



# matt talbot

## kitchen & outreach

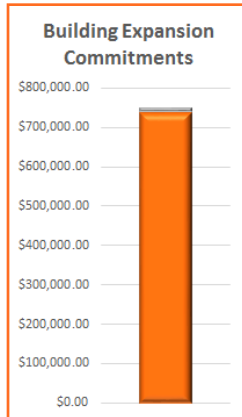
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**BOLD HOPE**

### Building Expansion Nears Completion

Windows are going in and the finishing touches are being added to our building expansion with an expected completion date in mid-October. Our fundraising campaign has made significant progress, too,

**thanks to generous gifts from Bob Bryant, the Dillon Foundation, and Rick & De Costello.** It's not too late to help us reach our \$750,000 goal! Donate online at [mtko.org](http://mtko.org) or contact Sally Buchholz, 402-817-0621 or [sally.buchholz@mtko.org](mailto:sally.buchholz@mtko.org). **Gifts of \$500 or more will be recognized on our Wall of Compassion!**



### Robert is MTKO's Halfsy Hero!

Robert Reich is an alcohol and drug counselor with Matt Talbot's substance use team, but he's also a Halfsy Hero! Robert will be participating in the Good Life Halfsy on October 29. Robert competes in the Halfsy to push his limits and to inspire others. Robert has been selected by event organizers as a Halfsy Hero, and they are telling his story on their website <https://www.pinkgorillaevents.com/meet-robert-halfsy-hero/>.



To keep himself motivated, Robert is racing to bring attention to causes that are important to him, including Matt Talbot! Please help motivate Robert and support MTKO by donating in his honor at [mtko.org/goodlife](http://mtko.org/goodlife).

### Women of Matt Talbot Honored

Twenty-five years ago, Mary Costello was inspired to help Lincoln's homeless. Her vision was honored on September 13 with the Inspire-Celebrating Women's Leadership 2017 Founder's Award. For the past 18 years, Susanne Blue, CMSW, has been nurturing the seed that Mary planted as Matt Talbot's first and only executive director. Susie was honored by her alma mater, Marian High School, with the Sister Marcella Leadership Award on September 7.



**Congratulations to these outstanding women for their vision and leadership for Matt Talbot!**

# News from the Kitchen

By Sydne Wirrick-Knox, Kitchen Manager

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

**Question: About how much of the grains you eat should be whole grains?**

A. None B. One quarter C. One half D. All of them

**Answer: B. One half**

Among several other nutrients – such as selenium and B vitamins – whole grains provide fiber which has been linked to reducing blood levels of cholesterol, which reduces heart disease risk.

**Question: Which of these grain products is available in both refined and whole grain varieties?**

A. Pasta B. Bread C. Cornbread D. Crackers E. All of the above

**Answer: E. All of the above**

All of these grain products are available in both refined and whole grain varieties. Check the ingredient list for terms like “whole grain,” “whole cornmeal,” or “whole wheat” to choose products made from whole grains.

## Why all this talk about whole grains and how they pertain to your MTKO meal?

According to the Whole Grains Council, the benefits of whole grains most documented by repeated studies include: Stroke risk reduced 30 to 36%, type 2 diabetes risk reduced 21 to 30%, heart disease risk reduced 25 to 28% and better weight maintenance. So my question is, **“Why are we still seeing so much white bread and refined wheat pasta at MTKO?”** With the health benefits, serving whole grain products would be such a tremendous addition to the quality of meals served to our guests. As per the Walmart website, the cost of 100% whole grain bread ranges from \$.20 to \$.50 a loaf more than white bread. If your team serves 10 loaves of bread for each meal, this is only an addition of between \$2.00 and \$5.00 a meal. You know you can also serve whole grain hamburger and hot dog buns. **When I’m purchasing buns, I usually go to the Bimbo Bakery outlet at 3449 N. 48<sup>th</sup> Street. These are fresh products, usually a couple of days out from their “Sell By” date. They will even give you a 20% discount when you tell them the purchase is to be served at MTKO!** Why not try whole grain pasta the next time you serve a pasta dish at MTKO? I find if you cook whole grain pasta al dente, the texture will be very close to refined wheat pasta and the health benefits will make up for the cost to your team. If you have any questions about using whole grain products, please give me a call at 402-817-0622 or email to [sydne.wirrick-knox@mtko.org](mailto:sydne.wirrick-knox@mtko.org). **Thank you for helping us provide healthier meals at MTKO.**

## Thank You to Our September Hunger Relief Substitute Teams

Santhi Peddamallu provided, prepared & served lunch (9/12), St Paul’s Methodist Church Youth provided, prepared & served the evening meal (9/17), Prem Bansal provided, prepared & served lunch (9/18), Jay Reddy provided, prepare & served lunch (9/25)



## Thank You to Our September Group Volunteers

Roger Aden & Family – Salad Bar (9/2), Grand Lodge – Desserts (9/5), LuAnn Cao – Salad Bar (9/7, 14, 21, 28), Johnson Family – Desserts (9/9), Ledgerwood Family – Fruit Salad (9/10), & Jenni Bruning-Brown – Desserts (9/28)



## USDA Civil Rights Training

Information has been sent out to teams using and/or serving USDA food. Please help MTKO comply with the USDA regulations by having your team members read the information, sign the certification, and return them to MTKO. Thank you!

**MTKO Weekend on Call Pager Number: 402-473-0447**

## Please welcome our new volunteers:

James Baker, Hudson Heiss, Lakin MacGregor, Tyler McCoy, Hannah Pachunka, and Kira Parker



## 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.”



# Streets Alive!

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

*Streets Alive!* is an outdoor movement festival celebrated in cities across America and the world that cordons off a section of a city to let people literally play in the streets. Partnership for a Healthy Lincoln brought the *Streets Alive!* concept to Lincoln starting in 2010 as an annual event. *Streets Alive!* is a free community event that promotes active living and healthy nutrition in a fun and interactive way.

The 2017 *Streets Alive!* Festival was held Sunday, September 10, from 1 to 5 p.m. *Streets Alive!* welcomed over 4000 visitors this year. The Belmont neighborhood co-hosted the 2017 event with Partnership for a Healthy Lincoln. The 2-mile traffic-free festival route included parks, walking and biking trails, community gardens, and areas of neighborhood interest.



Matt Talbot Kitchen and Outreach was one of the over 100 exhibitors to have a table this year on a beautiful Sunday afternoon. We provided kale chips for participants to taste and let them write on the tablecloth about whether they liked them, weren't sure, or did not care for them. Our results were: overwhelmingly in favor! Only about 15 of the 110 or so people who tasted and recorded their opinions did not care for the chips, a healthy alternative to potato chips or other greasier snacks. Besides being an opportunity to promote a healthy snack, the event was a wonderful time to let Lincoln residents know of the services we provide here at Matt Talbot. We handed out brochures that describe our services and even got some folks who wanted to volunteer here or donate items.

## NEW VOLUNTEER OPPORTUNITIES:

### Wanted: Handy Man

Are you handy around the house? Have some free time on your hands? Why not volunteer at Matt Talbot Kitchen & Outreach! We are in need of someone who is good at fixing things, painting and miscellaneous repairs. This would be on an as-needed basis. If interested, please contact Victoria Young, Coordinator of Volunteers, 402-817-0623 or [victoria.young@mtko.org](mailto:victoria.young@mtko.org).



### Adopt-a-Park!

Matt Talbot Kitchen & Outreach has adopted Pentzer Park and the Dietrich Bike Trail from the park to Fleming Fields. Volunteers are needed to pick up trash daily. Interested? Contact Victoria at 402-817-0623 or [victoria.young@mtko.org](mailto:victoria.young@mtko.org).





**BOLD HOPE**

PO Box 80935  
Lincoln, NE 68501



## Food for Thought

As part of our 25th anniversary celebration, we are excited to share stories about the people, services and heart of Matt Talbot. Our most recent story comes from Tony Ojeda who served on the Board of Directors of Matt Talbot for nine years, and as President of the Board for two years. He also co-chaired the "Witness to Hope" campaign which raised the necessary funds to move from our former building on 19<sup>th</sup> & R Streets to our existing facility on North 27<sup>th</sup> Street.

**"In our country there is a lot of division and hopelessness. But at Matt Talbot Kitchen & Outreach, the community comes together regardless of religion, creed, race, or political persuasion to provide a great witness to hope."**

**—Tony Ojeda**

Read more of Tony's comments, check out all the stories and share your own at [mtko.org/foodforthought](http://mtko.org/foodforthought).

**Huskers Helping the Homeless is October 5<sup>th</sup>-8<sup>th</sup>.**  
**Please give generously when you see our volunteers or donate online at [mtko.org](http://mtko.org)!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>Lunch</b> Madonna Sue Carraher  <b>Supper</b> Family & Friends Peggy & Greg Dynek	<b>2</b> <b>Lunch</b> Prairie Hill Learning Center Jason Nord <b>Supper</b> 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 Melanie Stubblefield	<b>4</b> <b>Lunch</b> Wednesday Lunch Bunch Lisa & Michelle <b>Supper</b> Ceresco Covenant Church Marsha Rogers	<b>5</b> Angel Helpers Mary Jo Bousek  <b>Supper</b> St. Joseph's #3 Pat & Bill Lundak	<b>6</b> <b>Lunch</b> IANL Dr. Ram Bishu <b>Supper</b> Westminster Presbyterian Church Joan Roberts	<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 + Malcolm Student Council <b>Supper</b> Sub Team St. Paul's Methodist Youth	<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> <b>Sub Team</b> <b>Applied</b> <b>Systems</b> <b>Allison Ritter</b> <b>Supper</b> St Pat's Leah Bethune	<b>11</b> <b>Lunch</b> Christ United Methodist Mary Woodard <b>Supper</b> St Peter's Godteens Sarah Hodge	<b>12</b> <b>Lunch</b> Country Neighbors Beaver Crossing Mike & Annie <b>Supper</b> Blessed Sacrament #2 Mary Jo Bousek	<b>13</b> <b>Lunch</b> Christ Lutheran Church Middle School Ministries Megan Ockaden <b>Supper</b> Blessed Sacrament #1 MaryAnn Burda	<b>14</b> <b>Lunch</b> First United Methodist Church Liz Zeff <b>Supper</b> Holy Savior Lutheran I Sherri Mogensen
<b>15</b> <b>Lunch</b> St. Peter's Mary French  <b>Supper</b> Talent Plus Marilyn Buresh, Tosha Skinner & Brent Proulx	<b>16</b> <b>Lunch</b> Lincoln Federal Savings Bank Lending Hands Serve Only <b>Supper</b> St. David's Episcopal Kathy Wilson	<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> <b>Sub Team</b> <b>Food Bank of</b> <b>Lincoln</b> <b>P/P/S</b> <b>Supper</b> St Teresa's #1 Rosie Polak	<b>19</b> <b>Lunch</b> Christ United Methodist Lona Dearthmont <b>Supper</b> St E's Mission Integration Committee Pat Hoidal	<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> <b>Sub Team</b> <b>Westminster</b> <b>Presbyterian</b> <b>Supper</b> 1 <sup>st</sup> Plymouth Congregational Hollie Schmidt
<b>22</b> <b>Lunch</b> Calix Chris Jacobsen  <b>Supper</b> The Servants of St Joseph Mary Bill	<b>23</b> <b>Lunch</b> St Peter's/St Teresa's Circle Provide Windstream Serve Only <b>Supper</b> Sysco Lincoln Elke Hesser	<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> <b>MTKO P/P</b> <b>Senator Fischer's</b> <b>Office Serve</b> <b>Only</b> <b>Supper</b> St Teresa's Coffee Group Norene Lackey	<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 Sue Alby	<b>28</b> <b>Lunch</b> St John's Talbot Lunch Bunch Tini Van-Oehlertz <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> Lincoln Medical Alliance Shannon Cullan <b>Supper</b> St Michael's Cheney Lori & Michelle	<b>31</b> <b>Lunch</b> St Michael's Cheney Chloe Burianek <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 September 25, 2017**

### **Canned, Frozen or Instant Vegetables**

1/3 case (12/2.5# bags/case) Frozen Diced Carrots  
1case (24/#300 cans/case) Green Beans  
7 cases (24/#300 cans/case) Corn  
6 1/2 cases (24/#300 cans/case) Peas  
2/3 case (12/1# boxes/case) Instant Potatoes  
5 3/4 Cases (24/#300 cans/case) Mixed Vegetables

### **Canned & Frozen Fruit**

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

### **Pasta**

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

### **Frozen & Canned Meat**

4 cases (24 14.75 oz. cans/case) Canned Salmon

### **Soups**

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

### **Miscellaneous**

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



## **STRIVE Recipe of the Month**

### **MTKO's 25<sup>th</sup> Birthday Chicken Salad**

34 15 oz. cans chicken, drained  
9 cups mayonnaise  
9 cups Greek yogurt  
75 green onions, chopped  
18 cups dried cranberries (Craisins)  
12 cups celery, chopped

### **Recipe serves 150**

9 cups chopped pecans, almonds, or walnuts  
2 1/3 cup lime juice  
4 teaspoons salt  
4 teaspoons pepper  
3 tablespoons dried dill weed

#### **Directions:**

1. Mix together mayonnaise, Greek yogurt, lime juice, salt, pepper & dill weed.
2. Toss together chicken, green onions, dried cranberries, celery, and nuts.
3. Mix dressing into chicken mixture.
4. Serve immediately, or refrigerator overnight. The flavor gets better if refrigerated overnight.

#### **Ingredients for 4 servings:**

15 oz. can chicken, drained  
1/4 cup mayonnaise  
1/4 cup Greek yogurt  
1/2 cup dried cranberries  
1/3 cup celery, chopped

1/4 cup chopped pecans, almonds, or walnuts  
1 tablespoon lime juice  
1 pinch salt  
1 pinch pepper  
1/4 teaspoon dried dill weed

**Calories: 270**

**Sodium: 395 mg**

**Served on 2 pieces of 100% whole wheat bread**

**Calories: 306**

**Sodium: 458 mg**

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