIP

## HOW NO MORE EMPTY POTS IS CONNECTING BUSINESSES WITH RESOURCES

No More Empty Pots programs are dedicated to supporting entrepreneurs with the skills, tools, and resources needed to launch and sustain successful businesses. The Entrepreneur Journey program launched in 2022 to pair local entrepreneurs with one-on-one coaching; exclusive access to workshops and classes; networking with like-minded entrepreneurs; and a range of other resources to support them on their business journey. **24 entrepreneurs** (listed to the right) participated in 2022.

**This program seeks to address the barriers that many disinvested entrepreneurs face to reach success.**

This program seeks to address the barriers that many disinvested entrepreneurs face to reach success and

the community-identified lack of acceptable opportunities for employment. No More Empty Pots aims to foster creativity, deeper connections and resource sharing among the vast community of entrepreneurs in Greater Omaha to ensure all business dreamers and developers have an equitable opportunity to navigate the competitive entrepreneurial landscape.

### KITCHEN RENTAL

While holistic support applied beyond food entrepreneurs in 2022, commercial kitchen rental at the Food Hub remained a valuable resource for relevant businesses. In 2022, **25 local food entrepreneurs** booked a combined **1,907 rental kitchen hours**.

*Sarah Wells-Britt (right),  
Owner of Sarah's  
Southern Comfort Foods  
@SarahsSouthernComfortFoods*



## 24 ENTREPRENEURS IN 2022

Aaliyah's Angels  
Clark Williams  
Baked By Sweet Melissa  
Melissa Pressler  
BOSSticated  
LaShanda Cotton  
Brother's Best  
Gage Woodyard  
Busy Vegan  
Alecia Steed  
Conscious Kitchen  
Seth Jonas  
Culxr House/LO-FI Pizza  
Marcey Yates  
Deez Dogs  
Eric Smith  
Feeding Royals  
Wesleyon Zollicoffer  
Frankly Juiced  
John Hartin  
Honey-n-Luv  
Amanda Jones  
I Am Soul Food  
Rachel Curtis  
Ice Cream and Soda  
Armando Robert Ozuna  
Ital Vital Living  
Imani Murray  
Krafty Mango Bakery  
Megan Shonka  
Leggs N Things  
LaRece & LaTice Blackstone  
Manna On Wheels For Today  
Outreach Ministry  
Rose Harmon  
Mmm Good Sweet Potato Pie  
Murray Cooper  
Omaha Cravings Co.  
Monique Cribbs  
Prepped by Lauren  
Lauren Monroe-Neal  
Rooster's Catering & Events  
Tim Walker  
Salsa Macha mi Casa  
Armando Aviles  
Suzan's Sweet Potato Pie  
Velma (Suzan) Mackey  
The Egg Roll Fix  
Patrick Sanders II



# INVESTING IN FUTURE LEADERS

## LEADERS ARE SHARING, SHOWING UP AND DEMONSTRATING LOVE

Our community is abundant with talent and potential. No More Empty Pots was committed to amplifying opportunities in 2022 for emerging diverse leaders both in the community and within our own team of staff members.

### The Leadership Program launched in 2022.

The Leadership Program was launched in 2022. The program addressed barriers that Black women often face both personally and professionally in the workplace. Over **47 hours** of professional coaching, development, networking and leadership growth activities were provided to the **five cohort members**.

### Our team members are powerful leaders and community advocates.

Our team members are powerful leaders and advocates. No More Empty Pots prioritized staff training and development in 2022. The organization partnered with Lassiter & Associates for staff workshops centered on collaboration and navigating change successfully.

As of December 2022, **52%** of team members identified as Black, Indigenous People of Color and **84%** of team members identified as women or non-binary.

## 47 HOURS OF COACHING, DEVELOPMENT AND NETWORKING



### Emerging Leaders Fellowship

Natavia was the inaugural Emerging Leaders Fellow at No More Empty Pots in 2022. The full-time position allowed Natavia to deepen her community engagement in Omaha while building her network and confidence. Natavia will join our team of staff members in 2023 as the Community Relations Coordinator!



## SUPPORTERS

Aaron and Ashley Wolfson  
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 Adam Sema  
 Adrian, Kim and Astrid Ferguson  
 Ali Khan  
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# CREATING A BOLD FUTURE TOGETHER

## THANK YOU FOR SUPPORT, PARTNERSHIP, AND COLLABORATION IN 2022

Your generosity and belief in the mission of No More Empty Pots has created opportunities for employment, entrepreneurship, leadership and education that lift our community up!

Kirsten Pearson  
 Kristin Rion  
 Kylie Severin  
 Lannae Long  
 Lauren Medici  
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*List includes 2022  
 contributions. If you see an  
 omission or correction, please  
 contact No More Empty Pots at  
 info@nmepomaha.org.*

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Omaha Symphony  
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Partnership for Kids  
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Rita Paskowitz  
Roncalli Catholic High School  
Sacred Seed  
Saving Grace Perishable Food Rescue  
Seventy Five North  
SHARE Omaha  
Sheri Potter  
Spitfire Strategies  
Spreetail

Stable Gray Inc.  
Step Up Omaha  
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The Salvation Army of Omaha  
The Union for Contemporary Art Together, Inc.  
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Molly Nelson  
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Sarah Hanify  
Shannon Lang  
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Busy Vegan  
Charmoore  
Choma Zone  
Conscious Kitchen  
Crum Cakes Bakery  
Dada Kitchen  
Dundee Popcorn  
Feeding Royals  
Frankly Juiced  
Full Prep  
House of Bah  
Ital Vital Living  
La Parrain  
Leggs & Things  
Manna On Wheels For Today  
    Outreach Ministry  
New Orleans Sneaux  
Omaha Bagel Co.  
Ready Delices  
Sarah's Southern Comfort Foods  
Soul Brothers  
Still Poppin Gourmet Popcorn  
Suzan's Sweet Potato Pie  
The Charcuterie Bee

## LEADERSHIP PROGRAM GRADUATES

Adonna Bryant  
Katrina Brooks  
Latisha Rankin  
Michelle Lee  
Natavia Jones

## CULINARY CERTIFICATE PROGRAM GRADUATES

Alicia Gunter  
Alicia Steed  
Aliza Holmes Lewis  
Brandi Belvine  
Diamond Burrage  
Ella Williams  
Imagine Uhlenbrock  
LaRita Duncan  
LaShanda Cotton  
Miri Dawson  
Rosecetta Harmon  
Taishay Jackson  
Tyron Foster

## EMERGING LEADERS FELLOW

Natavia Jones

## NO KID HUNGRY AMBASSADOR

Cameron Bush

## STAFF MEMBERS

Alia Cecil  
Amy Zeller  
Ayonna Henderson  
Carla Gornall  
Cynthia Trail  
Dana Christensen  
Dex Gabriel-Woods  
Ella Williams  
Eric Purcell  
Hamza Haqqi  
Heather Bowman  
Jamil Djbril Bah-Traore  
Jasmine Currie  
Jazz Marr  
Jo Anne Fraire  
Julia Gollobit  
Kate Swinarski  
Kathy Uhlenbrock  
La Ron Neal  
Leah Keinama  
Leslie Schmeling  
Levi Frerichs  
Maggie Austin  
Maria Valentin  
Mark Kemling  
Meya Hill  
Mikayla Rhone  
Myles Davis  
Nancy Scott  
Nancy Williams  
Natavia Jones  
Nicholas Holden  
Rachel Grossman  
Sara Ibrahim  
Shailey Williams  
Stephanie Finklea  
Susan Whitfield  
Talia McGill  
Tanya Gura  
Taylor Hanna  
Tess Foxall  
Tracey Marsh

647

hours of service contributed  
by 280 volunteers in 2022

96%

of volunteers greatly satisfied  
with their experience

6

service learning projects with  
three universities in 2022

52%

of staff members identify  
as BIPOC

84%

of staff members identify as  
women or non-binary

*\*As of December 2022*



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