



matt talbot

kitchen & outreach

DECEMBER 2018 • VOLUME 5 • ISSUE 12

BOLD HOPE

Matt Talbot Chili Masters

Emeril Lagasse has nothing on Matt Talbot, at least as far as making chili! Our very own Janet Buck and guests Eldon Wilkinson and Michael Morrison won best white chili and the People's Choice Award at this year's Chili Cook Off sponsored by UNL Student Involvement. This year's proceeds were donated to Matt Talbot, which made the evening twice as special. The event took place at the Nebraska East Union in the Great Plains Room on November 9th. Cost to attend the event was \$10 per family or \$5 per individual or donations of canned goods. Guests got to taste all entries and then vote on their favorite entry. It was a perfect chili night with our cold weather. Of course the night of chili eating wouldn't have been complete without some yummy cinnamon rolls. Thanks to everyone for making the night a success!

White Chicken Chili

- | | |
|--|--|
| 1 large chicken (about 4 cups, chopped)
(or use a rotisserie chicken) | 1 ½ tsp. cayenne pepper |
| 2 Tbsp. chipotle extra virgin olive oil (or canola oil) | 1 medium onion, chopped |
| 1 4-oz. can chopped green chilies | 5 ½ cups chicken broth |
| ½ tsp. salt | 1 10-oz. can Ro-Tel tomatoes |
| 6 cloves garlic, minced | 3 15-oz. cans Great Northern beans, rinsed & drained |
| 2 tsp. cumin | 4 cups Monterey Jack cheese, shredded |
| | 16 oz. sour cream |

Cook the chicken, let cool. Pick the meat off the bones OR debone deli chicken.

Sauté the onion, chilies, salt, garlic, cumin and pepper in the oil. Cook until the onion is tender. Combine all ingredients except the cheese and sour cream. Cook 4-5 hours in crock pot on high or 6 hours on low.

During the last 30 minutes add the cheese and sour cream and stir well. Garnish with chopped cilantro, chopped olives, or broken tortilla chips.



SAVE THE DATE!

feeding the *soul* of the city

THURSDAY, MARCH 28, 2019

Contact Vicky if you have ideas for event sponsors
or auction items (vicky.drozd@mtko.org).

We need **warm hats** and **gloves**
to help our guests in this cold weather!
Please consider a donation today!

Donations can be dropped off Monday thru Friday 8:30 to 6:30.



News from the Kitchen

By Sydne Wirrick-Knox, Kitchen Manager

USDA Civil Rights Training Certifications

Remember to return your USDA signed certifications. Only 57% of our teams using USDA supplies have replied to this request. Please help MTKO comply with the USDA regulations. If you have any questions, contact Sydne at sydne.wirrick-knox@mtko.org or 402-817-0622.



In-Kind Donations Forms will be in the mail soon

This form is **very important** for our statistical reporting for funding requirements and auditing purposes. Please note that individual volunteers may choose to use the receipt as a basis for a charitable donation for income tax purposes. We would be happy to provide a receipt to any team member upon request. Original forms will be sent to team captains only.

Please convey this message to your team members.

MTKO is saying Goodbye to Cheri Hellem's St Peter's Hunger Relief Team. Cheri and her team have been a big part of MTKO for the past 15+ years, serving the 3rd Sunday lunch in March, July and November. Thank you for all your years of service to Lincoln's working poor and homeless. You will be missed!

Food Safety Information: It's Important to MTKO Foodborne Illnesses and the Importance of Personal Hygiene

Single-use Gloves. As the name implies, single-use gloves are designed for one task, after which they must be discarded. Used properly, they can help keep food safe. However, single-use gloves should **NEVER** be used in place of handwashing and should **ALWAYS** be worn when handling ready-to-eat food.

How to Use Gloves

Wash your hands before putting on gloves each time you start a new task.

Select the correct glove size.

Hold gloves by the edge when putting them on. Avoid touching the gloves as much as possible.

Once you have put them on, check gloves for any rips or tears.

NEVER blow into gloves.

NEVER roll gloves to make them easier to put on.

NEVER wash and reuse gloves.

When to Change Gloves

As soon as the gloves become dirty or torn.

Before beginning a different task.

After an interruption, such as taking a phone call, answering the door, or opening the refrigerator.

After handling raw meat, seafood, or poultry, and before handling ready-to-eat food.

After four hours of continuous use.

ServSafe
National Restaurant Association



Our October Hunger Relief Substitute Teams

WRK Real Estate & Investments provided, prepared & served lunch 11/6, Bishop Newman School, Wahoo provided, prepared & served dinner 11/11, Zion International Ministries provided, prepared & served lunch 11/15, St Pat's School provided, prepared & served lunch 11/19, Cattle Bank provided, prepared & served lunch 11/21

Thank You to Our October Group Volunteers

Luann Cao – Salad Bar 11/1, Aden Family – Salad Bar 11/3, Southgate Methodist Church – Salad Bar 11/7, Luann Cao - Salad Bar 11/8, Girl Scouts #20724 – Salad Bar 11/8, Emmanuel Lutheran Youth, York – Desserts 11/11, Boys Gold Soccer – Desserts 11/15, Nebraska City Youth Group – Salad Bar 11/18, Boy Scouts #36 – Desserts & Salad Bar 11/19, Skold Cousins – Music, 11/25, Luann Cao – Salad Bar 11/29

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."

Healthy Holiday Eating

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

'Tis the time of year for overindulging! Does the title of this article make you feel despair? Well, eating over the holidays does not have to be an exercise in frustration and futility. So, what is one to do, now that the holidays are upon us? Below are some tips that might help you.

First of all, don't set yourself up to feel like a failure. This is not the time of year to try to lose weight. Maintaining your current weight would be a more realistic goal. Setting unrealistic goals for yourself, like trying to lose weight or not eating your favorite holiday foods, is setting yourself up for failure. Holidays, celebrations and family and cultural traditions almost always involve food and eating with family and friends. To try to deprive yourself of these customs would be unlikely to succeed. Plus then you will feel badly about yourself, which is not helpful to efforts to eat healthfully. Another thing that people often do that helps set them up for being unsuccessful is to plan on dieting after New Year's. This sets up a binge-eating mentality. People think, "well, since I am going on a "diet" after the first of the year I had better eat all I can now". Plus it is known that restrictive diets do not work in the long-term. They increase your loss of lean body mass compared to fat, slow down your metabolism, and increase one's anxiety, depression, food preoccupation, and binge-eating likelihood. In addition, they make weight regain more likely.



Plan ahead. Think about what the day ahead will bring, who you will be with, what foods might be available, which foods you really would like to eat vs. those that you might just eat because they are available, and what your personal triggers to overeat are and how you might avoid them. If you are hosting a party, plan to have healthier choices available. If you are attending a function, plan to take something that is lower in fat and calories so you know there will be at least one "better" choice available. Here are just a few ideas to reduce calories: use applesauce in place of oil or egg substitutes in place of whole eggs when baking, use plain nonfat or Greek yogurt in place of sour cream, substitute skim milk in place of whole milk, and skim the fat off broth before making gravies or soups. The internet and magazines are full of tips about how to cut calories from foods. One I recently saw that has ideas for reducing the calories in common holiday side dishes, while still maintaining the flavor, is "What Healthier, 200-Calorie Thanksgiving Sides Look Like" by Danielle Omar, RD. It's at <https://blog.myfitnesspal.com>.

Eat your regular meals throughout the day, including breakfast. Planning to deprive yourself all day may very well backfire, with you being ravenous and eating everything in sight when you arrive at a party. You may even want to have a light snack like a small carton of yogurt, some string cheese, or a piece of fruit before you go to the party, to help prevent you from overeating when you get there.

Take steps to avoid recreational eating. Start your meal with a low-fat salad like a tossed salad with just veggies or a broth soup. To avoid recreational eating, look over the table before starting to put foods on your plate. Consciously choose the foods that you really want to eat, and take small portions of them. Savor the flavor of each tasty bite. If you think you want to go for seconds, wait at least a few minutes, as it takes that long for your brain to register that your stomach is full, and assess your fullness before going for the seconds. Once you have finished your plate, put a mint or stick of gum in your mouth and get yourself a full glass of water on to sip on for the rest of the evening or day. Stay away from the buffet table.

Watch your liquid calories. Many traditional holiday drinks are loaded with calories—think eggnog, punches, gourmet coffee drinks, and alcohol. Choose lower-fat versions of these yummy beverages. Opt for club soda or sparkling water with maybe a splash of juice or some lemon or lime slices. Diet sodas are calorie-free. Select light beers and wines if you do choose to drink. And limit your alcohol intake—for lots of reasons—but also because of the calories you can unwittingly take in. Alcohol can cause you to lose track of how much else you have eaten as well.

Be active. Take a walk after your holiday meal. Play games with your family and friends. Focus on being with the ones you love and socializing and not so much on eating.

And, finally, maintain your perspective. Overeating a couple of times during the holidays is not the end of your efforts to eat healthfully. Don't beat yourself up when you overeat (because that is going to happen to almost all of us!) Just get back on track the next meal or day. Try not to let guilt or despair overtake you. Enjoy these most special times of year and the special foods you only eat at these times.



BOLD HOPE

PO Box 80935
Lincoln, NE 68501

MTKO's Countdown to Christmas...

23 **12** **45** **10**
Days **Hours** **Minutes** **Seconds**

When shopping this holiday season please consider using these apps or websites that give back and consider selecting **MTKO** as your designated charity.



amazonsmile
You shop. Amazon gives.



Food For Thought

"If it weren't for Matt Talbot, I would be sitting at home where I could easily fall into depression. Not only do I get a good meal, it offers a lot of services for the people of Lincoln—homeless or not. Thank you Matt Talbot!"



-Lorna

Read more about Lorna's comments, check out all the stories, and share your own at:

mtko.org/foodforthought



All MTKO Volunteers

Thank you for your countless hours of volunteering during 2018! We would not be MTKO without all of our volunteers. We wish you and your families a

Safe and Blessed Holiday!



Matt Talbot Staff



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Lunch Knights of Columbus Ken Polacek Supper St Patrick's-Manley Sherry Kunz	31 Lunch Immanuel Church Vi Schroeder Supper St Michael's Cheney Lori & Michelle	MTKO Weekend Pager Number: 402-473-0447				1 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
2 Lunch Madonna Sue Carraher Supper Family & Friends Peggy & Greg Dynek	3 Lunch Prairie Hill Learning Center Jason Nord Supper Ceresco Covenant Church Marsha Rogers	4 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	5 Lunch Wednesday Lunch Bunch Lisa & Michelle Supper SCC Surgical Tech Students Prep & Serve MTKO provide	6 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	7 Lunch IANL Roli Saraf Supper Westminster Presbyterian Church Gary & Glenna Haller	8 Lunch Sub Team Crossroads Riders #262 P/P/S Supper 1 st Plymouth Congregational Hollie Schmidt
9 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac Supper P.K.'s & Friends Grace & Bryan Willnerd	10 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	11 Lunch Swanson Russell Serve Only Supper St Pat's Leah Bethune	12 Lunch Christ United Methodist Mary Woodard Supper Sub Team Bethlehem Lutheran Wahoo	13 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	14 Lunch Christ Lincoln Schools Jennifer Veen Supper Blessed Sacrament #1 MaryAnn Burda	15 Breakfast American Legion Mike & Cecelia Lunch St Katherine's Lunch Bunch Eileen Zuerlein Supper Holy Savior Lutheran III Sarah Fuller
16 Lunch St. Peter's Mary French Supper St Paul's Methodist Youth Mitch Connelly	17 Lunch Lincoln Federal Savings Bank Lending Hands Serve Only Supper St. David's Episcopal Kathy Wilson	18 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	19 Lunch Blessed Sacrament Jr High Danielle Miller Supper St Teresa's #1 Rosie Polak	20 Lunch HOLIDAY FIESTA Supper St E's Mission Integration Committee Pat Hoidal	21 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	22 Lunch St John's Talbot Lunch Bunch Tini Van-Oehlertz Supper CALL Cheryl Ferree
23 Lunch Light of the World Larry Kunc Supper The Servants of St Joseph Mary Bill	24 Lunch Sub Team Pariset Family P/P/S Supper Sysco Lincoln Elke Hesser	25 Lunch Sub Team Supper Sub Team Northeast Kiwanis P/P/S	26 Lunch Sub Team Pius X Swim Team P/P/S Supper St Teresa's Coffee Group Donna & Karen	27 Lunch Trinity Lutheran Church, Cordova Kim Due Supper Southwood Lutheran Leigh Porter	28 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran	29 Lunch The Dangling Particles Mindy & Holly Supper Cathedral Godteens Michelle Heofener

USDA INVENTORY AS OF November 16, 2018

Canned, Frozen or Instant Vegetables

4 cases (12 1# boxes/case) Instant Potatoes
8 ½ cases (24 #300 cans/case) Green Beans
12 ½ cases (24 #300 cans/case) Corn
8 ¾ cases (24 #300 cans/case) Peas

Canned & Frozen Fruit

6 ¼ cases (2 /#300 cans/case) Sliced Pears
8 ¼ cases (24 #300 cans/case) Peaches
1 ½ cases (24 #300 cans/case) Applesauce
9 ½ cases (23 #300 cans/case) Mixed Fruit

Pasta

3 ½ cases (20 1# boxes/case) Spaghetti
7 cases (12/1# bags/case) Egg Noodles

Frozen & Canned Meat

None

Soups

None

Miscellaneous

6 ½ cases (24 #300 cans/case) Spaghetti Sauce
3 ¾ cases (24 #300 cans/case) Tomato Sauce



STRIVE Recipe of the Month

Tuna Noodle Casserole

Recipe serves 150

150 ounces egg noodles
25 cups frozen peas
25 cups fresh carrots, sliced or diced
12 ½ cups chopped onions
25 cups chopped celery
6 ¼ cups chopped green peppers

175 ounces canned tuna, drained
6 ¼ cups Mayonnaise
12 (10.75 ounce) cans cream of mushroom soup,
reduced sodium
25 cups nonfat plain Greek yogurt
12 ½ cups low fat milk
25 cups shredded Cheddar cheese

Directions:

1. Cook noodles as directed.
2. Cook carrots.
3. Sauté onions, celery and green peppers.
4. Combine tuna, mayonnaise, celery, onion, green peppers, peas, and carrots.
5. Blend soup, yogurt and milk; heat through.
6. Add cheese. Heat and stir until cheese is melted.
7. Add cheese mixture to tuna and veggies, once combined, add noodles.
8. Turn into pans; cook at 400° until sauce bubbles.

Calories: 369

Sodium: 474 mg