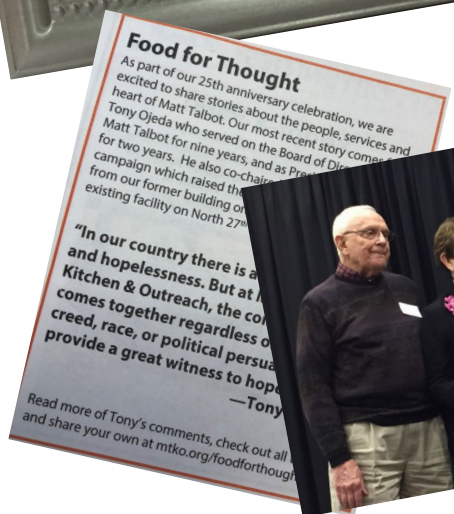


## A Year of Celebration



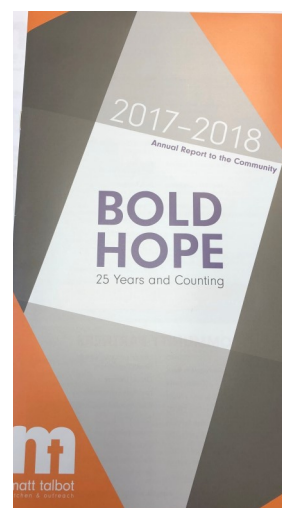
25 sure is looking good on MTKO! We have been celebrating the 25th anniversary all year with a variety of events. In September we kicked off our celebration with a **25th Birthday Party**.

Guests, donors, current and past volunteers, all came out to sing happy birthday and get a piece of cake served by two very important ladies to Matt Talbot, Mary Costello and Ruth McKinstry. We created a wonderful video

interviewing board members, donors, founders, and volunteers reflecting on 25 years. In November we had our building dedication for the new addition. During our

**Open House**, guests signed a poster representing the new building, which is now hanging near the entrance of the addition. In March **Feeding the Soul of the City** was held at the Cornhusker Marriott. We had a wonderful turnout and raised vital support for MTKO's programs. We shared "**Food for Thought**" quotes, memories and thoughts from guests, volunteers and board members about Matt Talbot and how it has affected their lives. In April we celebrated "You", our volunteers, at the Graduate Hotel for the **Volunteer Appreciation Luncheon** that was sponsored by Scheels and the Graduate Hotel. In July we sent out our **Annual Report** giving everyone a look at what we were able to accomplish in the past year. So what's next? We're wrapping up

the celebration with our new campaign on TV, Radio, and a Billboard located at 70th & O, **\$25 For 25 Years**. As we look to the future we are asking that you consider becoming a \$25 for 25 Superstar by giving \$25 per month to help provide food, shelter and hope to those in need. You can create a monthly credit card gift at [mtko.org/donate](http://mtko.org/donate) or contact Vicky Drozd, [Vicky.drozd@mtko.org](mailto:Vicky.drozd@mtko.org) to set up a monthly bank withdrawal. Together we can help the homeless and near homeless find possibilities when things seem impossible.



# News from the Kitchen

By Sydne Wirrick-Knox, Kitchen Manager

## **Food Safety Information: It's Important to MTKO**

### **How Foodborne Illnesses Occur**

Unsafe food is usually the result of **contaminants** which are divided into 3 categories: Biological, Chemical and Physical. Most contaminants cause foodborne illness; others can result in physical injury. Contaminants come from a variety of places, and many are found in the animals we use for food; others come from the air, contaminated water and dirt; some from chemicals used in kitchen operations; and others occur naturally in food. Food can be contaminated on purpose, but most food contamination happens accidentally. Most contaminants get into food and onto food-contact surfaces because of the way that people handle them.

**Biological Contaminants:** Pathogens are the greatest threat to food safety. They include certain viruses, parasites, fungi, and bacteria. Some plants, mushrooms, and seafood that carry harmful toxins (poisons) are also included in this group. Of the 40 different kinds of pathogens, there are six that the FDA calls the **Big Six**. Most of the Big Six will sound very familiar to you: Shigella, Salmonella Typhi, Nontyphoidal Salmonella, E. coli, Hepatitis A, and Norovirus.

**Symptoms of Foodborne Illness:** The symptoms of a foodborne illness vary depending on the type of illness. However, most people with a foodborne illness share some common symptoms: diarrhea, vomiting, fever, nausea, abdominal cramps and jaundice (a yellowing of the skin and eyes). Not everyone with a foodborne illness will have all of these symptoms and the onset time may range from 30 minutes to 6 weeks depending on the type of illness.

In following newsletters we will take a look at the best ways to control biological contaminants.



**Remember: All Lincoln Schools start during the week of August 13<sup>th</sup> through August 17<sup>th</sup>. That means the numbers MTKO serves for weekday lunches will decrease by the number of children we serve during the summer months.**

### **Recycling at MTKO just got easier!**

#### **We are going to a Single-Stream Recycling System**



Single-Stream Recycling refers to a system in which all paper, cardboard (clean and dry), plastics, metals, and other containers are mixed in one recycle area. Starting on Friday, July 27<sup>th</sup> both blue recycle bins inside the kitchen and one large dumpster outside the kitchen will hold all of our recycled materials, no more sorting! We will still have a BIG dumpster for all non-recyclable garbage. Please refer to the information on our recycle bins for what can be included (we can now recycle our glass, Yeah!). There will no longer be 4 separate recycle containers outside.

### **Thank You to Our July Hunger Relief Substitute Teams**

Little Caesar's "Love Kitchen" provided & prepared dinner (7/2), Satish Kolla provided, prepared & served dinner (7/4), Madhu Ayola provided & prepared lunch (7/10), Cattle Bank & Trust provided, prepared & served lunch (7/13), ComPro provided, prepared & served lunch (7/18), No Greater Love Church provided, prepared & served dinner (7/19), and Experian provided, prepared & served lunch (7/25)

### **Thank You to Our July Group Volunteers**

Grand Lodge – Desserts (7/3), Ahlers Family – Salad Bar (7/8), South Gate Church – Salad Bar (7/11), Luann Cao – Salad Bar (7/12), Luann Cao – Salad Bar (7/19), Luann Cao – Salad Bar (7/26), Jenni Bruning Brown – Desserts (7/26), Food Bank of Lincoln – Desserts & Salad Bar (7/30)

*thank you!*

**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."

## Kids Garden and CAFÉ Classes—Summer 2018

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



We have been having a lot of fun with the children in the Kids Garden and CAFÉ classes this summer.

Participants have come again from the summer program at the Salvation Army. We had a four-week session in June and are finishing the second four-week session at the beginning of August.



We have learned about the parts of plants that we eat (roots, stems, leaves, seeds, fruits, and flower buds). We have learned about the food groups from Choose My Plate (fruits, vegetables, grains, protein and dairy). We have learned about the beneficial types of insects, about their body parts, and

about metamorphosis (this is a word children love to learn about and to say!). We tour the garden weekly to see what is blooming, bearing fruit and what can be harvested. We see interesting insects—and the larval stage (also known as caterpillars) of butterflies. We have made several kinds of healthy snacks, including salads with ingredients from our HOPE Garden; hummus heads, which incorporate all five of the food groups into one snack; and butterflies with fruits, veggies, grains and protein.



TOGETHER A GREATER GOOD

### 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/>

Get ready to follow, post, filter and #hashtag....MTKO is now on **Instagram!**

Follow at: **matttalbotkitchenoutreach**



## Husker Helping the Homeless



### VOLUNTEERS NEEDED

HUSKERS HELPING  
THE HOMELESS  
SEPTEMBER 27-30, 2018  
NU vs PURDUE

**This is a great opportunity to gather Friends and Family and get involved in volunteering for MTKO!**

Groups can go online **NOW** to sign-up:

**Individual sign-up begins  
August 15th**

<http://www.mtko.org/huskers/page.html>

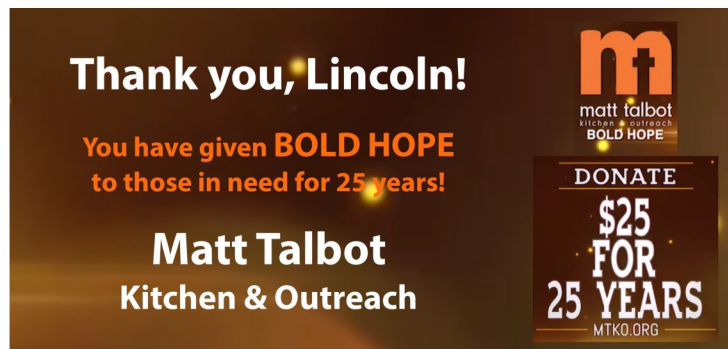
Contact Victoria O'Neil 402-817-0623  
victoria.oneil@mtko.org





**BOLD HOPE**

PO Box 80935  
Lincoln, NE 68501



**Look for our New Billboard at 70th & O Street**

## ***Food For Thought***

This month in our "Food for Thought" series we bring you a quote from Brian, who is in our Transitions Program. Brian was homeless, addicted to methamphetamine and sleeping in a parking garage before he entered Matt Talbot's Transitional Housing Program and decided to go into treatment. Now approaching a year in recovery, he is employed, paying off his debt and visiting his son once a week. In addition to attending meetings and support groups throughout the week, Brian also has a weekly one-on-one session with his substance use counselor at Matt Talbot who he has grown to trust.



**"Matt Talbot pulled me off the street and helped me to get clean. They saved my life, and I am grateful for it."**

Read more about Brian's comments, check out all the stories, and share your own at:

**[mtko.org/foodforthought](http://mtko.org/foodforthought)**



Meet the August Spotlight Volunteers, the Brown Family. They are a family of five, David, Jenni, Parker 13, Poppy 11, Thatcher 9 and their dog, Kevin. The Browns have volunteered serving desserts monthly for over a year and said, "Not long enough and hopefully forever". They love spending time together playing tennis, walking their dog and traveling. The Browns got involved with Matt Talbot because Jenni's mom knows someone who works at MTKO, and they've always wanted to volunteer, so they finally made it happen. Their favorite part of volunteering is meeting the people, seeing everyone's appreciative faces and just spending time here. It just makes them feel good. Thank you for volunteering and giving us Bold Hope!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MTKO</b> <b>Weekend</b> <b>Pager Number:</b> <b>402-473-0447</b>			<b>1</b> <b>Lunch</b> Wednesday Lunch Bunch Lisa & Michelle <b>Supper</b> Ceresco Covenant Church Marsha Rogers	<b>2</b> <b>Lunch</b> Angel Helpers Mary Jo Bousek  <b>Supper</b> St. Joseph's #3 Pat & Bill Lundak	<b>3</b> <b>Lunch</b> IANL Roli Saraf <b>Supper</b> Westminster Presbyterian Church Gary & Glenna Haller	<b>4</b> <b>Lunch</b> College View Something Else Class Vicki Biloff <b>Supper</b> Family & Friends Joyce Champoux
<b>5</b> <b>Lunch</b> Madonna Sue Carraher <b>Supper</b> Family & Friends Peggy & Greg Dynek	<b>6</b> <b>Lunch</b> <b>Sub Team</b> <b>ComPro</b> <b>Supper</b> Super Supper Servers Sue Connolly	<b>7</b> <b>Lunch</b> Family & Friends Mary Jo Bousek <b>Supper</b> Tuesday Dues Capital City Christian Church Joy Blythe	<b>8</b> <b>Lunch</b> Christ United Methodist Mary Woodard <b>Supper</b> St Peter's Godteens Sarah Hodge	<b>9</b> <b>Lunch</b> Country Neighbors Beaver Crossing Mike Stutzman <b>Supper</b> Blessed Sacrament #2 Mary Jo Bousek	<b>10</b> <b>Lunch</b> <b>Need Sub</b> <b>Team</b> <b>Supper</b> Blessed Sacrament #1 MaryAnn Burda	<b>11</b> <b>Lunch</b> First United Methodist Church Liz Zeff <b>Supper</b> 1 <sup>st</sup> Plymouth Congregational Hollie Schmidt
<b>12</b> <b>Lunch</b> St Mary's Elmwood Les & Ruth Ann Hlavac <b>Supper</b> P.K.'s & Friends Grace & Bryan Willnerd	<b>13</b> <b>Lunch</b> Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset <b>Supper</b> J-Tech Construction Jason Olberding	<b>14</b> <b>Lunch</b> Swanson Russell Serve Only  <b>Supper</b> St Pat's Leah Bethune	<b>15</b> <b>Lunch</b> <b>Sub Team</b> <b>Santhi</b> <b>Peddamalla</b> <b>P/P/S</b> <b>Supper</b> St Teresa's #1 Rosie Polak	<b>16</b> <b>Lunch</b> Christ United Methodist Maggie Bates <b>Supper</b> St E's Mission Integration Committee Pat Hoidal	<b>17</b> <b>Lunch</b> Second Baptist Elaine Pope <b>Supper</b> St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	<b>18</b> <b>Breakfast</b> American Legion Mike & Cecelia <b>Lunch</b> St Catherine's Lunch Bunch Eileen Zuerlein <b>Supper</b> <b>Kreifels Family</b> <b>Ribfest</b>
<b>19</b> <b>Lunch</b> St. Peter's Cheri Hellem <b>Supper</b> <b>Supper</b> <b>Sub Team</b> <b>St Paul's</b> <b>Methodist</b> <b>Youth P/P/S</b>	<b>20</b> <b>Lunch</b> Lincoln Federal Savings Bank Lending Hands Serve Only <b>Supper</b> St. David's Episcopal Kathy Wilson	<b>21</b> <b>Lunch</b> First Lutheran Church Steve & Karen Lenzen <b>Supper</b> Crossbridge Christian Church Phil Berlie	<b>22</b> <b>Lunch</b> Louann Cao Joseph B  <b>Supper</b> St Teresa's Coffee Group Donna & Karen	<b>23</b> <b>Lunch</b> Trinity Lutheran Church, Cordova Kim Due  <b>Supper</b> St Francis & St Claire Janet Harrison	<b>24</b> <b>Lunch</b> Sister Chicks Ursula McLaughlin <b>Supper</b> Sheridan Lutheran Grandma Sue	<b>25</b> <b>Lunch</b> St John's Talbot Lunch Bunch Tini Van-Oehlertz  <b>Supper</b> CALL Cheryl Ferree
<b>26</b> <b>Lunch</b> Light of the World Larry Kunc <b>Supper</b> The Servants of St Joseph Mary Bill	<b>27</b> <b>Lunch</b> St Peter's/St Teresa's Circle Provide Windstream Serve Only <b>Supper</b> Sysco Lincoln Elke Hesser	<b>28</b> <b>Lunch</b> Women's Welcome Club Beth Griffing  <b>Supper</b> Southwood Lutheran Leigh Porter	<b>29</b> <b>Lunch</b> Orthodox Men of Lincoln Richard Leiter & Paul Barnes <b>Supper</b> St Peter's Becky Searcy	<b>30</b> <b>Lunch</b> St Paulinus Kay Kreifels <b>Supper</b> St James' Cortland Kassie Ebbers	<b>31</b> <b>Lunch</b> Christ United Methodist Ann Rauscher & Rochelle Dyer <b>Supper</b> Southwood Lutheran Leigh Porter	

## **USDA INVENTORY AS OF July 18, 2018**

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

3 case (12 1# boxes/case) Instant Potatoes  
9 1/2 cases (24 #300 cans/case) Green Beans  
12 1/2 cases (24 #300 cans/case) Corn  
8 3/4 cases (24 #300 cans/case) Peas

### **Canned & Frozen Fruit**

10 cases (2 /#300 cans/case) Sliced Pears  
12 cases (24 #300 cans/case) Peaches  
1 1/2 cases (24 #300 cans/case) Applesauce  
13 1/2 cases (23 #300 cans/case) Mixed Fruit

### **Pasta**

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

### **Frozen & Canned Meat**

6 cases (24 12 oz. cans/case) Canned Tuna

### **Soups**

None

### **Miscellaneous**

9 1/2 cases (24 #300 cans/case) Spaghetti Sauce  
Frozen Ground Beef (10 pounds cases) **Not USDA**



## **STRIVE Recipe of the Month**

### **Chicken Noodle Casserole** **Recipe serves 150**

25 cans (10.75 ounce) low sodium condensed  
cream of chicken soup  
6 1/4 cups Mayonnaise  
6 1/4 cups plain Greek yogurt  
3 cups lemon juice  
50 cups cubed cooked chicken

12 medium onions, chopped  
6 cups green pepper, chopped  
6 cups sweet red pepper, chopped  
6 pounds shredded Monterey Jack cheese  
6 pounds shredded Cheddar cheese  
19 pounds egg noodles, cooked & drained

#### **Directions:**

1. Combine soup, mayonnaise, Greek yogurt and lemon juice. Stir in chicken, onion, peppers, 3 pounds Monterey Jack cheese and 3 pounds Cheddar cheese. Add noodles and toss to coat.
2. Transfer to 4 to 5 large casserole pans which have been sprayed with cooking spray.
3. Bake, uncovered, at 350° F for 35 to 45 minutes. Sprinkle with remaining cheeses. Bake 10 minutes or until vegetables are tender.

**Calories: 215**

**Sodium: 644 mg**

**Note: You can easily substitute canned chicken for the cubed cooked chicken. Make sure you drain the chicken.**