



# matt talbot

## kitchen & outreach

JULY 2018 • VOLUME 5 • ISSUE 7

**BOLD HOPE**

### MTKO Chosen as Zillow Group Community Partner

All of us at Matt Talbot were delighted to be chosen by Zillow Group as their Community Partner for Lincoln. Zillow Group is best known for their home-related resources, such as the Zillow real estate website, and their Community Partnerships are designed to help people who are experiencing homelessness or housing insecurity. Zillow Group is partnering with one nonprofit in each of the nine cities where they have offices, and they chose Matt Talbot as the Community Partner for Mortech, a Zillow Group company, in Lincoln. The Community Partnership comes with a \$25,000 contribution and an ongoing volunteer partnership with the Mortech team.



Matt Talbot and Mortech staff members celebrated our Zillow Group Community Partnership with a check presentation and the kickoff of a drive to replenish Matt Talbot's personal care closet.

### If April Showers Brought May Flowers... What Did June Bring?



**A lot of vegetables for MTKO to use in July!** Did you know Matt Talbot has a beautiful garden? In it we have many varieties of flowers, plants, herbs and vegetables. Many of the vegetables and herbs are used by our Nutrition Coordinator, Janet Buck during her cooking classes. Janet teaches adult and children's classes throughout the year. So the next time you're volunteering at MTKO take a moment to walk through our beautiful Hope Garden. July is a great time to take a stroll and see all the beautiful things growing and if you pay attention you may see a few butterflies. This garden takes a lot of hands to keep it looking so beautiful. If you are interested in gardening/landscaping, please reach out to Victoria O'Neil, Coordinator of Volunteers at 402-817-0623 or [Victoria.oneil@mtko.org](mailto:Victoria.oneil@mtko.org).



MTKO was blessed this year with an overwhelming amount of support during Give to Lincoln Day. We'd like to take a moment to thank everyone who donated to help those we serve. We were blessed to receive \$100,673.51! This total includes our portion of the match gift from the Lincoln Community Foundation and their generous sponsors. Thanks to all for giving Bold Hope.

# News from the Kitchen

By Sydne Wirrick-Knox, Kitchen Manager

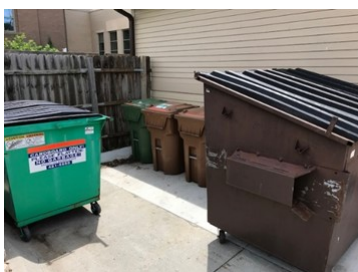
## **Food Safety Information: It's Important to MTKO**

### **How Foodborne Illnesses Occur**

Unsafe food is usually the result of contamination, which is the presence of harmful substances in food. Contaminants are divided into three categories: Biological, Chemical and Physical. Each of these contaminants is a danger to food safety. However, **biological contaminants** are responsible for **most foodborne illness**. How does food become unsafe? These are the five most common food-handling mistakes, or risk factors, that can cause a foodborne illness.

1. Purchasing food from unsafe sources
2. Failing to cook food correctly
3. Holding food at incorrect temperatures
4. Using contaminated equipment
5. Practicing poor personal hygiene

**We will be discussing these topics and more in upcoming newsletters.**



**We have relocated our  
recycle and trash  
dumpsters.**

**They are ALL positioned  
on the east side of the  
garage.**

***Please place your recycled materials and trash in the proper  
 dumpster; ALL recycle dumpsters have been labeled.***

***Don't forget to recycle all corrugated cardboard!!!***

***Remember we DO NOT recycle glass.***

### **Thank You to Our June Hunger Relief Substitute Teams**

Lakshmi Rau provided lunch (6/4), ComPro provided,  
prepared and served lunch (6/20)

### **Thank You to Our June Group Volunteers**

Alhers Family – Salad Bar ((6/3),  
Grand Lodge – Desserts (6/5),  
Luann Cao - Salad Bar (6/7),  
Girl Scout Troop #20724 – Dessert  
(6/11), Luann Cao – Salad Bar (6/14),  
Luann Cao – Salad Bar (6/21),  
Skold Cousins – Music (6/24),  
Luann Cao – Salad Bar (6/28),



### **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. "

# Planning Meals for Cooking Classes

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



We have ongoing cooking classes, both for adults and children, here at Matt Talbot. We always have all five of the food groups from Choose My Plate in the meal we prepare for the adult cooking class. I use the Choose My Plate guidelines in planning what we will make for any specific class. That is, I make sure to include all five of the food groups in the meals we make. I also try to

use seasonal foods in the classes. We often have produce from Hope Garden in season that is mature and ready to harvest and use. Sometimes we receive donations from others' gardens and incorporate that into the meals as well. Not only is the seasonal produce abundant and tasty but it is also much less expensive when it is in season. That is one of the points I try to make with the students who come to our classes, who are usually on fixed incomes. Any hints to help class participants with budgeting can be helpful. There are many tips about acquiring foods that can help folks to save money besides buying foods in season, such as buying in quantity and freezing the extra. It is easy, for instance, to buy a large quantity of blueberries in season, wash them and freeze in small quantities for use throughout the rest of the year.

Another lesson I try to teach in the classes is that you don't have to include meat in a meal for it to be balanced and include all the food groups. For example, we often make tacos or burritos using beans as the protein source for that meal. And, of course, not having meat in the meal makes it less costly.

Last week we had lettuce, radishes and onions from Matt Talbot's Hope Garden. Class members wanted to make a salad so we decided to make a chef salad, since that would include protein as well as veggies. We counted our tomatoes as fruit in that salad. Since we still needed a dairy food and a grain food, we made rice pudding to go along with the salad. Here are a couple of photos with some of the class members, helpers, and their creations.



## Support Matt Talbot



## Cheer on the Chiefs

We have a deal for you!!

Support both organizations and get a great deal on tickets.

8/9		<b>Houston Texans</b> 7:30PM   KCTVS	BUY NOW
8/30		<b>Green Bay Packers</b> 7:30PM   KCTVS	BUY NOW
10/7		<b>Jacksonville Jaguars</b> NOON   CBS	BUY NOW
10/21		<b>Cincinnati Bengals</b> NOON   CBS	BUY NOW
11/11		<b>Arizona Cardinals</b> NOON   FOX	BUY NOW

\$10 of each \$30 home game ticket goes to  
Matt Talbot Kitchen & Outreach!

Follow this link to purchase tickets: <http://www.chiefs.com/ticketfundraiser/>  
Then, choose as many games as you would like.

Use promo code: **KITCHEN**

Please share with friends and family!

## Celebrate the 4th of July and Support Matt Talbot with a BANG!

Boom club exists to help you celebrate your freedom by providing you a handpicked selection of our favorite fireworks at a great price. More bang for your buck. Literally. They also partner with amazing organizations like Matt Talbot Kitchen and Outreach for easy fundraising opportunities. Use the link below and 15% of your purchase will be donated directly to MTKO. Celebrate your freedom, family and friends and help a great cause in MTKO. Brilliant! Visit <https://boomclub.org/ref/MattTalbot/> for more details and to help make a difference.

**BOOM**  
CLUB.ORG

## Hygiene Products Needed



Friends: We are asking for donations of full size shampoo and the "3 in 1" body wash/shampoo/conditioner. Last year Matt Talbot provided personal care items to guests more than 5,500 times. This basic outreach brings hope and dignity to many folks every day. Items can be dropped off at Matt Talbot Monday - Friday between 8:30 am - 6:30 pm. This is truly a gift of hope and we thank you.

## Calling All Volunteers! Huskers Helping the Homeless SEPTEMBER 27-30



This years Huskers Helping the Homeless will take place during the weekend of the NU vs. Purdue game. 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 or [victoria.oneil@mtko.org](mailto:victoria.oneil@mtko.org) Individual registration will be available August 2018.

We are also are in need of Event Sponsors. We have four different sponsor levels to fit everyone's budget. If you are interested in being an Event Sponsor or know of a company that may be interested, please contact Vicky Drozd at 402-817-0619 or [Vicky.drozd@mtko.org](mailto:Vicky.drozd@mtko.org). Please help Matt Talbot Kitchen & Outreach defeat hunger and homelessness.



We're almost to our goal of 2500 Likes!  
Like, Share and Follow!  
Ask family and friends too!



**BOLD HOPE**

PO Box 80935  
Lincoln, NE 68501



**Happy 4th of July!**

## ***Food For Thought***

This month in our "Food for Thought" series we bring you a quote from Brenda, First HOPE Client.

**"When I was down and out Matt Talbot was always there. I was homeless and living in a truck. I was pregnant. They helped me find a house so I had a home for my baby. I signed my lease the day I got out of the hospital. Free lunch and dinner everyday was amazing for when I didn't have a kitchen."**



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

**[Mtko.org/foodforthought](https://Mtko.org/foodforthought)**



Meet Jim and Pat Wharry, our July Spotlight Volunteers. Jim and Pat are our Monday afternoon Laundry and Shower volunteers. They have been married for 52 years and have 3 children and 4 grandkids. Jim served in the service, is a retired CPA and is a permanent Deacon in the Catholic Church. Pat was an RN for 25 years at Loyola University Medical Center in Chicago. Jim and Pat relocated to Lincoln to be closer to family. They heard about Matt Talbot from Monsignor Barr, St. Joseph's Church. Pat says they have always tried to live their life by these words, "we belong where we are needed". Jim and Pat are active, love to sail and travel. Their favorite part of volunteering here at Matt Talbot is "giving back and meeting a lot of nice people".

**Thank you for everything you do for MTKO!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>Lunch</b> Madonna Sue Carraher <b>Supper</b> Maranatha Dental Group Justin & Kerry Dworak	<b>2</b> <b>Lunch</b> LLC Health Dept Kings & Queens Gary Walsh <b>Supper</b> Little Caesar's "Love Kitchen" Pizza Super Supper Servers Sue Connolly	<b>3</b> <b>Lunch</b> Family & Friends Mary Jo Bousek <b>Supper</b> Tuesday Dues Capital City Christian Church Joy Blythe	<b>4</b> <b>Lunch</b> Wednesday Lunch Bunch Lisa & Michelle <b>Supper</b> Sub Team Satish P/P/S	<b>5</b> <b>Lunch</b> Angel Helpers Mary Jo Bousek <b>Supper</b> St. Joseph's #3 Pat & Bill Lundak	<b>6</b> <b>Lunch</b> IANL Roli Saraf <b>Supper</b> SOS St Mark's United Methodist Ann Heydt	<b>7</b> <b>Lunch</b> College View Something Else Class Vicki Biloff <b>Supper</b> Family & Friends Joyce Champoux
<b>8</b> <b>Lunch</b> St Mary's Elmwood Les & Ruth Ann Hlavac <b>Supper</b> P.K.'s & Friends Grace & Bryan Willnerd	<b>9</b> <b>Lunch</b> Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset <b>Supper</b> J-Tech Construction Jason Olberding	<b>10</b> <b>Lunch</b> Madhu Ayola P/P Swanson Russell Serve Only <b>Supper</b> St Joseph's #1 Mary Love	<b>11</b> <b>Lunch</b> Christ United Methodist Mary Woodard <b>Supper</b> New Covenant ACTS Lee Johnson- Flowerday	<b>12</b> <b>Lunch</b> Country Neighbors Mike Stutzman <b>Supper</b> Blessed Sacrament #2 Mary Jo Bousek	<b>13</b> <b>Lunch</b> Sub Team Cattle Bank & Trust <b>Supper</b> Spirit of Hope Lutheran Church Deb Bush & Dallas Kipper	<b>14</b> <b>Lunch</b> First United Methodist Church Liz Zeff <b>Supper</b> 1 <sup>st</sup> Plymouth Congregational Hollie Schmidt
<b>15</b> <b>Lunch</b> St. Peter's Cheri Hellem <b>Supper</b> Talent Plus Christian Zoucha	<b>16</b> <b>Lunch</b> Lincoln Federal Savings Bank Lending Hands Serve Only <b>Supper</b> St. David's Episcopal Sharon Beachell	<b>17</b> <b>Lunch</b> First Lutheran Church Steve & Karen Lenzen <b>Supper</b> Crossbridge Christian Church Phil Berlie	<b>18</b> <b>Lunch</b> Sub Team ComPro <b>Supper</b> St Teresa's #1 Rosie Polak	<b>19</b> <b>Lunch</b> Christ United Methodist Maggie Bates <b>Supper</b> Sub Team No Greater Love Church	<b>20</b> <b>Lunch</b> Second Baptist Elaine Pope <b>Supper</b> St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	<b>21</b> <b>Breakfast</b> American Legion Mike & Cecelia <b>Lunch</b> Crestwood Christian Jeromy & Shari <b>Supper</b> Holy Savior Lutheran I Sue Dawson
<b>22</b> <b>Lunch</b> North American Martyrs Christy Bousquet & Angie Korus <b>Supper</b> The Servants of St Joseph Mary Bill	<b>23</b> <b>Lunch</b> The Graduate Lincoln Lauren Folkerts <b>Supper</b> SouthPointe Christian Church Lisa Gengenbach	<b>24</b> <b>Lunch</b> Women's Welcome Club Beth Griffing <b>Supper</b> Southwood Lutheran Leigh Porter	<b>25</b> <b>Lunch</b> Sub Team Experian <b>Supper</b> St Teresa's Coffee Group Donna & Karen	<b>26</b> <b>Lunch</b> Trinity Lutheran Church, Cordova Kim Due <b>Supper</b> St Francis & St Claire Janet Harrison	<b>27</b> <b>Lunch</b> Sister Chicks Ursula McLaughlin <b>Supper</b> Sheridan Lutheran	<b>28</b> <b>Lunch</b> Blessed Sacrament #5 Mary Woltemath <b>Supper</b> CALL Cheryl Ferree
<b>29</b> <b>Lunch</b> Knights of Columbus Ken Polacek <b>Supper</b> St Patrick's- Manley Sherry Kunz	<b>30</b> <b>Lunch</b> Immanuel Church Vi Schroeder <b>Supper</b> St Michael's Cheney Lori & Michelle	<b>31</b> <b>Lunch</b> SCHEELS Monica Ledbetter <b>Supper</b> Friends Jan Meints				<b>MTKO</b> <b>Weekend</b> <b>Pager Number:</b> <b>402-473-0447</b>

## **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**

### **Cheesy Ham Potato Bake**

**Recipe serves 150**

24 pounds frozen hash brown potatoes, thawed	12 (10.75 oz.) cans cream of chicken soup, reduced sodium
10 pounds pre-cooked ham, diced	6 pounds yogurt, plain, low fat
25 cups shredded Cheddar cheese	6 1/4 cups unsalted butter, melted
12 onions, chopped	1/4 cups pepper

#### **Directions:**

1. Preheat oven to 350°. Grease baking dishes. If using large aluminum pans, this recipe should fill around 5 or 6 pans.
2. Stir hash browns, ham, Cheddar cheese, onion, soup, yogurt and butter together; season with black pepper. Transfer mixture to prepared baking dishes and cover with aluminum foil.
3. Bake until bubbly and cheese is melted, 45 minutes to 1 hours. Remove foil and continue baking until brown, about 15 minutes more.

**Calories: 268**

**Sodium: 615 mg**