

matt talbot kitchen & outreach

OCTOBER 2018 • VOLUME 5 • ISSUE 10

BOLD HOPE

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matt talbot
 kitchen & outreach

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2018 Homecoming weekend for the Huskers also brought more than 700 volunteers out to support Matt Talbot Kitchen & Outreach for Huskers Helping the Homeless. For four days MTKO had volunteers all over Lincoln, including Sam's Club, Gateway Mall, SouthPointe, Russ's Market, Walmart, Hy-vee, Super Saver and Downtown Lincoln. A Big Bold Hope THANK YOU to all our volunteers and event sponsors for a successful event!



Walmart  **Foundation**

Walmart believes in operating globally and giving back locally – creating impact in the neighborhoods where employees live and work. In 2016, Walmart and the Walmart Foundation donated more than \$1.4 billion in cash and in-kind. Associates also contributed more than 1.25 million hours of their time outside of work to volunteer causes. **Matt Talbot has benefited from this spirit of giving over the years!** Most recently, Matt Talbot was awarded \$25,000 through the Walmart Foundation's state giving program to support the hunger relief program. We appreciate Walmart's generosity and commitment to helping those in need. Learn more at <http://giving.walmart.com/foundation>

omt!
 divine women's resale

Celebrate Sock-tober at omt!

For every pair of socks sold at omt! divine resale during the month of October, omt! will donate a pair of socks to Matt Talbot Kitchen & Outreach! Thanks omt! and happy shopping, everyone!

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News from the Kitchen

By Sydne Wirrick-Knox, Kitchen Manager

Farewell to a team that has been with MTKO since October 1992!

SAMS (Serving at Matt's) has been providing and serving the 3rd Sunday Evening meal since Matt Talbot Kitchen opened in 1992. Joan Campbell Foote was the first team captain and has remained in the lead role for 26 years. **Thank you** all for your many, many years of service. It has been a pleasure working with your entire team. You will be missed by the guests and staff of MTKO!



First Come
First
Served!

CHANGE IN DINING ROOM POLICIES

Meals are now served on a "First-Come, First-Served" basis.
Families should no longer move to the front of the line.

Food Safety Information:

It's Important to MTKO How Foodborne Illnesses Occur

Chemical & Physical Contaminates: What are they & how to prevent them?

Chemical contamination comes from cleaners, sanitizers, polishes, machine lubricants, pesticides, deodorizers, first-aid products, and health and beauty products such as hand lotions and hairsprays. Certain types of kitchenware and equipment also can be risks for chemical contamination. These include items made from pewter, copper, zinc, and some types of painted pottery. **Symptoms** vary depending on the chemical consumed. Most illness occur within minutes and vomiting and diarrhea are typical. If an illness is suspected, call 911. **Prevention:** Purchase chemicals from approved suppliers; store chemical away from prep areas, food-storage areas and service areas; use chemicals for their intended use and follow directions; handle food with equipment and utensils approved for foodservice.

Physical contamination is caused by common objects that can get into the food (like the bread bag ties I see all over the kitchen). These items include metal shavings from cans, wood, fingernails, staples, bandages, glass, jewelry, dirt, and naturally occurring objects such as fruit pits and bones. **Symptoms** may be mild to fatal including cuts, dental damage, and choking. Bleeding and pain may be the most outward symptom. **Prevention** includes purchasing food from approved suppliers; closely inspecting the food you prepare, taking steps to make sure no physical contaminants can get into the food; and making sure food handlers practice *good personal hygiene*.



In following newsletters we will take a look at how important personal hygiene can be to food safety.

Kitchen
Clean-Up

Please Help Keep Our Kitchen CLEAN!

Areas not getting proper cleaning in the kitchen include: braising pan, sink by the coffee maker, sinks on the east wall, spills of food and liquids on stainless steel shelving and in refrigerators; floors swept and spot mopped.

A list of all your responsibilities is on the back of our "Daily Reports".

Please remember to do this so the next team up does not have to cleanup after you before they prep their meal. Our only kitchen cleaning crews are the hunger relief teams!

Thank you!

Thank You to Our September Hunger Relief Substitute Teams

Madhu Ayola provided and prepared evening meal (9/1), D.A. Davidson served lunch 9/11, St Paul's United Methodist Youth provided, prepared & served dinner (9/16), Arun Pondicherry (TSH Sponsor) provided, prepared & served evening meal 9/20, Jay Reddy provided, prepared and served lunch 9/26

Thank You to Our September Group Volunteers

Aden Family – Salad Bar (9/1), Luann Cao – Salad Bar (9/6, 9/13 & 9/27), Jenni Bruning Brown – Desserts (9/27)

MTKO Weekend on Call Pager Number: 402-473-0447

Non-Discrimination Statement

"In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA."

Maintaining HOPE (Garden, that is!)

by Janet Buck, MS, RD, LMNT, Nutrition Coordinator

As we approach the end of the 2018 gardening season, it seems appropriate to recognize all the tremendous help we have had over the spring, through the summer, and now into fall with helping keep our grounds and garden beautiful. It truly does take a village to help maintain the grounds and garden we have here at Matt Talbot. It began April of this year when we had a very generous donation of wood chip mulch from **General Excavating** here in Lincoln. General Excavating first approached us when we moved to the 27th Street location back in 2010 and asked if they could donate anything to help us. The mulch sprang to mind since we were just beginning our garden here. And every spring since then they have given us a most generous donation of a load of chips, plus they have delivered it to us without charge. We are so exceedingly grateful to them for this most substantial donation, which helps with keeping our grounds attractive. Then there were the folks who came and helped us spread the mulch around the building and garden, no small task. Thanks to them for their role in beatifying the HOPE Garden as well as our grounds.

In addition the **Girl Scout troop 20754** prepared the colorful tire beds and planted them this spring. The tires have been absolutely gorgeous all summer and have provided much splendor near the back door.

There have been a multitude of other helpers throughout the season, including **Myrna Stanard, Zane Brainard and Trevor Zuerlein**. These folks helped us with planting, keeping the weeds down, watering during the dry spell, and deadheading, all jobs that continue during the growing season. **Karen Gagner** has helped with keeping the plants in the pots watered and looking lovely all summer. We have also had groups from **UNL, Nebraska Wesleyan University, and First Evangelical Free Church** come to help us.

We have continued our collaboration with **Community CROPS** gardeners, who have maintained some of the garden space for their own family.

And, finally, I want to especially mention the two gardeners who have come faithfully throughout the whole season, never hesitating, despite the heat, humidity and bugs, to show up and contribute their energy and talents to the HOPE Garden. These individuals are **Maurice Bonne and Bertha Mesarch**. Maurice has been a regular here at Matt Talbot for several years, helping us get the HOPE Garden going through out the grounds. He plants bulbs in the fall that bloom in the spring and ones in the spring that bloom in the summer and fall. He immediately set to work planting flowers around the new garage once the construction was done on it. It is his work that you see to the west of the garage currently. One never knows where a flower will show up that has been his doing. Bertha just moved to Lincoln from Pennsylvania a year ago in May. She is a Master Gardener and wanted to contribute to her new community. Since I knew she was looking for gardening projects and we could use her expertise here in HOPE, we connected. She came all summer 2017 and has been a regular again this past summer.

Thank you so VERY MUCH to everyone who has helped out. We literally could not do it without you all!!! Our apologies if we have forgotten anyone. There have been so many volunteers that we might have overlooked mentioning someone. Know that your help was appreciated as well.



Fall is in the air ... time for sweaters, football, pumpkin spice and the **United Way and Combined Federal Campaign employee drives**. When donating during your workplace fundraising campaign remember that Matt Talbot is one of many agencies that will benefit from your donation. You'll be helping Lincoln's working poor and homeless find possibilities when things seem impossible. Thanks for giving BOLD HOPE!



BOLD HOPE

PO Box 80935
Lincoln, NE 68501

Food For Thought

In this month's "Food For Thought" we are featuring Matt Talbot's Outreach Team. Matt Talbot works to connect people to resources that take care of the whole person – providing beyond basic needs to embolden people to have hope.

Learn about our outreach program at mtko.org/providing-outreach

The Outreach Team makes this happen. These folks are dependable, hardworking, good listeners, problem solvers, and mediators. They meet people where they are and walk beside them to help them meet their goals. Their work encompasses all situations and can be very difficult. But there are times that make them smile. Some highlights from this week include:

- A little boy who comes in for supper always giving hugs.
- A guest who said "You're the first this week to tell me I had options."
- A housing client sharing their excitement and gratitude about getting furniture for their new apartment.

The Outreach Team brings their heart and soul every day. This group gives BOLD HOPE to our guests and our community. Thanks for all you do!

mtko.org/foodforthought



In the Spotlight

Meet our October Spotlight Volunteer, Margene Boyce.

Margene is our Laundry/Shower volunteer every Thursday morning. She has volunteered with us for two



years this month. Margene grew up on a farm and went to college at Kearney State, now University of Nebraska at Kearney, where she earned a Bachelors Degree in Social Work. She is retired, after holding her last position for 15 years in a medical office. Margene enjoys time with her 3 children and 8 grandchildren. She also enjoys making quilts and taking OLLI classes. Margene first came to Matt Talbot to look at the Carnegie Library. She wanted to find a place to volunteer so she decided to apply. Margene's favorite thing about volunteering at MTKO is meeting new people and getting to visit with our guests. Thank you for being a part of MTKO!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lunch Prairie Hill Learning Center Jason Nord Supper Super Supper Servers Sue Connolly	2 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	3 Lunch Wednesday Lunch Bunch Lisa & Michelle Supper Ceresco Covenant Church Marsha Rogers	4 Lunch Sub Team Prem Bansal P/P/S Supper St. Joseph's #3 Pat & Bill Lundak	5 Lunch IANL Roli Saraf Supper Westminster Presbyterian Church Gary & Glenna Haller	6 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
7 Lunch Madonna Sue Carraher Supper Sub Team Phat Nguyen P/P/S	8 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	9 Lunch Swanson Russell Serve Only Supper St Pat's Leah Bethune	10 Lunch Christ United Methodist Mary Woodard Supper St Peter's Godteens Sarah Hodge	11 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacramento #2 Mary Jo Bousek	12 Lunch Christ Lincoln Schools Jennifer Veen Supper Blessed Sacramento #1 MaryAnn Burda	13 Lunch First United Methodist Church Liz Zeff Supper 1 st Plymouth Congregational Hollie Schmidt
14 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac + Malcolm Student Council Supper P.K.'s & Friends Grace & Bryan Willnerd	15 Lunch Sub Team Applied Systems - Erin Watson P/P/S Supper St. David's Episcopal Kathy Wilson	16 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	17 Lunch Blessed Sacramento Jr High Danielle Miller Supper St Teresa's #1 Rosie Polak	18 Lunch Christ United Methodist Maggie Bates Supper St E's Mission Integration Committee Pat Hoidal	19 Lunch Second Baptist & Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	20 Breakfast American Legion Mike & Cecelia Lunch St Catherine's Lunch Bunch Eileen Zuerlein Supper Holy Savior Lutheran I Sue Dawson
21 Lunch St. Peter's Mary French Supper Talent Plus Christian Zoucha	22 Lunch St Peter's/St Teresa's Circle Provide Only Supper Sysco Lincoln Elke Hesser	23 Lunch Women's Welcome Club Beth Griffing Supper Southwood Lutheran Leigh Porter	24 Lunch Luann Cao Joseph B Supper St Teresa's Coffee Group Donna & Karen	25 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Francis & St Claire Janet Harrison	26 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran	27 Lunch Sub Team Westminster Presbyterian P/P/S Supper CALL Cheryl Ferree
28 Lunch Light of the World Larry Kunc Supper The Servants of St Joseph Mary Bill	29 Lunch Lincoln Medical Alliance Shannon Cullan Supper St Michael's Cheney Lori & Michelle	30 Lunch SCHEELS Jenna Nasif Supper Friends Jan Meints	31 Lunch Orthodox Men of Lincoln Richard Leiter & Paul Barnes Supper Sub Team UNL Success Scholars			MTKO Weekend Pager Number: 402-473-0447

USDA INVENTORY AS OF September 19, 2018

Canned, Frozen or Instant Vegetables

3 case (12 1# boxes/case) Instant Potatoes
12 1/2 cases (24 #300 cans/case) Green Beans
11 cases (24 #300 cans/case) Corn
6 1/2 cases (24 #300 cans/case) Peas

Canned & Frozen Fruit

17 cases (2 /#300 cans/case) Sliced Pears
15 1/2 cases (24 #300 cans/case) Peaches
1 1/2 cases (24 #300 cans/case) Applesauce
7 cases (23 #300 cans/case) Mixed Fruit

Pasta

4 cases (20 1# boxes/case) Spaghetti

Frozen & Canned Meat

None

Soups

None

Miscellaneous

8 3/4 cases (24 #300 cans/case) Spaghetti Sauce



STRIVE Recipe of the Month

Chicken Tetrazzini for a Crowd **Recipe serves 150**

7 1/2 pounds whole wheat spaghetti, broken into pieces	7 1/2 pounds sautéed mushrooms
22 (10/75 ounce) cans cream of mushroom soup, condensed, reduced sodium	8 medium red peppers, diced
5 3/4 pounds shredded Cheddar cheese	15 cups low sodium chicken broth
45 cups shredded chicken breast	

Directions:

1. Preheat oven to 350° F.
2. Cook whole wheat spaghetti until al dente. Drain and set aside.
3. In large pan, heat soup over low heat. Add shredded cheese (reserve some for topping) and stir together. Then add the chicken, mushrooms, red peppers and cooked spaghetti. Stir all together. Add enough broth to make it 'sloppy' and mix all together.
4. Pour mixture into baking pans, should fill 4 to 5 large pans. Sprinkle reserved shredded cheese on top and bake in for 30 to 45 minutes or until bubbly.

Calories: 279

Sodium: 506 mg

Note: You can easily substitute canned chicken for the cubed cooked chicken. Make sure you drain the chicken.