



matt talbot

kitchen & outreach

AUGUST 2017 • VOLUME 4 • ISSUE 8

BOLD HOPE

Building Expansion Takes Shape



The concrete has been poured and the steel beams are rising; it won't be long before MTKO will have it's new addition completed. Our completion date is on track for mid October, and we couldn't be more excited. With the growth of our substance use and housing programs, this is a much needed expansion for MTKO. We are about two-thirds of the way to reaching our Building Expansion Fundraising Goal of \$750,000. Interested in helping? How about a leaf on the Wall of Compassion? Each leaf represents a donor of \$500 or more to our Witness to Hope campaign, but we'll be adding leaves for donors of \$500 or more to the building expansion as well. Contact Sally, sally.buchholz@mtko.org or [402-817-0621](tel:402-817-0621), or give online at mtko.org/building.



25 Years

Save the Date
Help us Celebrate
25 years!

Matt Talbot Kitchen & Outreach
Luncheon at 12:15 PM
September 6, 2017

Sara Sunderman Attends National Alliance to End Homelessness Conference

Sara Sunderman, MTKO Outreach Coordinator, attended The National Alliance to End Homelessness Conference held in Washington D.C. July 17 -19. The National Alliance to End Homelessness is a nonpartisan, nonprofit organization whose sole purpose is to end homelessness in the United States. During the conference Sara participated in workshops and attended lectures from keynote speakers in her field. This was an excellent opportunity for Sara to receive additional education and bring it back to MTKO to share with her fellow staff members. Sara and the Nebraska Delegation also participated in Capital Hill Day where they got to meet with members of Congress and urge them to make ending homelessness a federal priority.



News from the Kitchen

By Sydne Wirrick-Knox, Kitchen Manager



Orphaned pots, pans, water bottles, shopping bags, eye glasses & other assorted items have been left behind by our volunteers

Please claim your items before September 15th.

After that date, everything left will be placed on the “give away” table.
You will find these orphaned items on the shelf in the Volunteer Coat Room.

Thank you!

Quick Facts to Help Your Team Provide a Healthier Meal for our MTKO Guests

Question: Which of these foods is actually a fruit in plant biology?

A. Onions **B.** Pepper **C.** Mushrooms **D.** All of the above

Answer: B. Peppers

In plant biology, a fruit contains the seeds of a plant. Though it is botanically a fruit, a pepper counts toward the Vegetable Group because we eat peppers in a similar way to vegetables (on sandwiches, in soups, in pasta sauces). Likewise, tomatoes, squash, cucumbers, and pumpkins all contain the seeds of the plant and are therefore botanically fruits.

Question: Which of these foods is a source of Vitamin C?

A. Pineapples, **B.** Strawberries, **C.** Oranges, **D.** All of the above

Answer: D. All of the above

All fruits (and vegetables, too) contain some amount of vitamin C – an important nutrient that is needed for the growth and repair of tissues in all parts of your body.

A New Recipe Each Month!

Remember to look for this month’s featured recipe on the opposite side of the monthly “Volunteer Calendar” in this issue of the “MTKO BOLD HOPE Newsletter”. There are lots of fresh fruits in this salad recipe.

Please feel free to use any recipe that may work with your team. If you have any questions concerning these recipes, please contact Sydne at sydne.wirrick-knox@mtko.org or call 402-817-0622.



Thank You to Our July Hunger Relief Substitute Teams

Jyoti Soni provided, prepared and served the evening meal (7/12), Vikas Padhye provided, prepared and served lunch (7/14), Lohmen Church, Germany, provided, prepared and served lunch (7/19), HBE CPAs provided, prepared and served the evening meal (9/20), Arun Pondicherry provided, prepared and served the evening meal (7/28), Immanuel Church provided, prepared and served lunch (7/31)



Thank You to Our July Group Volunteers

Roger Aden & Family – Salad Bar (7/1), Grand Lodge – Desserts (7/4), LuAnn Cao – Salad Bar (7/6), Johnson Family – Desserts (7/8), LuAnn Cao – Salad Bar (7/13), LDS Woman’s Group – Desserts (7/19), LuAnn Cao – Salad Bar (7/20), Ledgerwood Family – Fruit Salad (7/23), LuAnn Cao – Salad Bar (7/27), Jenni Bruning-Brown – Desserts (7/27)

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.”



Garden Abundance

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

It's that time of year when the fruits of our labors earlier this spring and summer, for those of us who are gardeners, are starting to show up in the garden. Veggies like tomatoes, summer squash, peppers, eggplant, cucumbers, okra, and some of the greens like kale and chard are yielding their produce at this time of year. You know it's really summer when your neighbors start bringing over their extra zucchinis for you!

Since there is always an abundance of these luscious summer vegetables this time of year, a number of years ago I started looking for additional recipes that use them. Ratatouille is an easy, one-pan dish that originated in the Provence region of France. It contains seasonal vegetables, including eggplant, summer squash, and peppers, as well as garlic, herbs and oil. It can be eaten as a side dish, served over a grain like rice or couscous, or have meat added to it for a simple main dish.

Zucchini and yellow summer squash are extremely versatile vegetables that can be used any number of ways. I have a fairly good assortment of squash recipes, including zucchini cakes and frittata, sautéed vegetables with summer squash, using them on pizza and stuffing them (you know—the baseball bat-sized ones you miss under the foliage). Here is the frittata recipe, if you'd like to try it. It's all done on top of the stove, so no oven is even required.

Zucchini Frittata

6 large eggs (or equivalent egg sub)
Salt and freshly ground pepper
1/3 cup freshly grated Parmesan cheese
¼ cup butter
1 Tbsp. olive oil

1 medium onion, thinly sliced
3 zucchini, finely sliced
2 Tbsp. chopped parsley
2 garlic cloves, chopped

1. Beat eggs with salt and pepper in a medium bowl. Beat in Parmesan cheese.
2. Melt 3 Tbsp. butter with oil in a heavy 8- to 10-inch skillet. When butter foams, add onion. Sauté over medium-low heat about 1 minute. Add zucchini, parsley, and garlic. Sauté 3 to 4 minutes or until lightly browned.
3. Remove zucchini mixture with a slotted spoon. Stir into egg mixture. Melt remaining butter in skillet. When butter foams, add egg mixture. Cook over medium heat 5 to 6 minutes or until bottom of frittata is lightly browned. Place a large plate on top of skillet and turn frittata onto plate. Slide inverted frittata back into skillet. Cook 4 to 5 minutes longer.
4. Slide frittata onto a warm serving dish. Cut into 4 wedges. Serve hot or at room temperature.

Makes 4 servings.

From [Bon Appetit](#), May 2000

Please welcome our new
volunteers:

Nicholas Vanackeren, Gerald Nichols,
Tara Yates, Bertha Mesarch, and
Ransom Francisco



Huskers
**HELPING THE
HOMELESS**

Huskers Helping the Homeless

October 5, 6, 7, and 8

Teams can sign-up now for a location

Individual sign-up will begin August 15

To volunteer, contact Victoria Young, 402-817-0623

victoria.young@mtko.org



BOLD HOPE

PO Box 80935
Lincoln, NE 68501

If you have already returned your survey, THANK YOU!

If you haven't returned the survey, please consider completing and mailing it back as soon as possible.

Reminder!

Wheel You Help Robert Roll Across The Finish Line?

You might have seen this young guy wheeling around MTKO. His name is Robert Rieck and he is an Alcohol & Drug Counselor at Matt Talbot Kitchen & Outreach. On Sunday, October 29, Robert will be participating in the Good Life Halfsy. That's 13.1 miles! Robert is taking part in the race to help raise funds for five local organizations, including Matt Talbot Kitchen & Outreach. We will post updates on Robert's training in future newsletters. If you'd like to sponsor Robert please go to <http://mtko.org/goodlife>.



Bold Hope at Eagle Raceway



Photo courtesy of Joe Orth Photographer

Mike and Amber Boston chose to recognize Matt Talbot Kitchen & Outreach by putting our logo on the wing of Mike's Sprint Car for the 2017 season. When Mike won back-to-back victories at Eagle Raceway earlier this month, he told the fans, "This is a great opportunity to get Matt Talbot's name out there and raise awareness for their cause."

We're very grateful to Mike and Amber for their compassion to those in need and for spreading the word about Matt Talbot. When you go to Eagle Raceway, be sure to cheer for #51!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MTKO Weekend Pager Number: 402-473-0447		1 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Melanie Stubblefield	2 Lunch Wednesday Lunch Bunch Lisa Hayes & Michelle Rhodes Supper Ceresco Covenant Church Marsha Rogers	3 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	4 Lunch IANL Dr. Ram Bishu Supper Westminster Presbyterian Church Joan Roberts	5 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
6 Lunch Madonna Sue Carraher Supper Maranatha Dental Group Justin & Kerry Dworak	7 Lunch Sub Team Suma Kiran P/P/S Supper Super Supper Servers Sue Connolly	8 Lunch Swanson Russell Serve Only Supper St Pat's Leah Bethune	9 Lunch Christ United Methodist Mary Woodard Supper St Peter's Godteens Sarah Hodge	10 Lunch Country Neighbors Beaver Crossing Mike Stutzman & Annie Philyaw Supper Blessed Sacrament #2 Mary Jo Bousek	11 Lunch Sub Team Jeyam Subbiah P/P/S Supper Blessed Sacrament #1 MaryAnn Burda	12 Lunch First United Methodist Church Liz Zeff Supper 1 st Plymouth Congregational Hollie Schmidt
13 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac Supper P.K.'s & Friends Grace & Bryan Willnerd	14 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	15 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	16 Lunch Sub Team Raj Nataraj P/P/S Supper St Teresa's #1 Rosie Polak	17 Lunch Christ United Methodist Lona Dearthmont Supper St E's Mission Integration Committee Pat Hoidal	18 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	19 Breakfast American Legion Mike & Cecelia Lunch St Catherine's Lunch Bunch Eileen Zuerlein Supper Kreifels Family Ribfest
20 Lunch St. Peter's Mary French Supper SAMS Joan Campbell Foote	21 Lunch Lincoln Federal Savings Bank Lending Hands Serve Only Supper St. David's Episcopal Kathy Wilson	22 Lunch Women's Welcome Club Beth Griffing Supper Southwood Lutheran Leigh Porter	23 Lunch Residential Treatment Community NSP Dave Sullivan Supper St Teresa's Coffee Group Norene Lackey	24 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Francis & St Claire Janet Harrison	25 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Sue Alby	26 Lunch St John's Talbot Lunch Bunch Tini Van-Oehlertz Supper CALL Cheryl Ferree
22 Lunch Calix Chris Jacobsen Supper The Servants of St Joseph Mary Bill	23 Lunch St Peter's/St Teresa's Circle Provide Windstream Serve Only Supper Sysco Lincoln Elke Hesser	29 Lunch St Michael's Cheney Chloe Burianek Supper Friends Jan Meints	30 Lunch Orthodox Men of Lincoln Richard Leiter & Paul Barnes Supper St Peter's Becky Searcy	31 Lunch St Paulinus Linda Holz Supper Sub Team NAI FMA Realty P/P/S		

USDA INVENTORY AS OF July 22, 2017

Canned, Frozen or Instant Vegetables

1/2 case (12/2.5# bags/case) Frozen Diced Carrots
9 1/2 cases (24/#300 cans/case) Green Beans
20 cases (24/#300 cans/case) Corn
2 3/4 cases (24/#300 cans/case) Peas
2 cases (12/1# boxes/case) Instant Potatoes
8 cases (24/#300 cans/case) Mixed Vegetables

Canned & Frozen Fruit

2 cases (24/#300 cans/case) Applesauce
7 1/2 cases (24/#300 cans/case) Sliced Pears
1 1/4 cases (24/#300 cans/case) Sliced Peaches

Pasta

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

Frozen & Canned Meat

12 1/4 case (23 15 oz cans/case) Canned Chicken

Soups

None

Miscellaneous

1 cases (3/46 oz bottles/case) Cranberry/Apple Juice
1 1/2 cases (3/46 oz bottles/case) Grape Juice
4 1/4 cases (12/11.5 oz bottle/case) Concentrated Cranberry Juice



STRIVE Recipe of the Month

Fresh Fruit Salad w/Honey Lime Dressing

Recipe serves 150

10 cups pineapple (I use two #10 cans)
10 cups orange segments (Cuties pile so easy)
10 cups halved fresh strawberries
10 cups sliced bananas (soak in pineapple juice)
10 cups green seedless grapes
10 cups red seedless grapes

Dressing:
2 cups Canola oil
2 cups lime juice
2 cups honey
2 3/4 teaspoons cider vinegar
3/4 teaspoon ground ginger – to taste

Directions:

1. Drain canned pineapple and reserve juice for bananas. Once bananas are sliced, soak in pineapple juice until ready to use. Drain well.
2. Mix pineapple, oranges, strawberries, red and green grapes and bananas. Refrigerate until chilled, at least 30 minutes.
3. Combine oil, lime juice, honey, vinegar and ginger in a bottle with a lid; cover and shake until dressing is mixed. Refrigerate until chilled, at least 30 minutes. Shake dressing again; drizzle over fruit and toss to coat.

Calories: 103

Sodium: 3 mg

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