



EDUCATION
STEWARDSHIP
SUSTAINABILITY

ANNUAL REPORT

2018

info@nmepomaha.org // www.nmepomaha.org

OUR JOURNEY OF GRATITUDE

Together we experienced an incredible year of service, growth, recognition and lessons in 2018. With you, we served nearly 6,000 people, ran over 10 programs, introduced new youth education programs, like Internet of Things and Food Systems that connect technology and food systems, established new partnerships and updated our strategic plan to be more responsive to the needs of our neighbors. We are amazed by your generosity and the gratitude that is inherent in every gift of service and support. This journey is one of gratitude and grit. Witnessing the triumph of each person who accomplishes something they thought was impossible gives us energy and resolve to get even better at what we do and seek out partnerships that will push all of us further to achieve our goals.

Our dedicated staff and volunteers poured their hearts into their work, each person we serve and each other. Our impact was recognized by several peers and institutions this past year. Overall we earned eight awards of recognition from service to our participants to support of our partnering programs to excellence in leadership. It takes all of us working collectively to ensure that each of us has what we need to thrive. This is especially true of our youth and seniors. With the impact of programming in 2018, we are driving even harder to ensure improved educational outcomes and self-sufficiency.

Graduates of the Culinary Workforce Training Program and entrepreneurs sharing our kitchens are blazing trails, forcing innovation and thinking outside of the box. When they win, we all win. These are sometimes hard won lessons. We are dedicated to staying in the fight when it gets tough and celebrating the wins along the way. We are getting better at learning to be honest and open and vulnerable with each other. We are actively practicing what we learn, seeking guidance from experts and modeling the behavior we want to see in each other. It sometimes feels overwhelming. We are learning how to step back, reenergize, pivot and find our best way forward. Sometimes we failed and we are taking those lessons to make the next steps stronger, more purposeful and aligned with our values.

2019 will mark the end of a journey that set course nine years ago in February of 2010 when a group of about 50 people expressed a desire to have more support for urban agriculture and rentable commercial kitchen space for food entrepreneurs. That request turned into a three year community wide research and listening project that resulted in plans for the food hub. In June of 2019 the physical manifestation of that intention will be completed. We can hardly wait to welcome you to the space that demonstrates five sectors of the food system (production, processing, distribution, consumption and recycling) in one place while efficiently closing loops that turn waste into valued added products.

We are grateful for you. Words of hope and smiles of satisfaction from participants affirm what we have come to know. We are in this together. We can do the impossible when we decide to walk this journey of gratitude with love, vulnerability and hope.

Thank you for being on this journey with us.

With gratitude,



CEO/Co-founder, No More Empty Pots





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- Melissa Ramos
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- Molly Fryda
- Victoria Dentler
- Elliot Newbold

No More Empty Pots is GRATEFUL FOR YOU.

Your generosity and belief in the mission of NMEP has created opportunities for employment, entrepreneurship, and education that lift the community up.

PARTNERS

American Heart Association
Blackburn High School
Center for Holistic Development
Central Plains Center for Services
City of Omaha
Civic Nebraska
Crayon Castle Daycare
Creighton University
Creighton University Sustainable Energy Science
Dahlman Neighborhood Association
DO Space
Douglas County Health Department
Empowerment Network | StepUp!
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Fontenelle Forest
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Harrison Elementary
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Heartland Workforce Solutions
Hillside Solutions
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The Big Garden
The Union for Contemporary Art
United Way of the Midlands
Universal College of Healing Arts
University of Nebraska at Omaha
University of Nebraska at Lincoln Extension
UNMC Center for Reducing Health Disparities
Urban League of Nebraska
Warren Distribution

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Ami's Kitchen
Crum Cakes Bakery, LLC
Curry Hut
Doner King LLC
Empanada Kitchen
Fair Deal/Café Catering
Frankly Juiced
Gembars LLC
Grainolia Bakery
Grateful Life Custom Creations, LLC
Kev's Southern Kitchen
M.O.V. Catering
MJER Help
O'tillie's Pork & Pantry
Orient Express
Pan y Leche
Ray's Catering Co.
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Still Poppin Gourmet Popcorn
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Tayo
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The Pie Whole, LLC

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Victoria Novak
Weitz Family Foundation
WellCare Health Plans
Wells Fargo
William Wishart

**List includes
2018 contributions.*

*Our apologies for any
omissions*

*For corrections, please
email info@nmepomaha.org.*

NO MORE EMPTY POTS MILESTONES

Pilot programming begins including **NMEP's longest running program, Community Market Basket.** In 2013, a multi-use food hub was determined as the best configuration to support the initiatives and development of a more resilient local food system.

NMEP expanded its reach and **began managing No More Empty Cups** coffee shop; supporting local foods, entrepreneurship and community engagement.

Food entrepreneurs begin to rent the Shared-Use Kitchen. NMEP earns licensing for the Culinary Workforce Training Program from the Nebraska Department of Education, launches pilot cohort **and celebrates first three graduates.**

2010

NMEP holds two food summits to share information about community needs, resources and determine potential economic impact of increased support of local food systems. **NMEP receives nonprofit designation!**

2010-2013

2014

NMEP purchases three buildings in Florence including two **100-year old buildings that would be transformed into the Food Hub.**

2015

2016

NMEP breaks ground on the food hub January 22, 2016! Commercial Kitchens were completed in December 2016.

2017

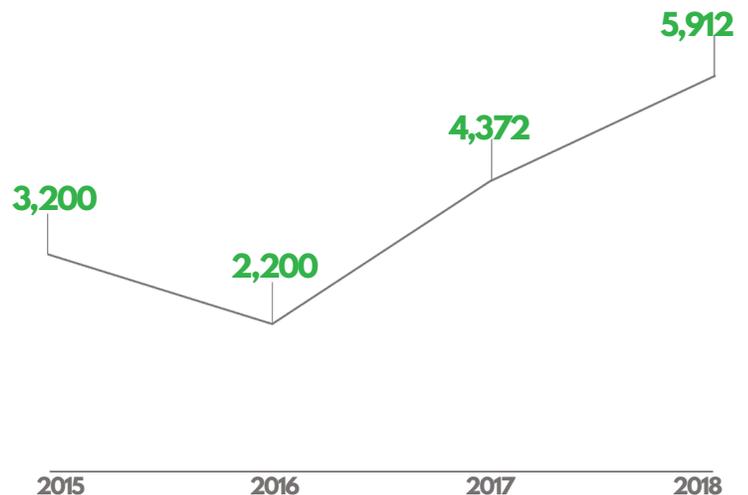
NMEP updates strategic plan. **Phase 2 construction begins** on the upper levels of the Food Hub including Cups Café at Florence, Kids Kitchen, Business Incubator and Rooftop Garden. **Set to open summer 2019!**

2018

2018 DATA



5,912 PEOPLE SERVED



3,156 PROGRAM HOURS

Major contributors to program hours included **1,400 hours** of Culinary Workforce Training Program hours, **1,209 hours** booked in the Shared Use Kitchen, and **428 hours** of Community Education programming.



1,700 VOLUNTEER HOURS

113 volunteers engaged with NMEP. Four volunteers; Kate, Victoria, Cecilia, and Jay, completed **1,000 hours** as interns from three different institutions.



COMMUNITY

EDUCATION

PEOPLE SERVED: 294

PROGRAM HOURS: 428

WHAT IS COMMUNITY EDUCATION?

Hands-on food nutrition, growing and cooking education programming using local, seasonal and affordable foods while integrating STEAM components (science, technology, engineering, art, and math).

HIGHLIGHTS

Community Education programming encompasses NMEP's community-based cooking, gardening, and STEAM education programming. In 2018, these programs provided:

428 hours of programming to **294 youth**, adults, and seniors

Partnered with over **20 different community-based organizations** including:

- Blackburn Alternative High School
- Nebraska Urban Indian Health Coalition
- Empowerment Network | StepUp!
- NorthStar Foundation
- Harrison Elementary
- Northwest High School
- Girls Inc.
- Fontenelle Elementary
- Omaha Public Library | Florence Branch, Washington Branch, W. Dale Clark



ISABELLA EXPLORES THE WONDERS OF SPINACH SEEDS

Earlier this year, Kaneko began hosting a series of workshops called the Creative Catalyst Series. No More Empty Pots collaborated with Kaneko on a special activity on seeds, sowing and planting. The youth planted a variety of greens, garlic, carrots, peas, okra, watermelon and squash into trays that were placed on growing tower shelf. Youth from Civic Nebraska After School Program spent Martin Luther King Jr. Day sowing seeds and planting garlic as they learn more about where food comes from and how to eat healthier.

Isabella chose to sow the spinach seeds, carrots, garlic and peas. She was curious about the seed shapes and how they will grow. The spinach seeds drew a lot of attention and conversation with their knobby appearance. When the class was asked about why we were planting the carrot seeds in the deeper pots, Isabella shouted because they grow longer under the ground.

Getting youth like Isabella excited about seeds, sowing and planting inspires curiosity, encourages healthy eating habits and empowers self-sustainability. The skills and healthy habits they learn can be taken home and spread throughout the household. Teaching our community to grow and eat their own food puts us one step closer to making sure no family goes hungry.

WHAT'S NEW IN 2019?

No More Empty Pots will host Peter Kiewit Foundation Summer Fun programming in the garden and the Kids Kitchen at the Food Hub. The program is slated to serve up to **480 youth, ages 6-18** where they will learn about food systems while incorporating STEAM and healthy eating.

Youth will participate in activities such as identifying edible plant parts from local sources and how they grow. They will also use Makey Makey devices with computers and receive instruction on simple circuits and the electrical conductivity of plant parts. Each group of participants will prepare and eat a healthy plant-based snack to enjoy!





CULINARY WORKFORCE TRAINING PROGRAM

PEOPLE SERVED: 220

PROGRAM HOURS: 1,400

WHAT IS THE CULINARY WORKFORCE TRAINING PROGRAM?

15-week Culinary Workforce Training Program prepares individuals to enter the workforce as a well-rounded employee and equips them with skills to succeed in a career in the food and beverage industry. Preparation includes 10-weeks of intensive, lecture-based and hands-on culinary training followed by on-the-job work experience placement and job search.

HIGHLIGHTS

In 2018, the Culinary Workforce Training Program delivered over **1400 hours** of culinary and workforce development programming to **21 students and 174 people** who came to Community Table. First National Bank partnered with the program to host a business pitch competition for students and graduates of the program and awarded a total of **\$1,000 to 2 finalists**.

Students completed work placements at local culinary establishments including:

- Noli's
- Au Courant
- Spencer's Steaks & Chops
- The Boiler Room
- Pitch Dundee
- Table Grace
- Open Door Mission
- Jon's Naturals

Since the Culinary Workforce Training Program initiated its first cohort in the fall of 2017, the program has celebrated **10 graduates** who completed over 400 hours of training and education while earning three separate certificates. We can hardly wait to celebrate the graduation of Cohort 6 in May 2019!



PARRIS IS HUNGRY FOR PERSONAL GROWTH

“I got involved with NMEP Culinary Workforce Training Program because their mission to serve and educate the community aligns with my own. I was taking an opportunity to better myself, make myself an overall better human being by learning to work with a new group of people and expand my network into a new group of entrepreneurs. Next I plan on getting the juice business off the ground and starting production in the Shared Use Kitchen and creating my cookbook.”

-Parris Gaines, Cohort 4 Graduate

WHAT'S NEW IN 2019?

The Culinary Workforce Training Program has formed new partnerships with Heartland Family Services and Metropolitan Community College to multiply and enhance services to students in case management and workforce development.

Heartland Family Services will deliver case management to CWTP students. The agency will be able to provide resources and tools specific to the needs of the individual, supporting them on their unique path to self-sufficiency.

Metropolitan Community College will deliver workforce development services and culinary labs. This supplemental training will provide job preparedness techniques and additional culinary skills to ready them for a high need, high skill, high wage job.





FOOD ENTREPRENEUR

PROGRAM

24 ENTREPRENEURS

1,209 HOURS BOOKED

NO M♥RE EMPTY POTS

WHAT IS THE FOOD ENTREPRENEUR PROGRAM?

Local food entrepreneurs looking to start or grow a business can take advantage of the NMEP Food Entrepreneur Program. NMEP food entrepreneurs are provided access to rent commercial kitchens at an affordable cost, market opportunities, resources and technical assistance for continuous improvement from our team of culinary experts and entrepreneurship management.

HIGHLIGHTS

24 entrepreneurs booked **1209 hours** in the Shared Use Commercial Kitchen in 2018. **11 entrepreneurs** participated in the 3rd Annual Entrepreneurship Invitational supported by Wells Fargo where food-focused entrepreneurs are provided access to tools and mentorship by NMEP and the Wells Fargo Green Team to develop business plans in preparation for a pitch competition with successive rounds competing to earn seed money for their business.

2018 WINNERS

- **1st Place:** Hector & Carolina Trujillo - Pan y Leche
- **2nd Place:** Edward Lazaro - TAYO
- **3rd Place:** Nick Miller - Chicken Coupe

Since winning the 1st Annual Entrepreneurship Invitational supported by Wells Fargo in 2016, Velma Mackey, owner of Suzan’s Sweet Potato Pie, LLC., has utilized the Shared-Use Kitchens at the NMEP Food Hub to scale her business. Her famous pies can now be purchased at three local Hy-vee Grocery Store locations; 156th & Maple, 108th & Fort, and 51st & Center.



PATRICIA LEANS ON MOTHER'S BAKING HISTORY

Patricia Arnold is an aspiring food entrepreneur who participated in the Entrepreneurship Invitational supported by Wells Fargo. Her business, T's Cakes, is inspired by memories of her mother's holiday baking throughout the years. Patricia recalls the days where her mother's baking would be the main attraction at holiday gatherings. These holiday experiences peaked the Patricia's interest and in time, she began baking herself. Over the years, Patricia's baking became as coveted as her mothers with family members. While Patricia's speciality is cheesecake, she puts her love of food and people in each product that she makes.

WHAT'S NEW IN 2019?

NMEP is hosting a food entrepreneur speaker series featuring guest speakers from the Nebraska Enterprise Fund, the Douglas County Health Department, the Midlands Latino Community Development Corporation, local businesses, Greater Omaha Chamber and more.

Food Entrepreneurs will have access to a sponsored booth at the Downtown Farmers Market for the 2019 market season, courtesy of Wells Fargo. They will also have access to the Florence Mill Farmers Market, Gifford Park Neighborhood Farmers Market, and the Highlander Farmers Market supported by NMEP.





CUPS CAFÉ AT LITTLE ITALY

FORMERLY NO MORE EMPTY CUPS

CUSTOMERS: 1,989

PROGRAM HOURS: 217

WHAT IS CUPS CAFÉ?

No More Empty Cups closed at the end of 2018 to be re-branded in a way that supported the community better. The first of two Cups Cafés, has opened in Little Italy with the second one slated to open this coming summer in Florence.

Cups Café is a program of No More Empty Pots. It serves specialty coffee, local and seasonal food, along with a meeting space available by reservation. It is a neighborhood café committed to helping the community become self-sufficient and food secure. Expert café managers, skilled baristas, seasoned chefs, NMEP leadership, and generous donors have brought about major improvements including upgraded specialty coffee program, serving both regional and locally sourced roasters. Improved food menu including housemade pastries, breakfast sandwiches, and healthy lunch options. Updated interior for a brighter, warmer, and more hospitable experience.

To support No More Empty Pots mission for stewardship, the café has partnered with Hillside Solutions to become a zero waste facility. Waste is separated into cardboard, recycling, and compost reducing food waste in landfills. The café serves all food and beverage on real dishes to reduce single use products and recycling.

FEATURED LOCAL PRODUCTS

- Archetype Coffee
- Burbach’s Countryside Dairy
- Crazy Gringa Hot Sauce
- Lulubee Artisanal Chocolates
- Gourmet Granola
- Bagel Bin
- Le Quartier Bakery & Café
- Pan y Leche
- Smoking Gun Jerky
- Benson Soap Mill



MARCUS STANDING TALL IS AT HOME

Marcus found us at No More Empty Cups in August. While talking to him, we discovered that he had an interest in technology and even had a limited background in IT. Marcus had been coming to the shop regularly because he felt like it was a safe place for him. It had a bathroom he could use and access to the internet. Through multiple conversations, we learned that Marcus was unhoused and living out of his car. He worked sometimes but struggled with consistent opportunities to earn income. He tried staying in shelters but he said that didn't work for him. He felt safer and more content in his car for now.

Marcus came into the shop after not having seen him for several weeks. He shared that he was doing much better and was really helped by information he received during his visits to No More Empty Cups. Marcus now has a job and a place to live. Marcus is a big guy but somehow seemed even a little taller than he did before, standing more confidently now that he had improved his situation. He told us that he was able to make a change by seeking out the resources he was referred to.

It's stories like these that reveal the importance of welcoming and inclusive spaces like No More Empty Cups and the new Café opening soon at the Food Hub. Neighbors like Marcus are searching for safe and inclusive spaces to connect with caring adults, sort through options, get back on their feet and contribute to our community.

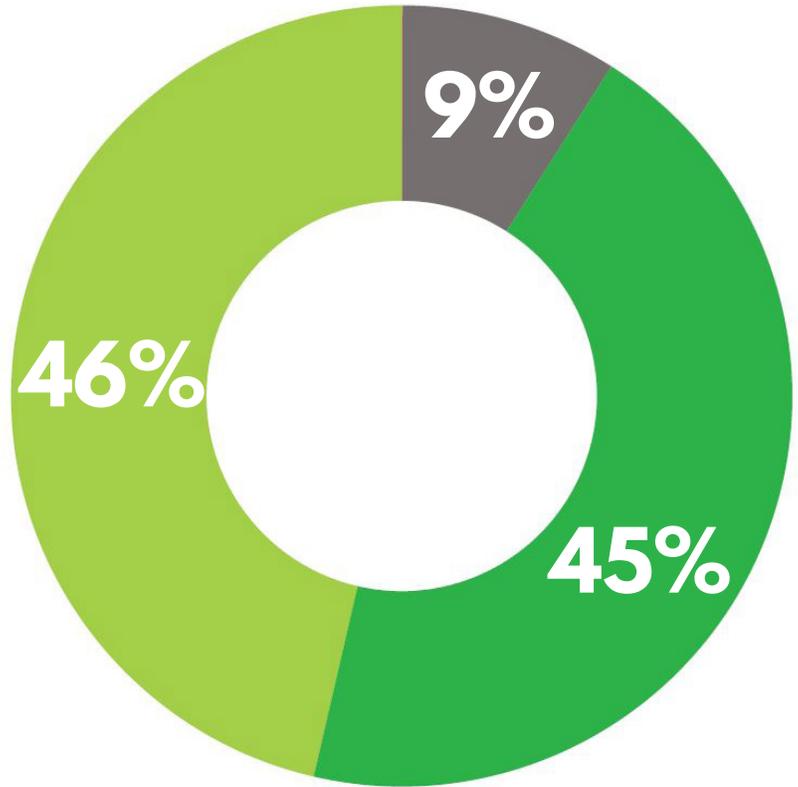


2018 FINANCIALS

INCOME

- Contributions: \$465,790
- Grants: \$447,704
- Program Revenue: \$90,251
- Other: \$378

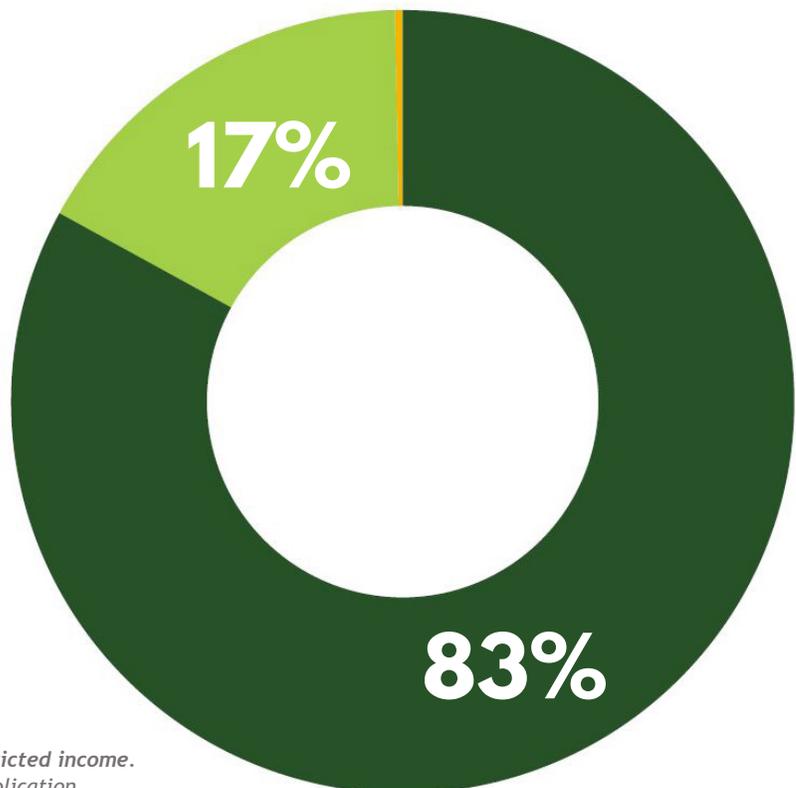
TOTAL: \$1,004,123



EXPENSES

- Programs: \$587,000
- Administration: \$118,000
- Fundraising: \$2,300

TOTAL: \$707,300



FUNDRAISING

As of December 31, 2018

CAPITAL CAMPAIGN

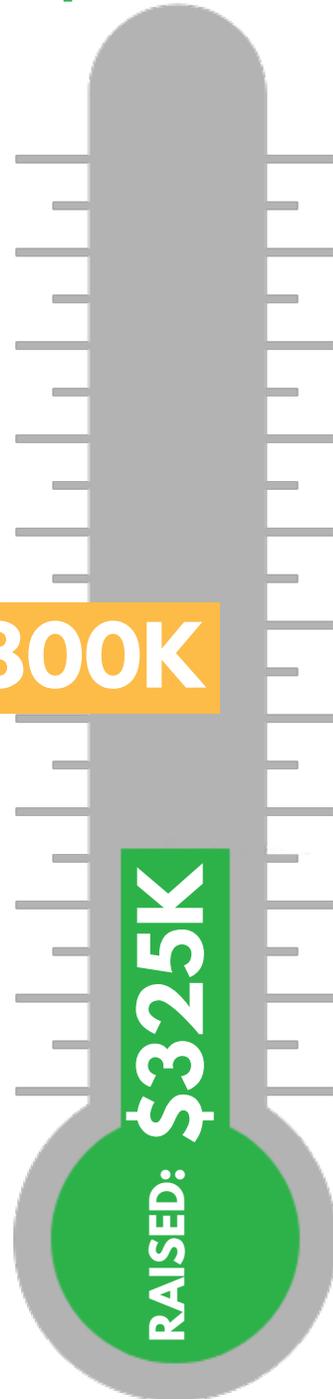
\$4M



GAP: \$831K

2019 OPERATING BUDGET

\$1.12M



GAP: \$800K

NMEP CULTURE

In 2018, No More Empty Pots staff and board members spent two days together engaging in a strategic planning session that brought to light three pillars of focus: **People, Programs and Finances**. Smart goals were created to support those pillars on both the individual and team level, rooted in our values of **Education, Stewardship and Sustainability**.

We're committed to investing in staff's personal and professional development by offering access to resources, opportunities for coaching, and continued education and training. Because of this, we've been able to recruit people with a variety of skills and strengths vital to the success of the organization. Recruitment can be an indicator of growth. Feeling those growing pains, we looked at our revenue from 2010 to 2017 and found that over that time the **organizational revenue increased by 3,700%**. That kind of growth really impacts culture.

Every participant, volunteer, partner, donor, staff, and community member is an integral part of the work. We are dedicated to bolstering our engagement because we believe each stakeholder brings great value to the work that we do through their stories, knowledge, and passions. 2019 will be an exciting year of growth! We are offering:

- More, varied volunteer positions in multiple program areas
- Opportunities for both groups and individuals from youth to seniors
- Regularly scheduled community and volunteer events



NMEP FOOD HUB OPENING SUMMER 2019

The Food Hub addresses the needs of the most vulnerable community residents by creating employment opportunities, filling gaps in local and regional food systems, and connecting people and resources. The food hub will support parents, families, young adults, and opportunity/school youth through programs that prepare participants for living wage workforce jobs, provide training for educational program success, facilitate hands-on project based learning in self-sufficiency and STEAM (Science, Technology, Engineering, Art and Math), access to healthy affordable food, and community based programs to develop personal strengths and leadership capacity.



KEY FEATURES

KIDS KITCHEN

12 individual stations for youth driven hands-on instruction, Commercial Kitchen, Stacked Convection Oven, Local Artist Mural

ROOF TOP GARDEN

Outdoor Kitchen, Raised Gardening Beds, Education & Events, Local Artist Mural

BUSINESS INCUBATOR

Enclosed Conference Rooms, Hourly Co-Working Space, Mother's Room, Kitchenette

CUPS CAFÉ AT FLORENCE

Featuring Local Foods, Products by Local Food Artisans, Ethically Sourced Coffee, Conference Room, Refurbished Soda Jerk Fountain, Refurbished Furniture by Local Restorer

COMMERCIAL KITCHENS

Completed in 2016

Only licensed commercial commissary kitchen in Douglas County, Nebraska. Equipment: Steam Jacketed Kettle, Hobart Floor Mixer, Deck Oven for Breads

YOU MAKE A DIFFERENCE EVERY TIME

We are grateful for every gift that supports youth, adults and seniors in our community. Your gift goes to food access, training, education and hands-on activities that helps each person live their best lives and contribute to making our community the place where we all thrive. Every penny counts towards reaching ambitious goals of service where needed the most.

To donate online, visit bit.ly/nmepdonate.

If you prefer **donating by check**, please send to:

No More Empty Pots
PO Box 12143
Omaha, NE 68112

To donate **shares of stock** or consider us in your estate plans, please contact us by phone at 402.502.1642 or email at info@www.nmepomaha.org.

ADMIN OFFICE

8511 N. 30th St.
Omaha, NE 68112
402.502.1642

FOOD HUB

8501 N. 30th St.
Omaha, NE 68112
402.502.1642

CUPS CAFÉ AT LITTLE ITALY

1502 S. 10th St. # 100
Omaha, NE 68108
402.614.2708



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