



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 <u>Cups Café Facebook</u> for updates.

Cups Café Facebook



No More Empty Pots is proud to participate in the <u>Harvest of the Month</u> 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 <u>Click here to sign up</u> 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.
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 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.

Empty Pots, this event will teach you how to create dishes using sweet potatoes.

Click Here to Register



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!

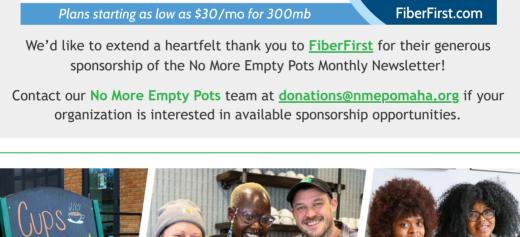
FiberFirst

Proudly supporting
North Omaha & No More Empty Pots

Interested in renting our kitchen?

Learn more by visiting our website or contact awaugh@nmepomaha.org.

Kitchen Rental Interest Form



HANK YOU FOR





<u>LB46</u> - Establishes a Restaurant Meals Program under SNAP for households with elderly or disabled individuals and their spouses, as well as homeless individuals.
 <u>LB192</u> - Maintains the SNAP income eligibility level, which will decrease in

• <u>LB14</u> - Adopts the Hunger-Free Schools Act to offer free school meals for all

• <u>LB319</u> - Removes the lifetime ban on SNAP benefits for individuals with drug felony convictions who have completed their sentence or are serving parole,

September if this motion is not passed.

public school students in Nebraska.

- probation, or post-release supervision.
 <u>LB656</u> Removes waivers on work requirements under SNAP.
- **Ready to Take Action?** You can <u>call or email</u> your Senator directly. Or, you can <u>provide</u> <u>public input</u> either in-person or online. If you would like to testify in-person, <u>Voices for Children</u> offers support including hotel stays, gas cards, or money to compensate for
- missed pay. Email <u>voices@voicesforchildren.com</u> for more information.

 Public Input Options

