



matt talbot

kitchen & outreach

SEPTEMBER 2017 • VOLUME 4 • ISSUE 9

BOLD HOPE

Huskers Helping The Homeless

On Saturday, October 7, hundreds of volunteers will be stationed downtown and throughout the city of Lincoln before the Husker football game to accept monetary donations on behalf of Matt Talbot Kitchen & Outreach. Volunteer opportunities are available October 5, 6, 7, and 8th. This is a great



opportunity for families, students, groups or individuals to join the team and be part of our best defense against hunger and homelessness. Interested in volunteering? Please go to <http://www.mtko.org/huskers> to register or contact Victoria Young at victoria.young@mtko.org or 402-817-0623.

Matt Talbot Building Expansion: Brick by Brick



If you haven't stopped by Matt Talbot lately you'll be in for a big surprise the next time you're in the neighborhood. The bricks have begun to be laid on our building expansion. You can definitely see the progress that is being made, and we are on track to move into the expansion mid-October. Please join us Wednesday, September 6, at 12:15 for our 25th birthday celebration and check out the progress being made. We are still working to meet our \$750,00 goal for our Building Expansion Fund. If you are interested in supporting our building expansion, donate online at mtko.org or contact Sally Buchholz, Director of Development, for more information: sally.buchholz@mtko.org or 402-817-0621.



News from the Kitchen

By Sydne Wirrick-Knox, Kitchen Manager



Matt Talbot is celebrating 25 years (and counting) of service to the Lincoln community. As part of our celebration, we want to hear how MTKO has touched the lives of our volunteers, donors and guests over the last 25 years. If you would like to share, please go to our website, mtko.org/25

Welcome to Three New MTKO Hunger Relief Teams!

Trinity Lutheran Church, Cordova, Team Captain: Kim Due – 4th Thursday Lunch;
Friends, Team Captains Jan Meints & Chuck Walter – 5th Tuesday Evening Meal; and
Immanuel Church, Team Captains: Vi Schroeder & Betsy Will – 4th Monday Lunch
in March & September and the 5th Monday Lunch in July & December



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

Question: How much of the recommended **refined grains** does the typical American eat?

50%, 100%, 150%, or 200%

Answer: Twice as much (200%)

Refined grains have been milled to remove the bran and germ from the grain. This removes fiber, iron, and many B vitamins. We should replace half of the refined grains we eat with whole grains.

Question: Which of the following is a whole grain?

Popcorn, Couscous, Multigrain Bread, or Corn Tortilla

Answer: Popcorn

A whole grain includes the entire grain seed, or kernel. Examples of whole grains are popcorn, wild rice, buckwheat, bulgur, millet, oatmeal, rolled oats, brown rice, and whole-grain barley, rye, and wheat.



Weekend Teams

You are welcome to unlock the front doors early **when the weather conditions are extreme.**
Just remember that each team will need to supervise the guests in the dining room if the off-duty officer is not yet present. This can be challenging with some of our guests, so please be cautious and use your best judgement.

Thank You to Our August Hunger Relief Substitute Teams

Suma Kiran provided, prepared and served lunch (8/7), Jeyam Subbiah provided, prepared and served lunch (8/11), Raj Nataraj provided, prepared and served lunch (8/16), Kreifel's Family provided, prepare and serve evening meal **RIBFEST** (8/19), Srikant Jangala provided, prepared and served lunch (8/20), NAI FMA Realty provided, prepared and served the evening meal (8/31)

Thank You to Our August Group Volunteers

North Star Thespian Troupe – Desserts (8/1), LuAnn Cao – Salad Bar (8/3), Roger Aden & Family – Salad Bar (8/5), Ledgerwood Family – Fruit Salad (8/6), Grand Lodge – Desserts (8/7), LuAnn Cao – Salad Bar (8/10), Johnson Family – Desserts (8/12), SouthGate Church – Desserts (8/13), Cunning Family – Desserts (8/19), LuAnn Cao – Salad Bar (8/24), Jenni Burning-Brown – Desserts (8/24), & LuAnn Cao – Salad Bar (8/31)



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."



Long-time Volunteer Directs Grant to Benefit HOPE Garden

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

Maurice Bonne has been a fixture in the HOPE Garden at Matt Talbot for many years. He is a farmer with a horticulture degree and background, gardener extraordinaire, and has a soft spot for Matt Talbot's garden. Several years ago he answered a newspaper request for volunteers here in the garden. Turns out he loves beautifying gardens, growing produce, and eliminating weeds so he has been here volunteering ever since. He says he doesn't golf so he gardens.

And we here at Matt Talbot are fortunate that is the case. Many of the flowers that grace our grounds are a result of his generosity and efforts. And, as if all those volunteer hours weren't enough, he saw the opportunity to apply for a Monsanto Funds grant to assist nonprofits last year at the Lancaster County Fair.

The America's Farmers Grow Communities grant provided \$2,500 to Matt Talbot's HOPE Garden and Hunger Relief Programs. Maurice was featured on Pure Nebraska last month. Log into <http://www.1011now.com/content/news/Matt-Talbot-Kitchen-and-Outreach-uses-garden-to-teach-life-skills--440337493.html> to see the full TV segment.



Volunteer Survey Feedback

Thank you to everyone who returned their 2017 Volunteer Survey. We received 117 responses. Overall everyone responded positively. We did receive additional feedback, we thank you for that. We will be sharing this information with the proper teams and addressing any suggestions, comments and concerns. Below please find a recap of the responses. If you have any questions, please feel free to contact Sydne, sydne.wirrick-knox@mtko or Victoria, victoria.young@mtko.org.

1. I have the equipment/supplies I need while working. If not, please include additional information in the comments section. **116 respondents agreed and 1 respondent neither agreed or disagreed.**
2. I feel I have received sufficient training and support from the MTKO staff. **110 respondents agreed and 7 respondents neither agreed or disagreed.**
3. I feel the time I spend volunteering at MTKO is worthwhile & my volunteer work is meaningful. **115 respondents agreed and 2 respondents neither agreed or disagreed.**
4. I get the right amount of timely communication from MTKO to be successful as a volunteer. **106 respondents agreed and 11 respondents neither agreed or disagreed.**
5. I feel my contributions are appreciated by MTKO staff and guests. **112 respondents agreed and 5 respondents neither agreed or disagreed.**
6. I feel safe when I am at MTKO. **116 respondents agreed and 1 respondents neither agreed or disagreed.**
7. I feel that I fully understand Matt Talbot's mission and values. **98 excellent, 18 good and 1 fair.**
8. I feel that Matt Talbot's staff members are effective in achieving their goals. **111 excellent and 6 good.**
9. How would you rate your overall experiences while volunteering at MTKO? **108 excellent 7 good and 2 fair.**
10. I plan to continue volunteering at MTKO. **114 agree and 3 neither agree or disagree.**



BOLD HOPE

PO Box 80935
Lincoln, NE 68501



Canned Meat

Canned meat is needed in the Outreach Food Pantry. Please drop off donations to the back entrance of the kitchen.
Questions? Please contact Victoria Young
402-817-0623/victoria.young@mtko.org



Please welcome our new volunteers:

Camille Wanetka, Anika Upton,
Victoria Thomson, Kris Yeakley,
and Guillermo Rivas



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MTKO Weekend Pager Number: 402-473-0447					1 Lunch IANL Dr. Ram Bishu Supper SOS St Mark's United Methodist Ann Heydt	2 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
3 Lunch Madonna Sue Carraher Supper Maranatha Dental Group Justin & Kerry Dworak	4 Lunch LLC Health Dept Kings & Queens Gary Walsh Supper Super Supper Servers Sue Connolly	5 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Melanie Stubblefield	6 Lunch Wednesday Lunch Bunch Lisa & Michelle Supper Walmart Northeast Wal-walkers Cruz & Jessica	7 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	8 Lunch Christ Lutheran Church Middle School Ministries Megan Ockaden Supper Spirit of Hope Lutheran Church Deb & Dallas	9 Lunch First United Methodist Church Liz Zeff Supper 1st Plymouth Congregational Hollie Schmidt
10 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac Supper P.K.'s & Friends Grace & Bryan Willnerd	11 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	12 Lunch Sub Team Santhi Peddamalla P/P/S Supper St Joseph's #1 Mary Love	13 Lunch Christ United Methodist Mary Woodard Supper New Covenant ACTS Lee Johnson- Flowerday	14 Lunch Country Neighbors Beaver Crossing Mike Stutzman & Annie Philyaw Supper Blessed Sacrament #2 Mary Jo Bousek	15 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	16 Breakfast American Legion Mike & Cecelia Lunch Crestwood Christian Jeromy & Shari Supper Holy Savior Lutheran III Sarah Fuller
17 Lunch St. Peter's Joni Ritcher & Virginia Donovan Supper Sub Team St. Paul's Methodist Youth P/P/S	18 Lunch Sub Team Prem Bansal P/P/S Supper St. David's Episcopal Sharon Beachell	19 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	20 Lunch Blessed Sacrament Jr High Danielle Miller Supper St Teresa's #1 Rosie Polak	21 Lunch Christ United Methodist Lona Dearmont Supper Sub Team First Step P/P/S	22 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Sue Alby	23 Lunch Blessed Sacrament #5 Mary Woltemath Supper CALL Cheryl Ferree
24 Lunch North American Martyrs Christy Bousquet & Angie Korus Supper The Servants of St Joseph Mary Bill	25 Lunch Sub Team Jay Reddy P/P/S Supper SouthPointe Christian Church Lisa Gengenbach	26 Lunch Women's Welcome Club Beth Griffing Supper Southwood Lutheran Leigh Porter	27 Lunch Residential Treatment Community NSP Dave Sullivan Supper St Teresa's Coffee Group Norene Lackey	28 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Francis & St Claire Janet Harrison	29 Lunch Christ United Methodist Ann Rauscher & Rochelle Dyer Supper Southwood Lutheran Leigh Porter	30 Lunch The Dangling Particles Mindy & Hollie Supper Cathedral Godteens Michelle Heofener

Mission Statement: The mission of Matt Talbot Kitchen & Outreach is to serve the physical, emotional and spiritual needs of Lincoln's working poor and homeless through outreach, advocacy, education and the provision of food and shelter.

USDA INVENTORY AS OF August 22, 2017

Canned, Frozen or Instant Vegetables

1/3 case (12/2.5# bags/case) Frozen Diced Carrots
3 1/3 cases (24/#300 cans/case) Green Beans
17 1/2 cases (24/#300 cans/case) Corn
6 1/2 cases (24/#300 cans/case) Peas
2/3 case (12/1# boxes/case) Instant Potatoes
7 cases (24/#300 cans/case) Mixed Vegetables

Canned & Frozen Fruit

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

Pasta

5 1/2 cases (20/1# boxes/case) Spaghetti
1 3/4 cases (20/1 # boxes/case) Macaroni

Frozen & Canned Meat

7 cases (24 15 oz. cans/case) Canned Chicken

Soups

14 3/4 cases (12/22 oz. boxes/case) Cream of Chicken Soup-not condensed

Miscellaneous

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



STRIVE Recipe of the Month

This is a great alternative to Pasta with Red Meat Sauce

Chicken and Broccoli Pasta

Recipe serves 150

1/2 cup olive oil	salt & pepper to taste
20 to 25 pounds canned chicken, drained	1 tablespoon dried oregano
1 1/4 cup chopped onions	2 cups dried basil
3/4 cup chopped garlic (or 1/4 c granulated garlic)	25 pounds dry penne pasta
38 (14.5 oz.) cans diced tomatoes	3 cups grated Parmesan cheese
37 cups fresh or frozen broccoli	

Directions:

1. Heat oil in skillet and add onions and garlic (unless using dried garlic), cook for about 5 minutes until onions are translucent.
2. Add chicken, garlic granules, tomatoes, broccoli, salt, pepper, oregano, and basil; stir well and bring to a boil. Cover and turn down heat to simmer for about 10 minutes.
3. Cook pasta and pour into chicken sauce; mix well.
4. Put casserole into baking pans. Sprinkle with Parmesan cheese and bake at 350° for 30 minutes or until the sauce bubbles.

Calories: 368

Sodium: 296 mg

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