



matt talbot

kitchen & outreach

NOVEMBER 2018 • VOLUME 5 • ISSUE 11

BOLD HOPE

More Than \$50,000 Raised During Huskers Helping the Homeless

Matt Talbot Kitchen & Outreach teamed up with more than 700 volunteers for the 22nd Annual "Huskers Helping the Homeless" the weekend of September 29th for the NU V. Purdue football game. This year more than \$50,000 was raised in support of Matt Talbot's hunger relief and homeless prevention services! During a 4-day period, volunteers accepted monetary donations in the downtown area before the game, Sam's Club & Walmart stores, Russ's Markets & Super Savers, and at SouthPointe Pavilions and Gateway Mall. In addition to the efforts of the community volunteers, local businesses and individuals sponsored the event.

Funds raised through the event were down about \$5,000 due to cold and rainy weather on game day. Community members are encouraged to consider a gift at mtko.org/huskergive.

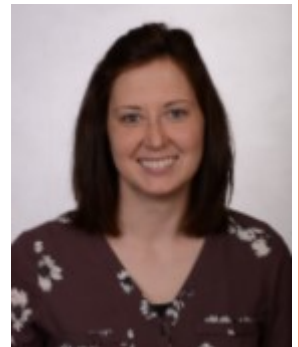
"We are grateful for the awesome volunteers, supportive sponsors and generous community that make this event so successful," said Susanne Blue, Executive Director. "It is inspiring to see volunteers of all ages and backgrounds coming together to raise funds to defeat hunger and homelessness in our community. Even with the rain everyone was amazing!"

To celebrate the important role students have in this event, a trophy is awarded to the high school with the most registered volunteers on game day. East High School was the winner for the second consecutive year with 54 volunteers.



We Hate To Say Goodbye

We are sad to report that Jessica Roit has ended her employment at MTKO at the end of October. Jessica did an amazing job establishing protocols and a foundation for the Homeless Diversion Program. Jessica is leaving to pursue her mental health license and we wish her all the best! The position will be filled soon.



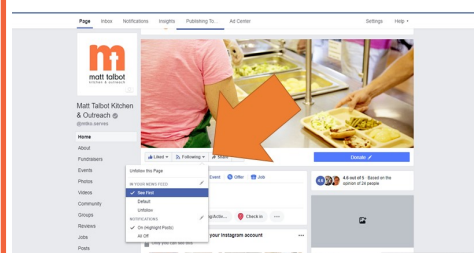
SAVE THE DATE
Sunday, February 3, 2019



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Don't Miss Any Posts On Facebook!

Follow these 3 steps to see Matt Talbot's posts at the top of your news feed. And then "share" our BOLD HOPE news with your Facebook Friends!



1. Go to our Facebook Page.
2. Click "Following" under the image of serving trays.
3. Then select "See First".



News from the Kitchen

By Sydne Wirrick-Knox, Kitchen Manager

"USDA Civil Rights Training" information has been sent out to teams using and/or serving USDA food. Please help MTKO comply with the USDA regulations by having your team members read the information, sign the certification and return them to MTKO.

Snow Day Procedures

Soon we will be thinking about snowy winter weather.

Please make sure you have the **MTKO phone number & weekend pager number** handy!

For **weekday teams** give the kitchen a call as soon as possible once the decision has been made that your team **will be unable to make it**. That will give the staff members time to get a meal planned and find volunteers to help. The MTKO phone number is **402-477-4116**. We are open from 8:30 AM to 6:30 PM.

For **weekend teams** the pager number is 402-473-0447. **To get assistance:** Dial the pager number. Follow the prompts. Leave the best phone number where you can be reached. Wait for the call back from the staff on-call. Once again, do this as soon as possible so we have an opportunity to make other arrangements.

WELCOME to New Hunger Relief Teams

SHEELS – 5th Tuesday Lunch 3 times a year – Team Captain: Jenna Nasif

Joseph B – 4th Thursday Lunch (even months) Team Captain: Luann Cao

Seward United Methodist Church Youth Group – 1st Wednesday Dinner (6 x a year) Team Captain: Tonya Parra

St. Paul's Methodist Church Youth – 3rd Sunday Evening Meal (8 times a year) Team Captain: Mitch Connelly

Living Faith Free Methodist Church – 3rd Thursday Dinner (odd months) – Team Captain: Pastor Ken Watson

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

Handwashing is the most important part of personal hygiene. Hands must be washed in a sink designated for handwashing---never wash hands in a sink designated for food prep or dishwashing.

When should you wash your hands? You should wash your hands after the following activities:

- Using the restroom.
- Touching the body or clothing (that includes scalp, hair, nose and ears).
- Coughing, sneezing, blowing nose, or using a handkerchief or tissue.
- Eating, drinking, smoking, or chewing gum or tobacco.
- Handling soiled items.
- Handling raw meat, seafood, or poultry.
- Handling service animals or aquatic animals.
- Handling chemicals that might affect food safety.
- Changing tasks (before beginning new task).
- Leaving and returning to the kitchen/prep area.
- Handling money.
- Using electronic devices.
- Touching anything else that may contaminate hands, such as dirty equipment, work surfaces, or cloths.



Thank You to Our October Hunger Relief Substitute Teams

Prem Bansal & Family provided, prepared & served lunch 10/4, Phat Nguyen & Friends provided, prepared & served dinner 10/7, Applied Systems provided, prepared & served lunch 10/15, Westminster Presbyterian Church provided, prepared & served lunch 10/27, UNL Success Scholars provided, prepared & served dinner 10/31

Thank You to Our October Group Volunteers

GSK Consumer Healthcare – Salad Bar 10/1, Gold Boys Soccer – Salad Bar 10/3, Aden Family – Salad Bar 10/6, Luann Cao – Salad Bar 10/18, Bryan Nurses – Salad Bar 10/18, Annie Ackerman – Salad Bar 10/20, 77th Street Friends – Salad Bar 10/21, Luann Cao – Salad Bar 10/25, Jenni Bruning Brown – Desserts 10/25

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."

Easy Meals

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

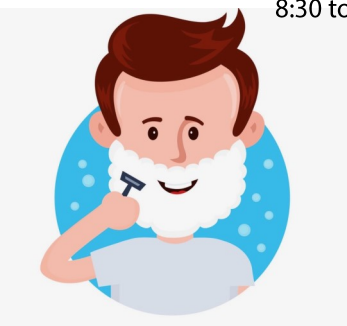
A couple of months back I talked about some guidelines for planning healthy meals, as well as how I plan the meals we make in cooking classes here at Matt Talbot. It turns out there are lots of helpful websites to help you with your goals of preparing healthy meals. In addition, keep in mind that most of us are limited in the amount of time that we have available to make the desired healthy meals. A great site I recently found is from Eating Well magazine. They have a week's worth of main dishes that only contain five ingredients. The recipes are for chicken enchilada stuffed spaghetti squash, Italian zucchini topped baked potato, chili-rubbed tilapia with asparagus and lemon, creamy chicken and mushrooms, seared salmon with green peppercorn sauce, roasted gnocchi & Brussels sprouts with Meyer lemon vinaigrette, and roast chicken and sweet potatoes. You can find these recipes at: <http://www.eatingwell.com/recipes/20532/mealtimes/dinner/quick-easy/5-ingredient>. I am loving the idea of making your whole meal in one pan, like the roasted gnocchi and Brussels sprouts pictured.



MTKO's Outreach Department is in need of **razors** and **deodorant** to distribute to our guests.

Please consider a donation today!

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



UNL Student Involvement's



The Chili Cook-Off is hosted by Student Involvement on East Campus. Competitors put their chili recipes to the test against the judges' and public members' taste buds. UNL students and community members are invited to Eat or Compete at the Chili Cook-Off, as all proceeds will benefit Matt Talbot Kitchen and Outreach.

The Chili Cook-Off will be held on **Friday, November 9, 2018**. It will be located in the Great Plains Room of the Nebraska East Union.

If cooking isn't your specialty, come and enjoy the chili of others! Each meal includes a beverage and a cinnamon roll.

The cost to eat is:

- For a family: \$10 or 10 cans of food
- For an individual: \$5 or 5 cans of food

Fresh Thyme Giving Bag Program

MTKO has been selected to be the Fresh Thyme Giving Bag Program recipient for the month of November! Help us spread the news!



**Each bag sold = \$1
to Matt Talbot Kitchen & Outreach**

**Fresh Thyme is located at:
5220 O Street, Lincoln NE**

MTKO's Countdown to Christmas...

60 17 34 17

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.



amazon smile
You shop. Amazon gives.





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BOLD HOPE

PO Box 80935
Lincoln, NE 68501

#GIVING TUESDAY

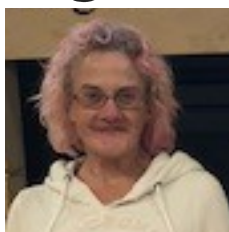
Tuesday, November 27, 2018

mtko.org/donate

Food For Thought

"Matt Talbot gave me hope when I felt I had lost all hope. It's not only a place to eat when you have nothing, but they provide laundry & shower facilities, clothing and whatever else one might need. They never ask why and they never judge. They provide housing but they don't push it. They're absolutely amazing and many of us would most likely perish if this place didn't exist."

- Rachel, First HOPE Client



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

mtko.org/foodforthought



**In the
Spotlight**



This month's November Spotlight is twin sisters, Kim Smith and Denise Korinek, who give us BOLD HOPE and tasty chili! For 7 years they've been hosting the Lot 10 Husker Tailgate Chili Kickoff and for the past two years they have chosen to collect donations for Matt Talbot at the event. This year's celebrity judges included our own Jessica Roit tasting 11 chili entries. The sisters raised \$470 to help those in need! Thanks, Kim and Denise, and Go Big Red!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	2 Lunch IANL Roli Saraf Supper SOS St Mark's United Methodist Ann Heydt	3 Lunch 1 st Plymouth Congregational Hollie Schmidt Supper 1 st Plymouth Congregational Hollie Schmidt
4 Lunch Madonna Sue Carraher Supper Family & Friends Peggy & Greg Dynek	5 Lunch LLC Health Dept Kings & Queens Gary Walsh Supper Super Supper Servers Sue Connolly	6 Lunch Sub Team WRK Real Estate & Investments Supper Tuesday Dues Capital City Christian Church Joy Blythe	7 Lunch Wednesday Lunch Bunch Lisa & Michelle Supper Seward United Methodist Youth Group Tonya Parra	8 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	9 Lunch Christ Lincoln Schools Jennifer Veen Supper Spirit of Hope Lutheran Church Deb Bush & Dallas Kipper	10 Lunch First United Methodist Church Liz Zeff Supper Family & Friends Joyce Champoux
11 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac Supper Sub Team Bishop Newman Wahoo	12 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	13 Lunch Swanson Russell Serve Only Supper St Joseph's #1 Mary Love	14 Lunch Christ United Methodist Mary Woodard Supper New Covenant ACTS Lee Johnson- Flowerday	15 Lunch Sub Team Zion International Ministries Supper Free E Life Group Carna Pfeil	16 Lunch Second Baptist Elaine Pope Supper St Mary's – NA Martyrs Mix Carol Ruskamp & Cindy Seidl	17 Breakfast American Legion Mike & Cecelia Lunch Crestwood Christian Jeromy & Shari Supper Holy Savior Lutheran II Margaret Rasmussen
18 Lunch St. Peter's Cheri Hellem Supper St Paul's Methodist Youth Mitch Connelly	19 Lunch Sub Team St. Pat's P/P/S Supper St. David's Episcopal Sharon Beachell	20 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	21 Lunch Sub Team Cattle Bank P/P/S Supper St Teresa's #1 Rosie Polak	22 Lunch Thanksgiving No Lunch Meal Supper St Francis & St Claire Janet Harrison	23 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran	24 Lunch Blessed Sacrament #5 Mary Woltemath Supper CALL Cheryl Ferree
25 Lunch North American Martyrs Christy Bousquet & Angie Korus Supper The Servants of St Joseph Mary Bill	26 Lunch The Graduate Lincoln Lauren Folkerts Supper SouthPointe Christian Church Lisa Gengenbach	27 Lunch Women's Welcome Club Beth Griffing Supper Southwood Lutheran Leigh Porter	28 Lunch Blessed Sacrament Jr High Danielle Miller Supper St Teresa's Coffee Group Donna & Karen	29 Lunch St Paulinus Kay Kreifels Supper St James' Cortland Kassie Ebbers	30 Lunch Christ United Methodist Ann Rauscher & Rochelle Dyer Supper Southwood Lutheran Leigh Porter	MTKO Weekend Pager Number: 402-473-0447

USDA INVENTORY AS OF October 17, 2018

Canned, Frozen or Instant Vegetables

2 case (12 1# boxes/case) Instant Potatoes
7 3/4 cases (24 #300 cans/case) Green Beans
12 1/3 cases (24 #300 cans/case) Corn
3 1/2 cases (24 #300 cans/case) Peas

Canned & Frozen Fruit

11 1/4 cases (2 / #300 cans/case) Sliced Pears
11 1/2 cases (24 #300 cans/case) Peaches
1 1/2 cases (24 #300 cans/case) Applesauce
17 cases (23 #300 cans/case) Mixed Fruit

Pasta

3 1/3 cases (20 1# boxes/case) Spaghetti

Frozen & Canned Meat

None

Soups

None

Miscellaneous

8 1/3 cases (24 #300 cans/case) Spaghetti Sauce



STRIVE Recipe of the Month

Chicken Spaghetti Recipe serves 150

22 (8 oz.) packages spaghetti
43 cups chicken breast, cooked and diced (around 32 pounds chicken breast)
10 cups chopped green peppers
10 cups chopped red peppers
4 1/2 (40 ounces total) containers yogurt, plain low fat
2 #10 cans mushrooms, drained
32 cups shredded Cheddar cheese

Directions:

1. Preheat oven to 350° F.
2. Cook pasta as per directions for 8 to 10 minutes or until al dente; drain.
3. Mix together: cooked spaghetti, diced chicken, green and red peppers, yogurt, mushrooms & cheese.
4. Pour into casserole pans and bake for 90 minutes in preheated oven. Serve immediately.

Calories: 337

Sodium: 500 mg

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