



matt talbot

kitchen & outreach

JANUARY 2018 • VOLUME 5 • ISSUE 1

BOLD HOPE

Happy New Year!



We are grateful to everyone who gave or pledged to our building expansion campaign in 2017. We give special thanks to the **Ameritas Charitable Foundation** and the **Abel Foundation** for their very generous gifts in December. What a blessing to start the new year filled with gratitude and BOLD HOPE!

Souper Bowl of Caring February 4, 2018

America's youth are working to make a record year for the Souper Bowl of Caring, by raising millions for hunger and poverty-related charities across the country. I hope you will choose to get involved in this grassroots, youth-led movement that is helping those around the country who are in need. It's this easy to help!



- Register at www.souperbowl.org or call Matt Talbot to receive your free promotional materials.
- Collect donations on or near Super Bowl Sunday. (Churches typically collect on Super Bowl Sunday and schools collect between Jan. 4th and Feb. 4th)
- Report your results on the Souper Bowl web page, <http://www.souperbowl.org> for the country to see the power of caring.
- Donate 100% of your collection to the charity of your choice, such as **Matt Talbot Kitchen & Outreach**.

2017 MTKO Fiesta

Thursday, December 21st, the Matt Talbot staff, board members and guests gathered for our annual holiday Fiesta. We served 250 meals at our festive event this year. Thank you to La Paz Restaurant of Lincoln for providing a wonderful meal and to the Chvatal Family for the delicious cookies they baked for all to enjoy.



SAVE THE DATE!

feeding the *soul* of the city

**THURSDAY, MARCH 22, 2018
CORNHUSKER MARRIOTT**

News from the Kitchen

By Sydne Wirrick-Knox, Kitchen Manager

Please Notice This



Remember to return your 2017 "In-Kind" donation form!

This form is very important for our statistical reporting for funding requirements & auditing purposes. Our deadline is February 15th. Please note that individual volunteers may choose to use the receipt as a basis for a charitable donation for income tax purposes. Original forms will be sent to team captains only. We would be happy to provide a receipt to any team member upon request.

If you would prefer to complete your In-Kind form online, you can find this information on the MTKO website, www.MTKO.org. Go to "Relieving Hunger" and click on "Hunger Relief Volunteers". From there go to the "In-Kind Donation" bullet.

THANK YOU to La Paz Restaurant for donating the meal for our 2017 Holiday Fiesta which was held on December 21st. Remember to visit La Paz at 321 North Cotner Blvd. You can "Thank" Jonas and Andy in person for their support each year of Lincoln's working poor and homeless.

Also, **THANK YOU** to the groups that provided, prepared and served during the Christmas weekend:
Calix, The Servants of St. Joseph, The Schumacher & Ernst Families,
and The Northeast Kiwanis Club.

Hunger Relief Team Volunteer Opportunities

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

2nd Thursday Lunch on 1/11, 2/8, 3/8, 4/12, 5/10, 6/14, 7/12, 8/9, 9/13, 10/11, 11/8, 12/13

4th Wednesday Lunch on 2/28, 5/23, 6/27, 8/22, 9/26, 11/28 & 12/26

5th Tuesday Lunch on 5/29, 7/31 & 10/30

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



Thank You to Our December Hunger Relief Substitute Teams

Cross Road Riders #262 provided, prepared & served lunch (12/9), Brennan Costello and Friends provided, prepared & served evening meal (12/10), The Schumacher & Ernst Family provided, prepared & served lunch on Christmas (12/25), The Northeast Kiwanis provided, prepared & served the evening meal on Christmas (12/25), St. Peter's provided, prepared & served lunch (12/26), Prem Bansal & Family provided & prepared lunch (12/27), Pius Swim Team provided, prepared and served lunch (12/29), & The Ledgerwood Family provided, prepared & served evening meal (12/31)



Thank You to Our December Group Volunteers

Roger Aden & Family – Salad Bar (12/2), Andrea Howell & Family – Desserts & Hygiene Products (12/2), Boy Scouts #93 – Desserts (12/3), UNL Gymnastics – Dining Room Clean Up (12/5), Grand Lodge – Desserts (12/5), CBA – Desserts (12/6), NAM CCD Students – Desserts (12/6), LuAnn Cao – Salad Bar (12/7), Hurt Family – Desserts (12/7), Johnson Family – Desserts (12/9), 1st Plymouth – Music (12/9), Ahlers Family – Salad Bar (12/10), UNL Gymnastics – Dining Room Clean Up (12/12), Girl Scouts – Desserts (12/13), LuAnn Cao – Salad Bar (12/14), Sedell Family – Desserts (12/16), Girl Scout Troop – Desserts (12/17), 77th Street Friends – Salad (12/17), Evan Copes – Salad (12/19), Phyllis Larsen – Desserts (12/19), God Teens – Desserts (12/20), Ring Family – Desserts (12/20), Jamie Chvatal Family & Friends – Desserts (12/21), Guinane Family – Desserts (12/21), Schweers Family – Desserts (12/22), Cleverly Family – Desserts (12/23), Kunkel Family – Desserts (12/23), Ventry Family – Desserts (12/24), Ivano Family – Desserts (12/27), North American Martyrs Boys Basketball – Desserts (12/27), Jenni Bruning Brown – Desserts (12/28), Schweers Family – Salad & Desserts (12/29), Deent Family – Salad (12/30), Heler Family – Desserts (12/30)

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.

Sign Up! Children's Cooking Class by Janet Buck, MS, RD, LMNT, Nutrition Coordinator



Are the kids getting bored after two weeks of vacation from school? Are you looking for something new to keep them occupied? We have just the opportunity here at Matt Talbot. On Friday, Jan. 5, 2018, at 1 PM here in our dining room, we will be making a healthy snowman snack, doing an activity which involves physical activity, and, of course,

eating the snacks we have prepared. The class will last until 2 PM. This will give children an opportunity to learn about the recommended food groups and give them a hands-on chance to make a snack that is fun, but, more importantly, is good for them, since it is made from fruit. To register, please email me at janet.buck@mtko.org or call direct at (402) 477-4116. Hope many of you can make it that afternoon!

**NO
PARKING**



MTKO Garage

Please be aware that there is No Parking at any time in front of the MTKO garage. Our outreach van is parked inside, and we need to pull it in and out throughout the day.

Thank you!

A New Way to Support MTKO!

TAGG (Together A Greater Good) is a Nebraska start up that helps local people support local businesses who support local nonprofits. Download the app today, visit participating businesses in Lincoln or Omaha, and TAGG your purchases to support Matt Talbot! Learn more at <http://www.togetheragreatergood.com/for-you/>



*Happy
New Year*

Thank You Propelr Donors!

We have been part of the Propelr program for several years, but this year's partnership between Propelr and Union Bank & Trust has made donating to Matt Talbot through Propelr even easier. In fact, our Propelr donations have skyrocketed!

What is Propelr? Propelr is a debit card rewards program that allows you to direct donations to Matt Talbot when you make purchases from participating merchants. Sign up today to make your Union Bank & Trust debit card a Propelr card. <https://propelrcard.com/>

Thanks to everyone who uses the Propelr card and designates MTKO.



Matt Talbot Receives Allstate Grant

Thank you to the Allstate Foundation and Allstate employee Venky Nithyanandan! Venky's volunteer efforts with Matt Talbot enabled us to receive an Allstate Foundation Helping Hands in the Community grant. Together we [#BringOutTheGood](#) in our community! Does your employer have grant money for employee volunteering? We'd be happy to work with you to apply.





BOLD HOPE

PO Box 80935
Lincoln, NE 68501



-SAVE THE DATE-

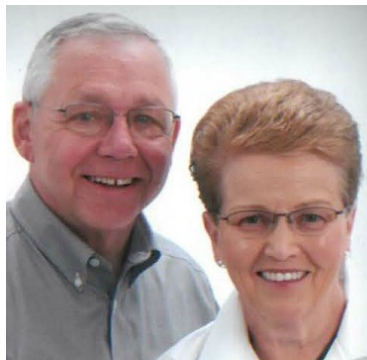
**Volunteer
Appreciation
Luncheon**

April 19, 2018

**The Graduate
Hotel**

Food For Thought

This month in our "Food for Thought" series we bring you stories from Jim and Mary Love who have been hunger relief volunteers from St. Joseph Catholic Church and supporters of Matt Talbot since the very beginning 25 years ago. Watch this short video to learn how this inspiring couple started volunteering at Matt Talbot and why they want to congratulate Matt Talbot on 25 years of service to the Lincoln community.

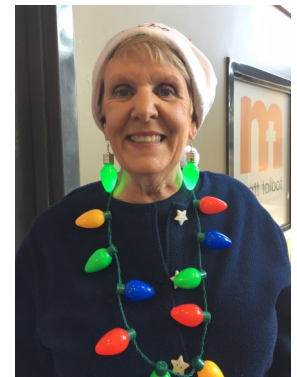


"We started with one little brown lunch room table ... about 3 casseroles ... and paper plates. It's always a joy to come. I look forward to it every time."
— Jim & Mary Love

See Jim and Mary's video, check out all the stories, and share your own at: mtko.org/foodforthought



Linda Kistler is our January Spotlight Volunteer. Linda has been volunteering at Matt Talbot for 5 years. She retired in 2012 and was looking for a way to give back to her community. Linda volunteered throughout high school and college when she read an article about helping at Matt Talbot in the newspaper and thought she'd give it a try! Linda's favorite thing about Matt Talbot is the people—both guests and staff. She always has fun when she is here! Linda and her husband Brad were married for 42 years. She has four children, three live here in Lincoln and the fourth lives in Manchester, England. She has three granddaughters: Sammie, 16, a junior at Pius X, Lucille, 3, and Iris, 1, both live in Manchester. In addition to volunteering at MTKO, Linda volunteers at St. Mary's. Linda helps MTKO give Bold HOPE!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lunch LLC Health Dept Kings & Queens Gary Walsh Supper Super Supper Servers Sue Connolly	2 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	3 Lunch Wednesday Lunch Bunch Lisa & Michelle Supper Walmart Northeast Wal-walkers Cruz & Jessica	4 Lunch Angel Helpers Mary Jo Bousek Supper St Joseph's #3 Pat & Bill Lundak	5 Lunch IANL Dr. Ram Bishu Supper SOS St Mark's United Methodist Ann Heydt	6 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
7 Lunch Madonna Sue Carraher Supper Maranatha Dental Group Justin & Kerry Dworak	8 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	9 Lunch Lincoln Federal Savings Bank Lending Hands Serve Only Supper St Joseph's #1 Mary Love	10 Lunch Christ United Methodist Mary Woodard Supper New Covenant ACTS Lee Johnson- Flowerday	11 Lunch Country Neighbors Beaver Crossing Mike Stutzman & Annie Philyaw Supper Blessed Sacrament #2 Mary Jo Bousek	12 Lunch Christ Lutheran Church Middle School Ministries Megan Ockaden Supper Spirit of Hope Lutheran Church Deb Bush & Dallas Kipper	13 Lunch First United Methodist Church Liz Zeff Supper 1 st Plymouth Congregational Hollie Schmidt
14 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac + St John's Lutheran, Seward Serve Supper Sub Team 1 st Lutheran Church Youth P/P/S	15 Lunch Swanson Russell Associates Serve Only Supper St David's Episcopal Sharon Beachell	16 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	17 Lunch Blessed Sacrament Jr High Danielle Miller Supper St Teresa's #1 Rosie Polak	18 Lunch Christ United Methodist Lona Dearthmont Supper Sub Team SCC Surgical Tech Class Server Only MTKO P/P	19 Lunch Second Baptist Elaine Pope Supper St Mary's NA Martyrs Mix Carol Ruskamp & Cindy Seidl	20 Breakfast American Legion Mike & Cecelia Lunch Crestwood Christian Jeromy & Sherry Supper Holy Savior Lutheran I Sherri Mogensen
21 Lunch St Peter's Joni Richter & Virginia Donovan Supper Talent Plus Christian Zoucha & Kim Shirk	22 Lunch The Graduate Lincoln Lauren Folkerts Supper SouthPointe Christian Church Lisa Gengenbach	23 Lunch Women's Welcome Club Beth Griffing Supper Southwood Lutheran Leigh Porter	24 Lunch Sub Team LuAnn Cao P/P/S Supper St Teresa's Coffee Group Donna & Karen	25 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Francis & St Claire Janet Harrison	26 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Sue Alby	27 Lunch Blessed Sacrament #5 Mary Woltemath Supper CALL Cheryl Ferree
28 Lunch North American Martyrs Christy Bousquet & Angie Korus Supper The Servants of St Joseph Mary Bill	29 Lunch Lincoln Medical Alliance Shannon Cullan Supper St Michael's Cheney Lori & Michelle	30 Lunch Need New Team Supper Chloe Burianek Friends Jan Meints	31 Lunch Orthodox Men of Lincoln Richard Leiter & Paul Barnes Supper St Peter's Becky Searcy	MTKO Weekend Pager Number: 402-473-0447		

USDA INVENTORY AS OF December 13, 2017

Canned, Frozen or Instant Vegetables

4 cases (24/#300 cans/case) Green Beans
2 3/4 cases (24/#300 cans/case) Peas
2 cases (12/1# boxes/case) Instant Potatoes
4 Cases (24/#300 cans/case) Mixed Vegetables

Canned & Frozen Fruit

12 cases (24/#300 cans/case) Sliced Pears
22 3/4 cases (24/#300 cans/case) Peaches

Pasta

6 1/4 cases (20/1# boxes/case) Spaghetti
4 1/2 cases (20/1 # boxes/case) Macaroni
3 1/3 cases (12/1# bags/case) Egg Noodles

Frozen & Canned Meat

4 cases (24 14.75 oz. cans/case) Canned Salmon
13 1/2 cases (24/15 oz. cans/case) Canned Chicken
30 cases (24/12 oz. cans/case) Tuna

Soups

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

Miscellaneous

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



STRIVE Recipe of the Month

Matt's Chili

Recipe serves 150

30 pounds lean ground beef	15 cups water
30 stalks celery, chopped	10 to 15 Tablespoons chili powder
15 medium onions, chopped	11 cups dried pinto beans
15 green bell peppers, chopped	11 cups dried black beans
45 (14 oz.) cans low sodium tomatoes	2 to 4 Tablespoons salt
15 (14 oz.) cans tomato sauce	2.5 Tablespoons pepper
	15 Tablespoons white vinegar

Directions:

1. Soak black and pinto beans overnight in separate pans. Cook on stove top for 1 to 1 1/2 hours.
2. Brown meat in large pan. Stir celery, onion and green bell pepper into ground beef and cook until onion is translucent, about 5 minutes.
3. Pour in tomatoes, tomato sauce, and water. Break up large tomatoes. Stir in chili powder and drained black and pinto beans
4. Season to taste with salt and pepper.
5. Bring to a boil and then reduce heat to low and simmer for at least 1 hour. Add vinegar into chili.

Calories: 249

Sodium: 708 mg **Note: Using dried beans over canned beans reduces the sodium. 1 cup dried black beans has 5 mg sodium, however, 1 cup canned black beans has 337 mg sodium.**