

Matt Talbot Celebrates 25th Anniversary at Annual Dinner “Feeding the Soul of the City”!



Matt Talbot Kitchen & Outreach hosted the 13th annual Feeding the Soul of the City dinner and fundraising event on March 22, 2018, at the Cornhusker Marriott Hotel. Because of the generosity of 48 corporate and individual sponsors, the 335 guests who attended, and the many who gave donations prior to the event, Matt Talbot raised a gross amount of approximately \$140,000. Money raised will support the day-to-day hunger relief and homeless prevention services of the community kitchen and outreach center.

“This is a special year for us as we celebrate our 25th anniversary,” said Susanne Blue, Executive Director. “We are honored to have volunteers,

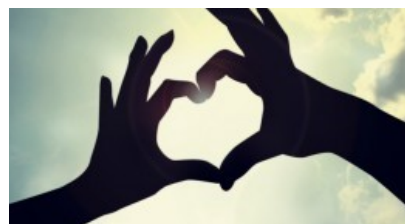
corporate partners, agency collaborators and community members either support or come to this event to celebrate our collective efforts to defeat hunger and homelessness in Lincoln.”

“With limited resources it is critical that human services agencies from the public and private sectors work together to find ways to meet the needs of the underserved in our community,” said Susanne Blue. “Honoring our partners with Compassion in Action Awards is one of my favorite things to do. The only way to truly meet the needs of the

2018 Volunteer Appreciation Luncheon

Please join us for a complimentary luncheon and celebration of “You” and your fellow Matt Talbot Volunteers on Thursday, April 19th from noon to 1:30 pm at the Graduate Lincoln Hotel. This year’s guest speaker, Randy Hawthorne, Executive Director and Publisher at the Nonprofit Hub, will discuss volunteering in the Lincoln community. We will also be honoring the “25 Year” Hunger Relief teams at Matt Talbot. We hope everyone can join us for this special celebration.

Please RSVP by Friday, April 13, to Victoria, victoria.young@mtko.org or 402-817-0623.



Special thanks to our event sponsors:

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News from the Kitchen

By Sydne Wirrick-Knox, Kitchen Manager

Weekend On-Call Pager Information and Procedures

Do you know how to contact an MTKO staff member if you need assistance on weekends. There is an MTKO staff member on-call each weekend to assist our weekend hunger relief teams.

If you need assistance:

- Dial the pager (402-473-0447)
- Follow the prompts
- Leave the best phone number where you can be reached
- Wait for the call back from the staff on-call

Remember if you call any other MTKO phone number, there will be no one to answer or to call you back on weekends.

Please contact me if you have any questions about these procedures.

My direct line is 402-817-0622; my email address is

sydne.wirrick-knox@mtko.org.

Spring is Here! Remember our hunger relief meal numbers usually increase during the spring and summer months. Please plan your meals accordingly. Thank you!

Hunger Relief Team Volunteer Opportunities

On-going volunteer opportunities to provide, prepare & serve in 2018:

Assorted dates for single volunteer opportunities (contact for details)

Contact Sydne at sydne.wirrick-knox@mtkserves.org or call 402-817-0622

Thank You to Our March Hunger Relief Substitute Teams

Prem Bansal provided, prepared & served lunch (3/1),

Good Deeds Nebraska served dinner (3/7),

St Catherine's Youth Indianola, NE provided, prepared & served dinner (3/15),

St Paul's Methodist Youth provided, prepared & served dinner (3/18),

St Michael's 8th Grade class provided, prepared and served lunch (3/28)

Thank You to Our March Group Volunteers

Luann Cao - Salad Bar (3/1), Aden Family - Salad Bar (3/3), Grand Lodge -

Desserts (3/6), Luann Cao - Salad Bar (3/8), St. Joseph's Godteens -

Salad Bar and Desserts (3/11), Luann Cao - Salad Bar (3/15), St. Peter's

CCD Class - Desserts (3/21), Luann Cao - Salad (3/22), Jenni Bruning

Brown - Desserts (3/22), Ahler Family - Salad Bar (3/25), St. Peter's CCD

Class - Desserts (3/28), Luann Cao - Salad (3/29)

**PLEASE DO NOT DUMP GREASE
OR COOKING FAT DOWN THE
FLOOR DRAIN UNDER
THE BRAISING PAN.**

Instructions for disposal are posted
on the wall above the pan.

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

Eggscellent Eggs

by Janet Buck, RD, Nutrition Coordinator

Although National Egg Month isn't until May this year, it seems like some information about eggs might be timely, with Easter being in April. Eggs are an extremely low-cost, nutritious food. All eggs contain the nutrients protein and fat. Egg protein is of such high quality that it is often used as the standard by which other protein foods are measured. Egg protein contains all the essential amino acids (building blocks of protein which the body needs but cannot make) in a pattern that matches very closely the pattern the human body needs. This is why eggs are classified with meat in the Protein Food Group and why egg protein is called complete protein. With the exception of vitamin C, an egg contains varying amounts of all the essential vitamins plus many minerals. An egg yolk is one of the few foods which naturally contain vitamin D, the sunshine vitamin. Altogether, according to USDA, a single large egg (50 grams) supplies 72 calories and contains the following nutrients: 6.3 grams of protein, 0.4 grams of carbohydrates, 4.8 grams of total fat. As is true for most foods, cooking causes some minor nutrient losses in the egg which you can help preserve by proper cooking. This information is in the Eggcyclopedia—5th edition—of the website <https://www.incredibleegg.org>. This website also has some helpful information about cooking eggs, including hard cooking them, and some interesting recipes such



Souper Bowl of Caring

Thank you to everyone who participated in this year's Super Bowl of Caring. This year churches and businesses from the surrounding Lincoln area helped raise over \$15,000 to help Matt Talbot Kitchen & Outreach provide assistance to the hungry and



Could Your Team Use Help?

Any teams in need of help serving, cleaning, washing dishes, etc., please contact Victoria Young, Coordinator of Volunteers, 402-817-0623 or victoria.young@mtko.org. We have many individuals looking to help volunteer at Matt Talbot and





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BOLD HOPE

PO Box 80935
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Food For Thought

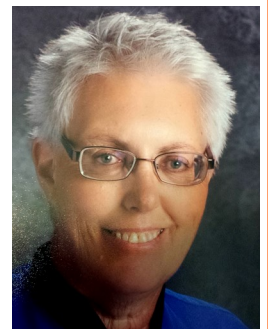
This month in our "Food for Thought" series we bring you a quote from Joan Foote, a volunteer who serves on one of our 25-year hunger relief serving teams.

"I was in a woman's group with Mary Costello and she was the one who inspired me. We all signed up and many of us are still at it! God has pretty much made it clear that we are to take care of the poor, homeless, the sick, etc. MTKO is a great place to obey that commandment. It touches my heart when a guest says "thank you for what you are doing". To say "thank you" admits a humility for that person and it in turn humbles me! One time a woman brought in hats and scarves she had knit. She left them on a table for the guests to choose their own. Every person who came through the line with a hat or scarf also had a grin on their face! It was precious to see the joy it gave them!"

Check out all the stories and share your own



Meet Susan Durand, our April Spotlight Volunteer. Many of you might not be familiar with Susan, she bakes and decorates the graduation cakes for Matt Talbot's Life Skills classes. Susan is a native Nebraskan, has been married to her husband David for 34 years and has one son, Richard. Susan learned about Matt Talbot when she attended an information meeting at St. Marks UMC. During the meeting they mentioned that Matt Talbot was looking for someone to make the cakes for their Life Skills classes. Susan enjoys volunteering and helping people. She has always tried to do various volunteer jobs to meet new people and for the feeling it brings by helping people. This opportunity allows her to practice new decorating techniques and keeps her old



ones sharp! Susan's favorite thing about volunteering at Matt Talbot is how appreciative everyone is. Everyone is so polite and thankful no matter what the size of the job is you've done. Susan loves working with Glenn Schawang, Outreach Specialist, "he is

wonderful to work with".

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lunch Easter No Lunch Meal Supper Family & Friends Peggy & Greg Dynek	2 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper Super Supper Servers Sue Connolly	3 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	4 Lunch Wednesday Lunch Bunch Lisa & Michelle Supper Powderhook Eric Dinger	5 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	6 Lunch IANL Dr. Ram Bishu Supper Westminster Presbyterian Church Gary & Glenna Haller	7 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
8 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac + Malcolm Student Council Supper P.K.'s & Friends Grace & Bryan Willnerd	9 Lunch Prairie Hill Learning Center Jason Nord Supper J-Tech Construction Jason Olberding	10 Lunch Sub Team Allstate Toni Montanez Supper St Pat's Leah Bethune	11 Lunch Christ United Methodist Mary Woodard Supper St Peter's Godteens Sarah Hodge	12 Lunch Sub Team Wesleyan Cindy Maroff Supper Blessed Sacrament #2 Mary Jo Bousek	13 Lunch Christ Schools Megan Ockaden Supper Blessed Sacrament #1 MaryAnn Burda	14 Lunch First United Methodist Church Liz Zeff Supper 1 st Plymouth Congregational Hollie Schmidt
15 Lunch St Peter's Mary French Supper Talent Plus Christian Zoucha	16 Lunch Lincoln Federal Savings Bank- Lending Hands Serve Only Supper St. David's Episcopal Kathy Wilson	17 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	18 Lunch Blessed Sacrament Jr. High Danielle Miller Supper St Teresa's #1 Rosie Polak	19 Lunch Christ United Methodist Maggie Bates Supper St E's Mission Integration Committee Pat Hoidal	20 Lunch Second Baptist Elaine Pope Supper St Mary's NA Martyrs Mix Carol Ruskamp & Cindy Seidl	21 Breakfast American Legion Mike & Cecelia Lunch St Catherine's Lunch Bunch Eileen Zuerlein Supper Holy Savior Lutheran I Sue Dawson
22 Lunch Calix Chris Jacobsen Supper The Servants of St Joseph Mary Bill	23 Lunch St Peter's/St Teresa's Circle Provide Windstream Serve Only Supper Sysco Lincoln Elke Hesser	24 Lunch Women's Welcome Club Beth Griffing Supper Southwood Lutheran Leigh Porter	25 Lunch LuAnn Cao & Friends Supper St Teresa's Coffee Group Donna & Karen	26 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Francis & St Claire Janet Harrison	27 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran	28 Lunch St John's Talbot Lunch Bunch Tini Van-Oehlert Supper CALL Cheryl Ferree
29 Lunch Knights of Columbus Ken Polacek Supper Sub Team St Joe's Godteens Auburn, NE Deb/John Crotty	30 Lunch Lincoln Medical Alliance Shannon Cullan Supper St Michael's Cheney Chloe Burianek					MTKO Weekend Pager Number: 402-473-0447

USDA INVENTORY AS OF March 20, 2018

Canned, Frozen or Instant Vegetables

1 case (12/1# boxes/case) Instant Potatoes
13 cases (24/#300 cans/case) Green Beans
16 1/2 cases (24/#300 cans/case) Corn

Canned & Frozen Fruit

12 cases (24/#300 cans/case) Sliced Pears
4 cases (24/#300 cans/case) Peaches
2 cases (24/#300 cans/case) Applesauce
1/2 case (24/#300 cans/case) Mixed Fruit

Pasta

5 1/2 cases (20/1# boxes/case) Spaghetti
2 cases (20/1# boxes/case) Macaroni
1 1/2 cases (12/1# bags/case) Egg Noodles

Frozen & Canned Meat

16 cases (24 15 oz. cans/case) Canned Chicken
2 3/4 cases (24 14.75 oz. cans/case) Canned Salmon
21 cases (24/12 oz. cans/case) Canned Tuna
2 cases (20/2# packages/case) Deli Sliced Turkey (frozen)

Soups

2 1/2 cases (12/22 oz. boxes/case) Cream of Chicken Soup-not condensed

Miscellaneous

None



STRIVE Recipe of the Month

Mayo Free Cabbage Salad

Recipe serves 150

3 3/4 Cups Canola Oil	15 (8 ounce) Packages Shredded Cabbage
2 Cups Red Wine Vinegar	45 Green Onions, Thinly Sliced
1/2 Cup Soy Sauce	5 Cups Slivered Almonds
2 1/2 Cups White Sugar	5 Cups Dried Cranberries or Dried Cherries

Directions:

1. Mix oil, vinegar, soy sauce, and sugar in a large bowl, mixing well until sugar has dissolved. (I have found a bottle with a secure lid works better because you can shake the dressing and store any leftover).
2. Toss the cabbage, green onions, almonds, cranberries or cherries.
3. Stir or shake the dressing and toss with cabbage mixture.
4. Cover bowl and refrigerate at least 1 hour before serving; slaw tastes better when chilled overnight.

Calories: 93

Sodium: 47 mg