



Honoring the Resilience of Culinary Traditions

February is **Black History Month**, and No More Empty Pots is celebrating through food! This month, we're excited our Community Education team is hosting a cooking workshop called "**Flavors of the Diaspora**". Participants will prepare dishes inspired by the cuisine and Black history of Africa, the Caribbean, and the southern United States, while exploring the intersection of food, culture, and community.

Don't forget to check out our [No More Empty Pots Eventbrite](#) for upcoming monthly cooking classes like this one. New events are posted often!

[Explore Cooking Classes](#)

Coming Soon! Our Cups Café storefront will also be celebrating **Black History Month** with special events. You can follow the [Cups Café Facebook](#) for updates.

[Cups Café Facebook](#)



Introducing Harvest of the Month — All About Sweet Potatoes!

No More Empty Pots is proud to participate in the [Harvest of the Month](#) program alongside Farm to School Nebraska. The program celebrates Nebraska-grown seasonal foods by tasting, exploring, and learning together. This February, No More Empty Pots is highlighting **sweet potatoes!**

- **BIG Sale Alert** — All February long, enjoy **25% off sweet potatoes** at the Micro Market storefront, located at [2120 N. 30th Street](#). Stop by Tuesday, Wednesday, Friday, or Saturday to grab your discount!
- **Register for a CSA** — [Click here to sign up](#) and receive recurring deliveries of produce boxes filled with 6-8 unique food products straight to your door. You're supporting Nebraska's local farmers with every purchase.

Sweet Potato Cooking Workshop

Monday, February 17, 6:00 P.M. Online

Register for a fun online cooking workshop for the whole family! Hosted by No More Empty Pots, this event will teach you how to create dishes using sweet potatoes.

[Click Here to Register](#)



In 2024, No More Empty Pots proudly provided affordable **kitchen rental** space to **24 food entrepreneurs**, who together contributed over **837 rental hours**! One of those entrepreneurs is **Jeremy Wentland**, the owner of [Chicken Bucket Catering LLC](#).

Entrepreneur Spotlight: Chicken Bucket Catering LLC

Jeremy launched his business in October 2023. By offering affordable and flavorful catered meals, he wants to help families skip the stress of meal planning and cooking. Jeremy says his time in the [No More Empty Pots Kitchen](#) refined his recipes, improved his techniques, and built new community connections. His ultimate goal is to open a turn-key restaurant, and we couldn't be more excited to be part of his journey!

[Support Jeremy's Business](#)

Interested in renting our kitchen?

Learn more by visiting our [website](#) or contact awaugh@nmepomaha.org.

[Kitchen Rental Interest Form](#)

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We'd like to extend a heartfelt thank you to [FiberFirst](#) for their generous sponsorship of the No More Empty Pots Monthly Newsletter!

Contact our **No More Empty Pots** team at donations@nmepomaha.org if your organization is interested in available sponsorship opportunities.



A Big Thank You from the Cups Café!

Thank you for making the launch of [Cups Café](#) in Omaha's historic Florence neighborhood in January such a success! Our team is beyond grateful for your support and couldn't have made it this far without you. If you haven't stopped by yet, we're located at [8501 N. 30th Street](#), open **Tuesday through Saturday**.

In the Media — Our story's been picked up by some awesome media outlets including the [Faturday Omaha](#) podcast, the [Midlands Business Journal](#), and the [Omaha World Herald](#). We also have a special album of memories to share, thanks to photographer Debra Kaplan. Here's to many more cups shared together!

[Grand Opening Photos](#)



No More Empty Pots is watching the following bills in the [109th Nebraska Unicameral Legislature](#). Click each bill below to learn more!

- [LB46](#) - Establishes a Restaurant Meals Program under SNAP for households with elderly or disabled individuals and their spouses, as well as homeless individuals.
- [LB192](#) - Maintains the SNAP income eligibility level, which will decrease in September if this motion is not passed.
- [LB14](#) - Adopts the Hunger-Free Schools Act to offer free school meals for all public school students in Nebraska.
- [LB319](#) - Removes the lifetime ban on SNAP benefits for individuals with drug felony convictions who have completed their sentence or are serving parole, probation, or post-release supervision.
- [LB656](#) - Removes waivers on work requirements under SNAP.

Ready to Take Action? You can [call or email](#) your Senator directly. Or, you can [provide public input](#) either in-person or online. If you would like to testify in-person, [Voices for Children](#) offers support including hotel stays, gas cards, or money to compensate for missed pay. Email voices@voicesforchildren.com for more information.

[Public Input Options](#)

