



matt talbot

kitchen & outreach

NOVEMBER 2017 • VOLUME 4 • ISSUE 11

BOLD HOPE

Moving Day at Matt Talbot

Construction is complete on Matt Talbot's building expansion! During the week of October 23, staff, volunteers and the experts from Office Innovations relocated offices for Clarence, Alanna, Robert, Sheri, Janet, Glenn, Retha, and Dave and set up new meeting and records storage spaces as well. Thanks to everyone for their patience during construction and during the move—it may take a little while for everyone to get settled into their new spaces. We are still seeking gifts and pledges for the final \$9,000 of our \$750,000 fundraising goal. You can donate online at mtko.org/building or contact Sally Buchholz, 402-817-0621, or sally.buchholz@mtko.org.



Huskers Helping the Homeless Raises \$54,000

The Huskers may not have won their game, but Matt Talbot Kitchen & Outreach sure came up a winner. For four days over 750 volunteers helped Matt Talbot Kitchen & Outreach raise over \$54,000. This year MTKO had volunteers all over Lincoln, including Sam's Club, Russ's Market, Walmart, Hy-vee, Super Saver and Downtown Lincoln. This year's downtown fundraising hit record highs thanks to all of the hard working volunteers. In addition to our volunteers our event would not have been successful without all of our generous sponsors.

Husker Sponsors

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Special thanks to University of Nebraska Athletic Department
Russ's Market • Super Saver • Walmart • Sam's Club • SouthPointe Pavilions
St. Mark's on the Campus and to all of our amazing volunteers



News from the Kitchen

By Sydne Wirrick-Knox, Kitchen Manager

Winter 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** please call the pager number 402-473-0447. The staff member on-call will return your call.

Once again, do this as soon as possible so we have an opportunity to make other arrangements.

THANK YOU!



Hunger Relief Volunteer Opportunities

MTKO is in need of **One Time Hunger Relief Teams** to provide, prepare & serve the evening meal on **December 10 and 24, 2017**.

We also have On-Going Volunteer Opportunities starting in 2018:

4th Wednesday Lunch each month & 5th Tuesday Lunch

Contact Sydne at sydne.wirrick-knox@mtko.org or call 402-817-0622 for details.

Thank You to Our October Hunger Relief Substitute Teams

Malcolm Student Council served lunch (10/8), St. Paul's Methodist Youth Group provided, prepared & served evening meal (10/8), Applied Systems provided, prepared & served lunch (10/10), Food Bank of Lincoln provided, prepared & served lunch (10/18), Westminster Presbyterian Church Neighbor Helping Neighbor provided, prepared & served lunch (10/21), and Senator Deb Fischer's Lincoln Office served lunch (10/25)



Thank You to Our October Group Volunteers

UNL Gymnastics – Dining Room Clean Up (10/3), Grand Lodge – Desserts (10/3), LuAnn Cao – Salad Bar (10/5), Roger Aden & Family – Salad Bar (10/7), Girl Scout Troop – Desserts (10/7), Ahlers Family – Salad Bar (10/8), UNL Gymnastics – Dining Room Clean Up (10/10), LuAnn Cao – Salad Bar (10/12), Johnson Family – Desserts (10/14), Oldenburg Family – Desserts (10/15), UNL Gymnastics – Dining Room Clean Up (10/17), LuAnn Cao – Salad Bar (10/19), Cunning Family – Desserts (10/21), Ledgerwood Family – Salad Bar (10/22), UNL Gymnastics – Dining Room Clean Up (10/24), LuAnn Cao – Salad Bar (10/26), Jenni Bruning-Brown – Desserts (10/26), Uttecht Family – Desserts (10/28), and UNL Gymnastics – Dining Room Clean Up (10/31)

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. If you have any questions, contact Sydne at sydne.wirrick-knox@mtko.org or call 402-817-0622.



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."

Squashes, Pumpkins and Gourds

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

'Tis the season of pumpkins. People often ask what the difference is between squashes, pumpkins and gourds. The answer is—they're all the same! Well, not exactly, but they are all members of the same plant family called Cucurbitaceae. Technically pumpkins and gourds are just various types of squashes. Squashes are prized for their culinary uses, whereas gourds are valued mainly for ornamental or practical uses. For example, gourds used to be hollowed out to carry water. So botanically pumpkins are a type of squash. Squash also are divided into two groups—the tender or summer squash and the hard-skinned or winter squash. Pumpkins are of the winter squash variety, as are acorn, hubbard, butternut, and spaghetti. Zucchini, pattypan, yellow straightneck or crookneck are all summer squash. Summer squash skins are soft and seeds are immature when eaten.

Pumpkins are an excellent source of beta-carotene, which our bodies convert into Vitamin A, fiber, Vitamin C and a variety of B vitamins and minerals. It is such a versatile fruit and can be used in both sweet and savory dishes. I recently learned of a new use for pumpkin—a spicy overnight oatmeal with pumpkin in it. Sounds delicious. Here is the recipe for you to try.

Pumpkin Spice Overnight Oats

Prep time 10 mins.

Cook time 8 hours

Serves: 1

Author: Organize Yourself Skinny

Ingredients

½ cup unsweetened coconut milk
½ cup rolled (or old fashioned) oats
2 tablespoons pumpkin puree
¼ teaspoon pumpkin pie spice
¼ teaspoon vanilla extract
1 teaspoon ground flaxseed
2 teaspoons pure maple syrup
1 tablespoon chopped walnuts (or any nut you like)

Instructions

In a pint size mason jar, combine coconut milk, rolled oats, pumpkin puree, pumpkin pie spice, vanilla extract, flaxseed, and maple syrup. Mix until completely combined. Put lid on and store in refrigerator for 8 hours or overnight. Stir and add a little more coconut milk for consistency. Add walnuts and enjoy.

Make ahead instructions: This recipe can be prepared 3-4 days ahead of time. You might need to add a little extra coconut milk in the morning to thin out.

Nutrition Information Serving size: 1 jar of oats. Calories: 254, Fat: 8, Carbohydrates: 41



Meal

Country ham steak/
mashed potatoes/
glazed carrots
\$13.50

Dessert

Sweet potato pie
\$3.50

Drink

Cranberry gimlet – gin,
cranberry juice, lime
juice, simple syrup,
macarated cranberries
\$6.00

Chow Down at John J's and Support MTKO

Looking for a winter escape, but can't afford that Caribbean vacation? Why not escape to **John J's Chow Hall and Tiki Bar** located in the **Graduate Hotel** at 141 N. 9th Street?

During the month of November the Graduate Hotel and John J's Chow Hall are participating in the "Graduate Gives" initiative. **They will be donating 50% of the profit from three holiday themed menu items to Matt Talbot Kitchen & Outreach all month long.**

We're so grateful to the Graduate Hotel for hosting this fundraiser for us. They have also had a Hunger Relief Team at MTKO for many years going back to their Holiday Inn days. Learn more at graduatehotels.com/lincoln/restaurant/john-js



UBT is doubling all Propelr donations in November!

TwiceGiving is back! That means that all Propelr donations designated to Matt Talbot in November will be matched by Union Bank & Trust.

Now is the perfect time to shop with Propelr merchants. Not a Propelr cardholder yet? Visit www.propelrcard.com.



BOLD HOPE

PO Box 80935
Lincoln, NE 68501



Food for Thought

As part of our 25th anniversary celebration, we are excited to share stories about the people, services and heart of Matt Talbot. This story comes from Michael Pleasant, a Matt Talbot guest and volunteer.

“With the help of the Matt Talbot staff and my family, I have been clean for 5 years now. I’m working for the State of Nebraska and taking classes at Kaplan University in the human service field. Now that I’ve found a better way of living, I want to give back to the community. From my family and myself, thank you Matt Talbot.”

—Michael Pleasant

Read more of Michael’s comments, check out all the stories, and share your own at :

mtko.org/foodforthought



In the
Spotlight

**Meet Rebecca McNemee,
Laundry/Shower volunteer
since March 2017.**



Tell us about yourself. I was born and raised in Kansas and moved to Nebraska 5 years ago for college at UNL where I received my Bachelors of Science in Design through the Architecture Interior Design Program. I’m currently enrolled at Northeastern University to receive a Masters in Project Management with a concentration in Construction Management.

Why did you decide to become a volunteer at MTKO? I learned about Matt Talbot while I was researching for places to interview for my Senior Capstone Design Project, that was focused on implementing a new housing program for Lincoln. I decided to volunteer for MTKO at first as my sacrifice of my time for Lent in preparation for Easter. I continued to volunteer at least once a week because I enjoy the ability to make a difference in a variety of lives from helping the staff, organizing the outreach closet, to helping guests with laundry/shower. But I volunteer to remind myself of the population I hope to design and work for in the future.



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November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Lunch Wednesday Lunch Bunch Lisa Hayes & Michelle Rhodes Supper Walmart Northeast Wal-walkers Cruz & Jessica	2 Lunch Angel Helpers Mary Jo Bousek Supper Sub Team Living Faith Methodist Church P/P/S	3 Lunch IANL Dr. Ram Bishu Supper SOS St Mark's United Methodist Ann Heydt	4 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
5 Lunch Madonna Sue Carraher Supper Maranatha Dental Group Justin & Kerry Dworak	6 Lunch LLC Health Dept Kings & Queens Gary Walsh Supper Super Supper Servers Sue Connolly	7 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Melanie Stubblefield	8 Lunch Christ United Methodist Mary Woodard Supper Sub Team Bethlehem Lutheran Wahoo P/P/S	9 Lunch Country Neighbors Beaver Crossing Mike Stutzman & Annie Philyaw Supper Blessed Sacrament #2 Mary Jo Bousek	10 Lunch Christ Lutheran Church Middle School Ministries Megan Ockaden Supper Spirit of Hope Lutheran Church Deb Bush & Dallas Kipper	11 Lunch First United Methodist Church Liz Zeff Supper 1 st Plymouth Congregational Hollie Schmidt
12 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac Supper P.K.'s & Friends Grace & Bryan Willnerd	13 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	14 Lunch Swanson Russell Serve Only Supper St Joseph's #1 Mary Love	15 Lunch Blessed Sacrament Jr High Danielle Miller Supper Sub Team Mercy City Church P/P/S	16 Lunch Sub Team Zion International Ministries Renee Masse P/P/S Supper Free E Life Group Carna Pfeil	17 Lunch Second Baptist Elaine Pope Supper St Mary's – NA Martyrs Mix Carol Ruskamp & Cindy Seidl	18 Breakfast American Legion Mike & Cecelia Lunch Crestwood Christian Jeromy & Shari Supper Holy Savior Lutheran II Sue Dawson
19 Lunch St. Peter's Cheri Hellem Supper SAMS Joan Campbell Foote	20 Lunch Sub Team St. Pat's School P/P/S Supper St. David's Episcopal Sharon Beachell	21 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	22 Lunch Sub Team United Way Serve MTKO P/P Supper St Teresa's Coffee Group Donna & Karen	23 Lunch Thanksgiving No Lunch Meal Supper St Francis & St Claire Janet Harrison	24 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Sue Alby	25 Lunch Blessed Sacrament #5 Mary Woltemath Supper CALL Cheryl Ferree
26 Lunch North American Martyrs Christy Bousquet & Angie Korus Supper Sub Team Phat Nguyen & Friends P/P/S	27 Lunch The Graduate Lincoln Lauren Folkerts Supper SouthPointe Christian Church Lisa Gengenbach	28 Lunch Women's Welcome Club Beth Griffing Supper Southwood Lutheran Leigh Porter	29 Lunch Orthodox Men of Lincoln Richard Leiter & Paul Barnes Supper St Peter's Becky Searcy	30 Lunch St Paulinus Kay Kreifels Supper St James' Cortland Kassie Ebberts		MTKO Weekend Pager Number: 402-473-0447

USDA INVENTORY AS OF October 18, 2017

Canned, Frozen or Instant Vegetables

1/3 case (12/2.5# bags/case) Frozen Diced Carrots
8 cases (24/#300 cans/case) Green Beans
5 cases (24/#300 cans/case) Corn
5 1/2 cases (24/#300 cans/case) Peas
2 cases (12/1# boxes/case) Instant Potatoes
3 1/2 Cases (24/#300 cans/case) Mixed Vegetables

Canned & Frozen Fruit

5 1/4 cases (24/#300 cans/case) Sliced Pears
10 cases (24/#300 cans/case) Mixed Fruit

Pasta

6 1/4 cases (20/1# boxes/case) Spaghetti
6 1/2 cases (20/1 # boxes/case) Macaroni
3 3/4 cases (12/1# bags/case) Egg Noodles

Frozen & Canned Meat

4 cases (24 14.75 oz. cans/case) Canned Salmon
8 3/4 cases (24/15 oz. cans/case) Canned Chicken

Soups

3 1/4 cases (12/22 oz. boxes/case) Cream of Chicken Soup-not condensed

Miscellaneous

6 cases (24/#300 cans/case) Spaghetti Sauce
4 1/2 cases (12/11.5 oz. bottle/case) Concentrated Cranberry Juice



STRIVE Recipe of the Month

Easy Mac and Cheese Veggie Chicken Casserole

Recipe serves 150

6 1/4 cups Country Crock® Spread, melted, divided	6 green bell peppers, chopped
25 cups milk	100 cups assorted frozen vegetables, thawed
12 1/4 pounds dry rotini pasta, cooked & drained	56 cups finely shredded Cheddar cheese
50 cups diced cooked chicken (can used canned)	6 1/4 cups plain dry bread crumbs
4 large onions, chopped	1 1/3 cups grated Parmesan cheese

Directions:

1. Preheat oven to 375° F. Combine 4 1/2 cups Country Crock® Spread, milk, rotini, chicken, onions, peppers, vegetables and Cheddar cheese and place in large baking pans. This should fill 6 pans.
2. Combine bread crumbs, Parmesan cheese and remaining Spread; sprinkle over top of casseroles.
3. Bake until heated through and crumbs are toasted, about 30 to 45 minutes.

Calories: 414

Sodium: 466 mg

Recipe By: Country Crock, courtesy of Allrecipes.com with modifications by MTKO