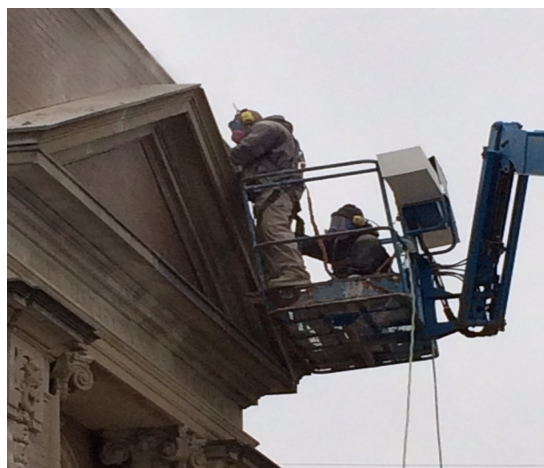


## Now What?

Yes, the heavy equipment is at Matt Talbot Kitchen & Outreach again. This time, we are performing some long overdue maintenance to the Carnegie Library building that houses our administrative offices. Built in 1909 as the Northeast Branch of the Lincoln City Library, it was closed as a library in 1982 and moved from 27th and Orchard to its current location in 1992 the same year Matt Talbot was founded. Over time, weathering and decay have caused voids in the joints between bricks which can allow water to enter. Stutzman Sealants & Sons of Lincoln are tuck-pointing the limestone and brick and cleaning the limestone to restore and preserve this beautiful Lincoln landmark.



## Special Thanks

The preservation and repair of the Carnegie Library building has been made possible by a generous grant of \$25,000 from the **Hugo A. and Thelma Aspegren Charitable Trust**. If the name sounds familiar, it may be because Matt Talbot's Hope Garden has a plaque recognizing the Aspegren Trust for their contribution to our Witness to Hope campaign in 2009. We are all so grateful for the Aspegren Trust's generous investments in Matt Talbot's beautiful facilities!



**give**  
To Lincoln Day



Thanks to everyone who included Matt Talbot in their Give to Lincoln Day donations! Every gift receives a portion of the Give to Lincoln Day match, so you are feeding more hungry families, helping more homeless people, and giving even more BOLD HOPE! It was a day filled with blessings including this young lady who stopped by Tower Square and donated the money from her "Homeless Jar".



**Please help us get to 2500 Followers on Facebook. Like Share and Follow!**

**Ask family and friends too!**

**[www.facebook.com/mtko.serves/](http://www.facebook.com/mtko.serves/)**

# News from the Kitchen

By Sydne Wirrick-Knox, Kitchen Manager

# Welcome!

## Welcome to our New MTKO Hunger Relief Teams

**Seward United Methodist Church  
Youth Group** provide, prepare and

serve the Wednesday evening meal in May, September & November, 2018. **Powderhook** provide, prepare and serve the 1<sup>st</sup> Wednesday evening meal in April & June, 2018. **Luann Cao** provide, prepare and serve the 4<sup>th</sup> Wednesday lunch in January, April, June, August, October & December, 2018. **SCHEELS** provide, prepare and serve the 5<sup>th</sup> Tuesday lunch in May, July, October, 2018.

**Thank you for your service to Lincoln's working poor and homeless.**

## Hunger Relief Team Volunteer Opportunities

One time hunger relief volunteer opportunities are available for teams to provide, prepare and serve a meal at MTKO! Dates include evening meal October 31, lunches June 8, July 25, August 10, and November 28.

Contact Sydne at 402-817-0622 or  
[sydne.wirrickknox@mtko.org](mailto:sydne.wirrickknox@mtko.org)



## What's Fresh?

Why not take advantage of all the fresh fruits and vegetables when planning your monthly meals during the summer! When volunteers contact MTKO to provide and serve salad bar/ dessert bar this summer we will be requesting that they choose either fresh vegetables or fruits instead of desserts. Questions: please contact [victoria.oneil@mtko.org](mailto:victoria.oneil@mtko.org)/402-817-0623.

## Thank You to Our May Hunger Relief Substitute Teams

Dr. Ram Bishu provided, prepared & served the evening meal (5/1), Lakshmi Rau provided lunch (5/8), Cathedral 7<sup>th</sup> Grade provided, prepared and served lunch (5/10), Phat Nguyen and Friends provided, prepared and served the evening meal (5/13), Villa Marie School provided, prepared and served lunch (5/16), Senator Deb Fischer's Lincoln Office served lunch (5/23), & Bethlehem Lutheran Church of Wahoo provided, prepared and served lunch (5/28).

## Thank You to Our May Group Volunteers

Grand Lodge – Desserts (5/1), Luann Cao - Salad Bar (5/3), Alhers Family – Salad Bar (5/6), Luann Cao – Salad Bar (5/10), Ashley Denny Family – Desserts (5/12), Luann Cao – Salad Bar (5/17), Luann Cao – Salad Bar (5/24), Jenni Bruning Brown – Desserts (5/24), Skold Cousins Music (5/27), Luann Cao – Salad Bar (5/31).

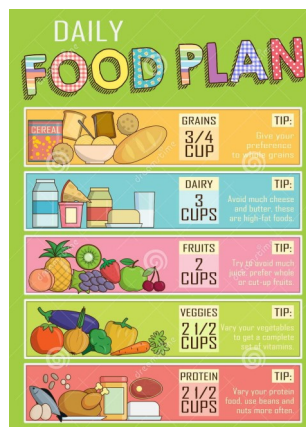
**Weekend on Call Pager Number: MTKO 402-473-0447**

### **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."

# More About Planning Healthy Meals

by Janet Buck, MS, RD, LMNT Nutrition Coordinator



Last month we discussed five tips for how to plan healthy meals from the USDA 10 Tips Nutrition Education Series. The tip sheet is called "Build a Healthy Meal". The tips included how to choose from all the food groups when planning your meals. We will continue that discussion today with more tips from that sheet.

**Tip # 6** is to "Get Creative in the Kitchen". It suggests that

you think of ways to make any dish or sandwich you make healthier. Instead of focusing on meat and cheese, which are often high in saturated fat and sodium, which we should generally limit, think of ways to add in vegetables to these foods. You can add the usual suspects of tomatoes, lettuce and onions to a sandwich, but how about adding some avocado slices or spinach or kale leaves instead? And you can add in vegetables to a food like meat loaf. Chopped up onions and celery and minced garlic can easily be added. But have you considered adding some grated carrots or even summer squash or zucchini as well? Not only will it add extra flavor but it will add moisture and nutrition (!) as well.

**Tip # 7** is to "Take Control of Your Food". An easy way to do that is to eat at home more often. There you can more easily control what goes into your food. Have a repertoire of easy-to-prepare meals so you don't have to spend a lot of time each day doing meal planning. If you are eating out, check out the options for ones that are lower in calories, saturated fat and sodium, all of which we generally take in too much of.

**Tip # 8** is "Try New Foods". If you are like me, you get tired of the same old foods day after day. If you've never tried things like mangos, lentils, quinoa, kale or sardines, try them—you might like them!

**Tip # 9** is "Satisfy your Sweet Tooth in a Healthy Way". Fruit is naturally sweet and an easy, healthy way to end a meal. Have a fresh fruit salad or fruit and yogurt parfait. Or bake apples and top with cinnamon for an easy hot dessert.

**Tip # 10** is "Everything You Eat and Drink Matters". Making sure you include a mixture of foods from all food groups into your meals and snacks can help ensure your good health, both now and in the future. Small changes can get you to your ultimate eating goals.

You can find these tips at: <https://www.choosemyplate.gov/ten-tips-build-healthy-meal>  
Feel free to contact me if you have any questions. Janet Buck at (402) 477-4116 or [janet.buck@mtko.org](mailto:janet.buck@mtko.org)

## The Man, Matt Talbot

*June is the anniversary of the death of Matt Talbot. In remembrance of this man, we thought we'd share some information from Wikipedia.*

Talbot was on his way to Mass on Trinity Sunday, 7 June 1925, when he collapsed and died of heart failure on Granby Lane in Dublin. Nobody at the scene was able to identify him. His body was taken to Jervis Street Hospital, where he was undressed, revealing the extent of his austerities. A chain had been wound around his waist, with more chains around an arm and a leg, and cords around the other arm and leg. The chains found on his body at death were not some extreme penitential regime but a symbol of his devotion to Mary, Mother of God that he wished to give himself to her totally as a slave. Talbot's story quickly filtered through the community and there were many spectators when his funeral took place at Glasnevin Cemetery on 11 June 1925. In 1972 his remains were removed to a tomb in Our Lady of Lourdes Church in Sean McDermott Street, Dublin, in the area where Matt spent his life. As word of Matt Talbot spread he rapidly became an icon for Ireland's temperance movement, the Pioneer Total Abstinence Association. His story soon became known to the large Irish emigrant communities. Many addiction clinics, youth hostels and statues have been named after him throughout the world from Nebraska to Warsaw to Sydney. One of Dublin's main bridges is also named after him. A statue of Talbot was erected at Sir John Rogerson's Quay in 1988. Pope John Paul II, as a young man, wrote a paper on him.

*"Never be too hard on the man who can't give up drink. It's as hard to give up the drink as it is to raise the dead to life again. But both are possible and even easy for Our Lord. We have only to depend on him." – Matt Talbot*



## Forgot Something?

Thanks to everyone who purchased a **Fresh Thyme Giving Bag** to support Matt Talbot during the month of May! Doggone ... did you forget? No worries. You can purchase a Fresh Thyme Giving Bag ANY TIME and simply designate Matt Talbot as the recipient of your \$1 donation.



## Enjoy Jazz in June with Us



Please join us Tuesday, June 19, for UNL's Jazz in June. Matt Talbot will be sharing "Food for Thought" with concert goers. Enjoy great jazz by Mwenso & the Shakes in the great outdoors and stop by the Matt Talbot table to say hello!

## Make a Wish for Books



Girl Scout Troop 201460 built and donated this awesome children's book shelf for MTKO. In addition to the bookshelf, they collected and donated hundreds of books to fill the shelves. A big BOLD thank you to these awesome girls!



### Save the Date!

**Kona Ice Party at MTKO**

**Thursday, June 21st**

**11:00 AM to 1:00 PM**

**Sponsored by United Healthcare**



**BOLD HOPE**

PO Box 80935  
Linc

## **VOLUNTEERS NEEDED**

**HUSKERS HELPING  
THE HOMELESS  
SEPTEMBER 27-30, 2018  
NU vs PURDUE  
SAVE THE DATE**

Join us as we accept donations on behalf  
of the working poor & homeless. Students  
earn 3 credit hours for volunteering.

Groups can sign up now.

Contact Victoria O'Neil 402-817-0623

[victoria.oneil@mtko.org](mailto:victoria.oneil@mtko.org)

Individual registration will be available  
August 2018

## **Food For Thought**

This month in our  
"Food for Thought"  
series we bring you a  
quote from Jon, a  
former guest who came  
to Matt Talbot with his  
family for meals as a teenager.



**"Because of Matt Talbot my  
family was a little better off. I  
graduated from high school,  
have my own house, worked as  
an EMT and just joined the  
Marines. My wife, son and I are  
preparing for the journey to  
come."**

Check out all the stories and share your  
own at: [mtko.org/foodforthought](http://mtko.org/foodforthought)



Meet the Hunger Relief  
Team, Sister Chicks, our  
June Spotlight Volunteers.

This team started in November of 1998, and are nearing their 20th anniversary. Current Sister Chicks are, Ann Kirk, Barb Havel, Carol Podwinski, Deb Schulte, Diane Belschner, Denise Ackerman, Doris Schueth, Flo Hendricks, Lindsey Deitering, Mary Merritt, Mary Curran, Miki Hood, Natalie Schreiter, Sally Morrow, Sharon Baumert, Shirley Kottowitz, Sue Wilkinson, Wanda Korensky, and Ursula McLaughlin. Kathy Finegan, a past member, was the person who came up with the Sister Chicks name and Ursula's sister-in-law had an embroidery machine and put the name on her apron. Since then we've known them by no other name. Their famous white sauce that they make every 4th Friday of each month was also found by Kathy Finegan. "We have about 20 people in our group and everyone has commitments so its good to have a good number to backup our Sister Chicks." Ursula stated "I cannot tell you how often our group will say it is such a privilege to serve at Matt Talbot. They feel so good about being able to do this for all the guests. They have said it makes them go home and realize how thankful they should be about what they have in their lives. The Matt Talbot staff is amazing and is there when we need questions answered and support. As a group we would like to wish Matt Talbot a Happy 25th anniversary!! Thank you for letting us be part of this wonderful organization. (((((HUGS)))))) from all of us."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MTKO</b> <b>Weekend</b> <b>Pager Number:</b> <b>402-473-0447</b>					<b>1</b> <b>Lunch</b> IANL Dr. Ram Bishu <b>Supper</b> Westminster Presbyterian Church Gary & Glenna Haller	<b>2</b> <b>Lunch</b> College View Something Else Class Vicki Biloff <b>Supper</b> Family & Friends Joyce Champoux
<b>3</b> <b>Lunch</b> Madonna Sue Carraher <b>Supper</b> Family & Friends Peggy & Greg Dynek Family & Friends Peggy & Greg Dynek	<b>4</b> <b>Lunch</b> <b>Lakshmi Rau P/P</b> Prairie Hill Learning Center Jason Nord Serve Only <b>Supper</b> Super Supper Servers Sue Connolly	<b>5</b> <b>Lunch</b> Family & Friends Mary Jo Bousek <b>Supper</b> Tuesday Dues Capital City Christian Church Joy Blythe	<b>6</b> <b>Lunch</b> Wednesday Lunch Bunch Lisa & Michelle <b>Supper</b> Powderhook Eric Dinger	<b>7</b> <b>Lunch</b> Angel Helpers Mary Jo Bousek  <b>Supper</b> St. Joseph's #3 Pat & Bill Lundak	<b>8</b> <b>Lunch</b> <b>Need Sub</b> <b>Team</b>  <b>Supper</b> Blessed Sacrament #1 MaryAnn Burda	<b>9</b> <b>Lunch</b> First United Methodist Church Liz Zeff  <b>Supper</b> 1 <sup>st</sup> Plymouth Congregational Hollie Schmidt
<b>10</b> <b>Lunch</b> St Mary's Elmwood Les & Ruth Ann Hlavac <b>Supper</b> P.K.'s & Friends Grace & Bryan Willnerd	<b>11</b> <b>Lunch</b> Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset <b>Supper</b> J-Tech Construction Jason Olberding	<b>12</b> <b>Lunch</b> <b>Swanson Russell</b> <b>Serve Only</b>  <b>Supper</b> St Pat's Leah Bethune	<b>13</b> <b>Lunch</b> Christ United Methodist Mary Woodard  <b>Supper</b> St Peter's Godteens Sarah Hodge	<b>14</b> <b>Lunch</b> Country Neighbors Beaver Crossing Mike Stutzman <b>Supper</b> Blessed Sacrament #2 Mary Jo Bousek	<b>15</b> <b>Lunch</b> Second Baptist Elaine Pope  <b>Supper</b> St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	<b>16</b> <b>Breakfast</b> American Legion Mike & Cecelia <b>Lunch</b> St Catherine's Lunch Bunch Eileen Zuerlein <b>Supper</b> Holy Savior Lutheran III Sarah Fuller
<b>17</b> <b>Lunch</b> St. Peter's Mary French  <b>Supper</b> SAMS Joan Campbell Foote	<b>18</b> <b>Lunch</b> <b>Lincoln Federal</b> <b>Savings Bank</b> <b>Lending Hands</b> <b>Serve Only</b> <b>Supper</b> St. David's Episcopal Kathy Wilson	<b>19</b> <b>Lunch</b> First Lutheran Church Steve & Karen Lenzen <b>Supper</b> Crossbridge Christian Church Phil Berlie	<b>20</b> <b>Lunch</b> <b>Sub Team</b> <b>ComPro P/P/S</b> <b>Supper</b> St Teresa's #1 Rosie Polak	<b>21</b> <b>Lunch</b> Christ United Methodist Maggie Bates <b>Supper</b> St E's Mission Integration Committee Pat Hoidal	<b>22</b> <b>Lunch</b> Sister Chicks Ursula McLaughlin <b>Supper</b> Sheridan Lutheran	<b>23</b> <b>Lunch</b> St John's Talbot Lunch Bunch Tini Van-Oehlertz  <b>Supper</b> CALL Cheryl Ferree
<b>24</b> <b>Lunch</b> Light of the World Larry Kunc <b>Supper</b> The Servants of St Joseph Sara & Scott Whitney	<b>25</b> <b>Lunch</b> St Peter's/St Teresa's Circle Provide Windstream Serve Only <b>Supper</b> Sysco Lincoln Elke Hesser	<b>26</b> <b>Lunch</b> Women's Welcome Club Beth Griffing <b>Supper</b> Southwood Lutheran Leigh Porter	<b>27</b> <b>Lunch</b> Louann Cao Joseph B <b>Supper</b> St Teresa's Coffee Group Donna & Karen	<b>28</b> <b>Lunch</b> Trinity Lutheran Church, Cordova Kim Due <b>Supper</b> St Francis & St Claire Janet Harrison	<b>29</b> <b>Lunch</b> Christ United Methodist Ann Rauscher & Rochelle Dyer <b>Supper</b> Southwood Lutheran Leigh Porter	<b>30</b> <b>Lunch</b> The Dangling Particles Mindy & Holly <b>Supper</b> Cathedral Godteens Michelle Heofener

## **USDA INVENTORY AS OF May 16, 2018**

### **Canned, Frozen or Instant Vegetables**

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

### **Canned & Frozen Fruit**

9 1/4 cases (2 /#300 cans/case) Sliced Pears  
8 cases (24 #300 cans/case) Peaches  
1 1/2 cases (24 #300 cans/case) Applesauce

### **Pasta**

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

### **Frozen & Canned Meat**

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

### **Soups**

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

### **Miscellaneous**

11 cases (24 #300 cans/case) Spaghetti Sauce  
Frozen Ground Beef (10 pounds cases) **Not USDA**



## **STRIVE Recipe of the Month**

### **Creamy Chicken with Pasta and Broccoli**

**Recipe serves 150**

12 1/2 pounds uncooked spaghetti	12 (10.75 oz.) cans reduced sodium cream of chicken soup
12 1/2 pounds broccoli florets (frozen OK)	8 1/3 cups milk
3/4 cups butter	8 1/3 cups water
12 1/2 pounds skinless, boneless chicken breast halves – cut into strips or the equivalent of canned chicken, drained	12 (3 ounce) packages cream cheese, cubed & softened
6 1/4 cups chopped onions	9 1/3 cups grated Parmesan cheese

#### **Directions:**

1. Cook pasta in a large pot of boiling water for 4 minutes. Mix in the broccoli florets. Continue cooking 4 to 6 minutes, until spaghetti is al dente. Drain and transfer to a large bowl.
2. Melt the margarine in a skillet over medium heat, and cook the chicken and onions 5 minutes, until juices run clear and onions are tender. If using canned chicken, cook onions only. I would use the big braising pan at MTKO for this and additional steps.
3. Whisk into the chicken and onions the soup, milk, water and cream cheese until smooth. If using canned chicken add it after the mixture is smooth. Bring to a slow boil. Reduce heat to low and simmer for 5 minutes or until slightly thickened. Toss with the spaghetti and broccoli. Serve topped with Parmesan cheese.

**Calories: 269**

**Sodium: 445 mg**