

MATT TALBOT KITCHEN & OUTREACH NEWSLETTER

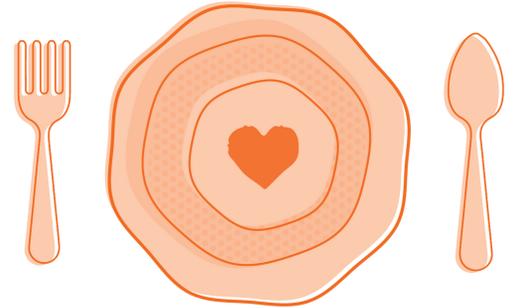
MARCH 2024

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Feeding the Soul of the City

Our annual Feeding the Soul of the City fundraiser powers and sustains the life-changing services that give our guests hope every day of the year. On April 25th, 2024 we'll gather for a night of hope and celebration at the Scottish Rite Ballroom. There will be a social hour, silent auction, heavy hors d'oeuvres, a short program including inspiring stories of hope, and a live auction. There will also be a new, interactive experience with Matt Talbot staff to learn how our 4 key programs - hunger relief, outreach, housing, and substance use - are moving our community closer to defeating hunger and homelessness. More details to come at mtko.org/events!



APRIL | 25 | 2024

Nutrition News

March is National Nutrition Month!

It's here! March is the month where many organizations across the country celebrate nutrition. Chronic diseases are the leading cause of death in the United States and they also lower quality of life. The top two ways to combat these chronic diseases is 1) having a nutritious, healthy eating pattern and 2) engaging in physical activity. March is the perfect time to focus on small shifts towards an overall healthy eating pattern and to advocate for nutrition.

Simple ways to start small shifts toward nutritious eating patterns can be found at Start Simple with MyPlate. Scan the QR code to learn more! Earlier this month I started my own small shift by committing to adding one fruit to my breakfast routine. Increasing nutrition can be fun and easy with small shifts. What will you try?

Written by Emily Gratopp
Extension Educator in Lancaster County



Why do you volunteer at Matt Talbot?

Volunteers are the heart and soul of Matt Talbot Kitchen & Outreach. Because of your tireless efforts, guests at Matt Talbot are provided nourishment for the body and spirit every day of the year! Please scan the QR code to complete a short survey to help us learn more about your volunteer experience.

We greatly appreciate and value your feedback.
Thank you for your generosity and compassion!



News FROM THE KITCHEN

Please contact Victoria O'Neil at 402-817-0623 or victoria.oneil@mtko.org with any questions.

Reminders

- Complete a daily report form each time you volunteer in the kitchen. The forms are located outside of Steve's office. This information helps us report accurate numbers.
- All USDA food must be recorded on your daily report form. Make sure you record what you are using, as well as the quantity.
- Remember to date and label all food that is put into the walk-in coolers or reach-in cooler. Please include a description of what the item is. Stickers are located outside of Steve's office.
- We have been having some issues with the weekend key fobs. Please reach out to Victoria if you are having problems. They are only good for the day you are serving. If you need access at another time please reach out.
- Make sure you turn off the coffee maker, coffee warmer, hot and cold table, ovens and dishwasher prior to leaving.
- If you see anything that needs to be addressed in the kitchen please bring it to our attention. We are happy to pull items out of the freezer or pantry and label them for your team. Please let us know what we can do to help.
- Disposable containers should only be used when guests take their meals "to-go", which are served from 12-12:30 for lunch and 6-6:30 for dinner.
- Check lost & found under the stainless steel table near the back door.

Important Updates

- **Meal counts will be updated 1x per week going forward. Please call if you need further information.**
- **Please check your calendars to see if you are scheduled to serve a meal on a holiday. If so and are unable to provide, prepare, and serve please let Victoria O'Neil know. These dates can be difficult to fill, so please let her know as soon as possible.**
- **We have been getting complaints about volunteers not wearing gloves when preparing and serving food. Please remember it is a health code violation not to have gloves on while handling food. Gloves are located on the walls on both sides of the serving line. Thank you!**
- **Spring is approaching quickly! We are doing a lot of cleaning at Matt Talbot. Please help us by going through your shelf in the pantry and make sure your items are all in code. Also, please check the list in the area by the back door.**

2024 Hunger Relief Volunteer Opportunities

If you are interested or know someone who would like to volunteer, please reach out to Victoria O'Neil at 402-817-0623. or victoria.oneil@mtko.org.



March 3 - Lunch
May 5, 19, 27 - Lunch
June 2, 24 - Lunch
July 11, 15, 29 - Lunch
August 4, 9, 19, 26 - Lunch
August 17 - Dinner
September 1, 12, 30 - Lunch
October 6, 21, 28, 29 - Lunch
November 3, 14, 28 - Lunch
December 1, 2, 18, 30 - Lunch



Highlights from February

Souper Bowl of Caring!

Thank you to everyone who participated in this year's Souper Bowl of Caring! We received (and still are receiving) essential food and hygiene items, as well as financial contributions. We're so grateful for the support of our amazing community!



CoC Award Amplification Event

Matt Talbot was invited to the 2023 Coc Award Amplification Event as part of the Lincoln Homeless Coalition. A grant was given to support housing and services for people experiencing homelessness in the Lincoln Continuum of Care (CoC).



Celebrating Milestones

We celebrated our amazing Substance Use Program Coordinator, Clarence Grendahl's 20 year anniversary of being sober!

You can learn more about his amazing story - and others - at our annual Feeding the Soul of the City event on April 25th. Visit mtko.org/events to learn more!



Thank you to Open Harvest

Open Harvest Co-op Grocery and their amazing customers donated to Matt Talbot through their monthly SEED Program that allows folks to "round-up" grocery bills for local organizations. Thank you!



LB920

Last week Executive Director Alynn Sampson testified in support of LB920, introduced by State Sen. Terrell McKinney of Omaha, which would expand Nebraska's SNAP program to allow participants who are elderly, disabled, or homeless to use their benefits to purchase restaurant meals. Thanks to our friends at Nebraska Appleseed and Voices for Children in Nebraska for coordinating this advocacy effort!



Penelope's Lil' Cafe Pay it Forward

During the holiday season, Penelope's Lil' Cafe set up a "pay it forward" system, which led to donating to Matt Talbot! The support of this small, local business means so much to us. We're so grateful for the tremendous support of Matt Talbot offered by our amazing Lincoln community! Thank you!

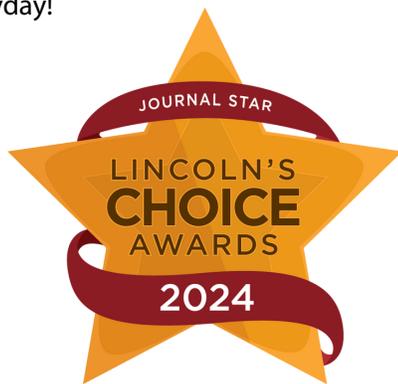


matt talbot
kitchen & outreach

BOLD HOPE

Lincoln's Choice Awards

Matt Talbot was nominated in the top 5 for the Charity/Nonprofit category in the 2024 Lincoln's Choice Awards! The voting phase will take place March 5th - 24th. Click the "Lifestyle & Entertainment" button then scroll down to "Charity/Nonprofit" to vote for Matt Talbot everyday!



RECIPE

Aloha Pineapple Chicken Rice Casserole

Courtesy of Spirit of Hope Lutheran Church



Ingredients:

- 10 cups of brown sugar
- 10 cups of low sodium soy sauce
- 20-40 teaspoons of minced garlic
- 15 cups of low sodium chicken broth
- 30 cups of uncooked instant white rice
- 10 cups of diced red onion
- 20 cups of diced red bell pepper
- 420 ounces of can pineapple tidbits in juice; not drained
- 20 lbs of thinly sliced boneless chicken breasts or chicken tenderloins, diced in small bite-sized pieces
- Optional garnish: chopped cilantro and diced cooked bacon

Instructions:

1. Preheat oven to 425 degrees. Spray a baking dish with cooking spray.
2. In a large bowl, whisk together brown sugar, soy sauce, garlic and chicken broth.
3. Add cooked rice, onion, bell pepper, pineapple, and it's juices and chicken. Cover the baking dish tightly with foil.
4. Bake for 50 minutes. Once cooking is done, uncover and stir ingredients.
5. Return the dish to the oven, uncovered, and bake for an additional 10 minutes, or until chicken is cooked through and rice is tender.
6. Let sit for 5 minutes before serving. Top with cilantro and bacon.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---|---|
| | | | | | 1 Lunch IANL Supper Ashley Cleverly | 2 Lunch College View Church Supper Family & Friends |
| 3 Lunch Sub Team Needed Supper Westminster Presbyterian | 4 Lunch Perceptyx Supper Super Supper Savers | 5 Lunch Mary Jo Friends & Family Supper Tuesday Dues | 6 Lunch Wednesday Lunch Bunch Supper Seward United Methodist Youth | 7 Lunch Leftover Queens Supper St. Joseph's | 8 Lunch Christ Lincoln School Supper Spirit of Hope Lutheran Church | 9 Lunch Second Saturday Smilers Supper 1 st Plymouth |
| 10 Lunch St. Mary's Elmwood Supper Joe Duggan | 11 Lunch Sacred Heart Beaver Crossing Supper J Tech Construction | 12 Lunch Community Corrections Supper New Covenant ACTS | 13 Lunch Christ United Methodist Church Supper Sub Team Needed | 14 Lunch Auburn FBLA Supper Bousek Family & Friends | 15 Lunch Second Baptist Supper St. Mary's/NA Martyrs Mix | 16 Lunch Edenton Christian Church Supper Holy Savior Lutheran Church |
| 17 Lunch NE Heart Hospital Pharmacy Supper St. Paul's Methodist Church | 18 Lunch Smithfield Supper St. David's Episcopal | 19 Lunch First Lutheran Church Supper NHRI UNL | 20 Lunch Skyview Learning Academy Supper UNL Freshman Group | 21 Lunch Christ United Methodist – Maggie Bates Supper Living Faith Free Methodist Church | 22 Lunch Sister Chicks Supper Sheridan Lutheran | 23 Lunch Blessed Sacrament #5 Supper CALL |
| 24 Lunch North American Martyrs Supper Servants of Saint Joseph & Youth Ministry | 25 Lunch Immanuel Church Supper Southpoint Christian Church | 26 Lunch Women's Welcome Club Supper Southwood Lutheran Church | 27 Lunch Trinity Lutheran-Cordova Supper St. Teresa's Coffee Group | 28 Lunch Lancaster County Medical Alliance Supper St. Francis & St. Clare | 29 Lunch Christ United Methodist Church Supper Southwood Lutheran Church | 30 Lunch The Dangling Particles Supper First UMC Lincoln Youth Group |
| 31 Lunch Knights of Columbus Supper St. Patrick's - Manley | | | | | | |

MTKO Answering Service: 402-473-2828

Mission Statement:

To relieve hunger, overcome homelessness, address addiction, and provide outreach and advocacy in Lincoln.

USDA Nondiscrimination Statement:

This institution is an equal opportunity provider.

