



matt talbot

kitchen & outreach

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BOLD HOPE

feeding the *soul* of the city

Join us on March 22 for a night of inspiration!

Feeding the Soul of the City is Matt Talbot's annual spring fundraiser. The generosity of our sponsors, live and silent auction donors, and event guests enables us to serve Lincoln's working poor and homeless 365 days a year. This year's event will be held at the Cornhusker Marriott Hotel at 333 S. 13th Street. The Social Hour and Silent Auction begin at 5:30 pm with the Gala Dinner beginning at 6:30 pm.

Our auction committee has been busy gathering wonderful items for the Live and Silent Auctions, including vacation packages in a scenic Colorado cabin, a stunning Myrtle Beach penthouse, and the amazing Aulani Disney Resort in Hawaii! New to our event this year, we will be using an online bidding program for the Silent Auction. Attendees can follow their favorite items and bid on them from their smart phones. We'll also have tech savvy volunteers to help any guests who'd like to bid but aren't sure how. Our auction website will be live by March 19 so you can see all the wonderful items and even bid from home. Visit galabid.com/mtko2018 to see the items and register to start bidding!

We hope you can join us on March 22nd! If you have any questions about the event, please contact Vicky Drozd at 402-817-0619 or vicky.drozd@mtko.org.



Feeding the Soul of the City Celebrates Our Compassion In Action Award Recipients

A highlight of Feeding the Soul of the City is the presentation of the Compassion in Action Awards. This year's Individual Award will honor Greg Ernst, Immediate Past Board President. Greg has served on the board for 7 years, is a long-time donor and active committee member, led the Bold Hope Building expansion and is a #1 encourager with a heart for the homeless!



His service to Matt Talbot embodies humility, compassion and a fun loving spirit. The Collaboration Compassion in Action Awards will be presented to the Food Bank SNAP Outreach Program and the Department of Health and Human Services-Children & Family Services Division. These groups work collaboratively at the Matt Talbot facility to assist hundreds of individuals to receive SNAP benefits (food stamps) and other services. This partnership that promotes help, hope and compassion creates effective and efficient outreach to better serve our guests.

News from the Kitchen

By Sydne Wirrick-Knox, Kitchen Manager

Matt Talbot Kitchen & Outreach: Recycle Policies and Procedures



Cardboard: All cardboard should be recycled. **ALL CLEAN AND DRY CORRUGATED CARDBOARD MUST BE RECYCLED STARTING APRIL 1, 2018, as per Municipal Code 8.32.040.** This includes pizza boxes with grease stains but no solid food waste. Please break down all boxes and place the cardboard in the bright green dumpster to the east of the garage. This must be done after each meal (including evenings and weekends).

Metal: All metal cans and containers should be recycled. We have a blue recycle bin by the kitchen door. All tin cans, aluminum cans and aluminum pans should be placed in the blue recycle bin. Every item needs to be cleaned, labels can remain on the cans, however, no lids please. This blue bin must to be emptied into the recycle bins outside to the east of the garage after each meal (including evenings and weekends). Please re-line the recycle bin with a new trash liner.

Plastic: All plastic with recycle symbols should be recycled. Every plastic item needs to be cleaned and placed in the blue recycle bin by the kitchen door. This blue bin must to be emptied into the recycle bins outside to the east of the garage after each meal (including evenings and weekends). Please re-line the recycle bin with a new trash liner.

Paper: All paper should be recycled. Please place it in the recycle bins outside to the east of the garage. We do also have a recycle bin in the kitchen for paper that needs to be shredded. Please do not use this bin for any paper that does not contain sensitive information.

Food Waste: Remember we have compost bins east of the garage. All food scraps from meal preparation should be put into this compost.

Thank you for following MTKO's recycle procedures and Lincoln's new recycling ordinance.



Hunger Relief Team Volunteer Opportunities

On-going volunteer opportunities to provide, prepare & serve in 2018:

1st Wednesday Evening Meal – Odd Months on 3/7, 5/2, 7/4, 9/5 & 11/7

2nd Thursday Lunch on 3/8, 5/10, 6/14, 7/12, 8/9, 9/13, 10/11, 11/8, 12/13

4th Wednesday Lunch on 5/23, 7/25, 9/26, 11/28

Contact Sydne at sydne.wirrick-knox@mtkserves.org or call 402-817-0622 for details

As we move into spring and summer, remember our hunger relief meal numbers usually increase. Please plan your meals accordingly. Thank you!

Thank You to Our February Hunger Relief Substitute Teams

AORN provided, prepared & served dinner (2/1), Piedmont Park Thunderbirds provided, prepared & served dinner (2/4), Bethlehem Lutheran Church Wahoo Youth provided, prepared & served dinner (2/7), Sacred Heart Fall City Youth served dinner (2/11), St Paul's Methodist Youth provided, prepared & served dinner (2/18), Bryan West served lunch (2/28)

Thank You to Our February Group Volunteers

Luann Cao - Salad Bar (2/1), Aden Family – Salad Bar (2/3), Grand Lodge – Desserts (2/6), Luann Cao – Salad Bar (2/8), KVC FosterCare – Desserts (2/14), Luann Cao – Salad Bar (2/15), Melcher Family – Desserts (2/17), Ahler Family – Salad Bar (2/18), North American Martyrs Moms – Desserts (2/18), Thayer Central Student Council – Desserts (2/21), Luann Cao – Salad Bar (2/22), Jenni Bruning Brown – Desserts (2/22), Scold Cousins – Music (2/25)

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."



Easy Korean Dishes

by Janet Buck, MS, RD, LMNT
Nutrition Coordinator

The winter Olympics have gotten me thinking about things Korean and so I began investigating various Korean foods. I found a site that lists ten easy Korean foods to make, plus it contains (mostly) ingredients I already have in my kitchen or could easily purchase. The website is called <https://www.thespruce.com/easy-korean-recipes-to-make-at-home>.

Some of the easy recipes to make include Korean Pancakes with Scallions (pa jun). Unlike most American pancakes, these are savory, but like American pancakes they are easy to make and could be used for breakfast.

Another recipe is Korean Rolled Egg Omelet (gaeran mari). The recipe on the blog uses seaweed but you could substitute spinach or another green or other vegetables. Eggs are a good, inexpensive source of protein. You could also add ham or another meat if you want to add more protein to the dish.

Yet another recipe on [The Spruce](https://www.thespruce.com) website is a recipe for Easy Anytime Asian Noodle Soup. As with most soups, you get several food groups in one dish. This one contains Chinese cabbage, scallions and mushrooms plus it has the high-antioxidant-containing garlic and ginger. As the recipe is written it contains tofu so it would be a nice vegetarian option. We are going to make this soup in an upcoming cooking class so we can let you know how it tastes after that.

If you are adventurous in your cooking these would be some fun and easy recipes for you to try.

Please join us for the 7th Annual MTKO

Easter Egg Hunt

Friday, March 30 at 11 a.m.

Sponsored by Southwood Lutheran Church

For ages 0-8 years old

Bring your Easter Baskets



Looking Ahead

Here are a few days that we will have an alternative guest schedule...

Easter Sunday, April 1st: Open 5:30 to 6:30 pm

Memorial Day, May 28th: Open 11:30 am to 12:30 pm and 5:30 to 6:30 pm. No laundry/shower.

4th of July: Open 11:30 am to 12:30 pm and 5:30 to 6:30 pm. No laundry/shower.

Landscaping Volunteers Needed

Do you have a green thumb? Like to work outdoors? Well we have the perfect volunteer opportunity for you! Spring is around the corner, and we are looking for ongoing volunteers to help us with our landscaping around the MTKO property. If interested, please contact Victoria O'Neil Young at 402-817-0623 or victoria.young@mtko.org





BOLD HOPE

PO Box 80935
Lincoln, NE 68501



Food For Thought

This month in our "Food for Thought" series we bring you a quote from a guest, Stacy, who attended our 25th Birthday Party last September. We asked folks at the party to leave us a note that shared how Matt Talbot had touched their lives, and Stacy shared how one of our outreach programs changed her life by allowing her to become employed.

"Matt Talbot helped me get my ID when I was in the work release center which helped me get a job. Now I'm the manager. Thank you Matt Talbot!"

— Stacy, Guest

Check out all the stories and share your own at:
mtko.org/foodforthought



In the
Spotlight



Meet Megan Wackel, our March Spotlight Volunteer. Megan started volunteering with Matt Talbot when she was a child with her parents. Even at an early age Megan could see the impact MTKO had on the guests that utilized our services. About a year ago she came to us and started scanning and subbing for Laundry/Shower. But most recently her mother, Ann and her sister, Claire have joined her to do our Kid's Craft Night once a month. Megan is a sophomore at the University of Nebraska at Omaha and is studying Biochemistry. She hopes to go to medical school in the future. Megan has a love of working with kids and plans to be a pediatrician, which is one of the reasons why she enjoys doing the crafts with her mom and sister. She loves seeing how excited the kids get when they finish making a turtle or Christmas ornament.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MTKO Weekend Pager Number: 402-473-0447				1 Lunch Sub Team Prem Bansal P/P/S Supper St. Joseph's #3 Pat & Bill Lundak	2 Lunch IANL Dr. Ram Bishu Supper SOS St Mark's United Methodist Ann Heydt	3 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
4 Lunch Madonna Sue Carraher Supper Maranatha Dental Group Justin & Kerry Dworak	5 Lunch LLC Health Dept Kings & Queens Gary Walsh Supper Super Supper Servers Sue Connolly	6 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	7 Lunch Wednesday Lunch Bunch Lisa & Michelle Supper MTKO P/P Alison Ritter & Family Serve	8 Lunch Country Neighbors Beaver Crossing Mike Stutzman & Annie Philyaw Supper Blessed Sacrament #2 Mary Jo Bousek	9 Lunch Christ Schools Megan Ockaden Supper Spirit of Hope Lutheran Church Deb Bush & Dallas Kipper	10 Lunch First United Methodist Church Liz Zeff Supper 1st Plymouth Congregational Hollie Schmidt
11 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac + St John's Lutheran Seward Serve Supper P.K.'s & Friends Grace & Bryan Willnerd	12 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	13 Lunch Swanson Russell Associates Serve Only Supper St Joseph's #1 Mary Love	14 Lunch Christ United Methodist Mary Woodard Supper New Covenant ACTS Lee Johnson- Flowerday	15 Lunch Christ United Methodist Lona Dearmont Supper Sub Team St Catherine's CYO Indianola NE - P/P/S	16 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	17 Breakfast American Legion Mike & Cecelia Lunch Crestwood Christian Jeremy & Shari Supper Holy Savior Lutheran III Sarah Fuller
18 Lunch St. Peter's Cheri Hellem Supper Sub Team St Paul's Methodist Youth P/P/S	19 Lunch Lincoln Federal Savings Bank Lending Hands Serve Only Supper St. David's Episcopal Sharon Beachell	20 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	21 Lunch Blessed Sacrament Jr. High Danielle Miller Supper St Teresa's #1 Rosie Polak	22 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Francis & St Claire Janet Harrison	23 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Sue Alby	24 Lunch Blessed Sacrament #5 Mary Woltemath Supper CALL Cheryl Ferree
25 Lunch North American Martyrs Christy Bousquet & Angie Korus Supper The Servants of St Joseph Mary Bill	26 Lunch Immanuel Church Vi Schroeder Supper SouthPointe Christian Church Lisa Gengenbach	27 Lunch Women's Welcome Club Beth Griffing Supper Southwood Lutheran Leigh Porter	28 Lunch Sub Team St. Michael's 8th Grade P/P/S Supper St Teresa's Coffee Group Donna & Karen	29 Lunch St Paulinus Kay Kreifels Supper St James' Cortland Kassie Ebberts	30 Lunch Christ United Methodist Ann Rauscher & Rochelle Dyer Supper Southwood Lutheran Leigh Porter	31 Lunch The Dangling Particules Mindy & Hollie Supper Cathedral Godteens Michelle Heofener

USDA INVENTORY AS OF February 20, 2018

Canned, Frozen or Instant Vegetables

1 case (12/1# boxes/case) Instant Potatoes
18 3/4 cases (24/#300 cans/case) Green Beans
20 3/4 cases (24/#300 cans/case) Corn

Canned & Frozen Fruit

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

Pasta

5 1/2 cases (20/1# boxes/case) Spaghetti
2 cases (20/1# boxes/case) Macaroni
4 cases (12/1# bags/case) Egg Noodles

Frozen & Canned Meat

4 cases (24 14.75 oz. cans/case) Canned Salmon
21 cases (24/12 oz. cans/case) Tuna
2 cases (20/2# packages/case) Deli Sliced Turkey

Soups

4 1/2 cases (12/22 oz. boxes/case) Cream of Chicken Soup-not condensed

Miscellaneous

None



STRIVE Recipe of the Month

Hungarian Noodle Bake Meatless Main Dish Recipe serves 150

100 Ounces Angel Hair Pasta	1/2 Cup Worcestershire Sauce
6 1/4 Cups Chopped Onions	1/3 Cup Salt
25 Cloves Garlic, Minced	1 1/4 Tablespoon Pepper
1 1/2 Cups Butter	Paprika
37 1/2 Cups Cream-Style Cottage Cheese	Parmesan Cheese
25 Cups Sour Cream	

Directions:

1. Preheat oven to 350 °. Lightly grease large casserole pans.
2. Boil pasta as per directions on packaging (do not use salt or oil in the water). Drain.
3. Cook onions and garlic in butter until tender. Combine noodles and onion mixture with cottage cheese, sour cream, Worcestershire sauce, salt & pepper.
4. Turn into pans and bake at 350 ° for 25 to 35 minutes.
5. Sprinkle with paprika. Add Parmesan cheese when serving.

Calories: 231

Sodium: 467 mg