



matt talbot

kitchen & outreach

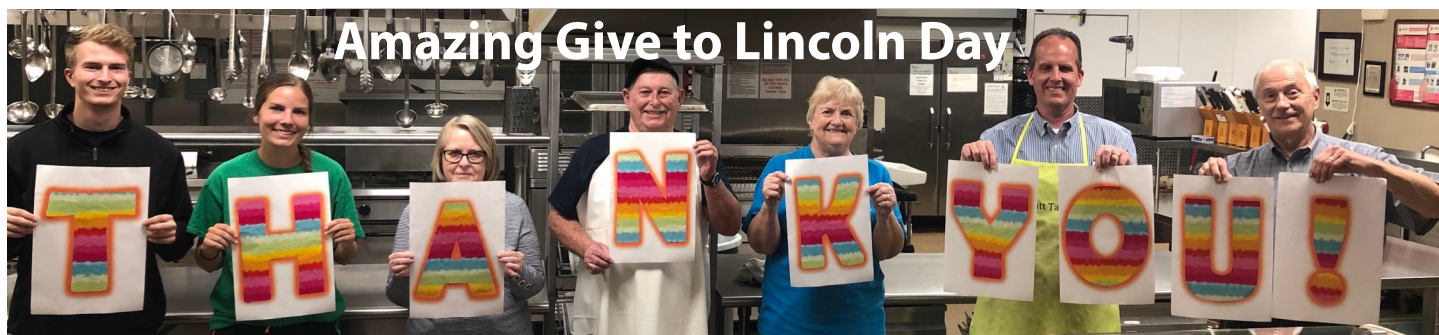
JUNE 2019 • VOLUME 6 • ISSUE 6

BOLD HOPE



Volunteer Appreciation Luncheon

It was a full house on May 21st at Scheels for our annual Volunteer Appreciation Luncheon. Our theme was "Give your hands to serve and your hearts to love," a quote from Mother Teresa, and with 131 guests on hand MTKO celebrated our volunteers and all their hard work and love. For the second year our event was sponsored by Scheels. Our program included speakers Susanne Blue, Executive Director, MTKO, and Jenna Nasif, Event Coordinator & Public Relations Store Lead. Our fabulous lunch was catered by Ginna's Café and Fudge Shop, located inside Scheels. Guests received "I've got BOLD Hope" window clings and a special treat from Scheels: Ferris Wheel tokens to take a ride on their fun attraction. If you would like a window cling please contact Victoria O'Neil, Coordinator of Volunteers at Victoria.oneil@mtko.org or 402-817-0623 or if you have ideas for a large interesting venue for next year's appreciation event.



Amazing Give to Lincoln Day

Thanks to everyone who included Matt Talbot in their Give to Lincoln Day donations! When we add the Lincoln Community Foundation's Give to Lincoln Day match, MTKO will receive well over \$100,000. This means you are helping feed more hungry families, helping more homeless people, and giving even more BOLD HOPE! All of us at Matt Talbot: staff, guests and volunteers, including the Southwood Lutheran Hunger Relief team, would like to say THANK YOU!

News from the Kitchen

By Sydne Wirrick-Knox
Kitchen Manager

Welcome to our New MTKO Hunger Relief Teams

St. Paul's Methodist Church Youth Group provides, prepares and serves the evening meal on the 3rd Sunday of February, March, May, June, August, September, November and December.

Living Faith Free Methodist Church provides, prepares and serves the evening meal on the 3rd Thursday of January, March, May, July and September.

CHI NE Heart Hospital Pharmacy provides, prepares and serves lunch on the 3rd Sunday in March, July and November.

**Thank you for your service to Lincoln's
working poor and homeless.**

Hunger Relief Team Volunteer Opportunities

One Time Team Volunteer Opportunities to
provide, prepare & serve in 2019

June 8th Evening Meal December 25th Lunch
July 3rd Evening Meal December 26th Lunch

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

Thank You!

Thank You to Our May Hunger Relief Substitute Teams

St Joe's Youth, Auburn, provided, prepared & served evening meal 5/5, Villa Marie School provided, prepared & served lunch 5/15, Madhu Ayola provided lunch & Capital One served lunch 5/22, Eldon Koebel provided, prepare and helped serve lunch along with Lincoln Industries on 5/23

Thank You to Our May Group Volunteers

Lincoln Christian Orchestra provided music during lunch – 5/1, Luann Cao – Salad 5/2, Aden Family – Salad 5/4, Luann Cao – Salad 5/9, Luann Cao – Salad 5/16, Jenni Bruning Brown – Desserts 5/16, Luann Cao – Salad 5/23, Luann Cao – Salad 5/30

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."

Kids CAFÉ

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

Sacred Heart School



For the past two school years, we have held children's "cooking" classes at Sacred Heart School as an after-school program. The Kids CAFÉ (Children and Food Education) classes have been very popular. The participants prepared a healthy snack, which they then got to eat, and then we had an activity that involved physical movement. We made a seasonal snack, as in April the cottontail bunny salad, which you see in the photos above. The "bunny" was a pear half sitting on a leaf of lettuce. Faces were made from raisins and ears from almond slivers. The tail was a small mound of cottage cheese. The children determined that their snacks consisted of four food groups—vegetables, fruit, dairy and a small amount of protein from the nuts. The classes thus emphasized both the importance of healthy eating and being physically active to help maintain one's health. The pictures above shows some of the children from the last class there in April.



Do you love to work outside in the garden/ landscaping? Have some free time once or twice a week? How about volunteering in Matt Talbot's garden? We have a wonderful vegetable garden as well as lots of flowers that need tending

to all summer. If interested please contact Victoria at 402-817-0623 or victoria.oneil@mtko.org.



HUSKERS HELPING THE HOMELESS

SEPTEMBER 26-29

**VOLUNTEER GROUPS CAN CONTACT
VICTORIA O'NEIL NOW
victoria.oneil@mtko.org**

**INDIVIDUAL VOLUNTEERS SIGN UP
STARTING AUGUST 15**

**We need over 500 volunteers to help us reach our
GOAL. This is a great family fun event, great for all
ages! GO BIG Red and MTKO!**

Hunger Relief Teams

Now that LPS is out of school for the summer please remember our summertime Hunger Relief numbers will increase by at least 10%. Please plan your meals accordingly. The staff and guests at MTKO greatly appreciate your support in providing meals to the working poor and homeless in Lincoln.

You help us give BOLD Hope!



Please join us Tuesday, June 4th and June 11th, for UNL's Jazz in June. Matt Talbot will have a table in the market starting at 5. Music begins at 7. Naughty Professor will be performing June 4th and Evening in Brazil will perform June 11th. Enjoy great jazz in the great outdoors and stop by the Matt Talbot table to say hello!

Summertime Hygiene Needs

Friends: Summer is on its way, hopefully! With its arrival we are going to need to start stocking our hygiene closet again. We are asking for donations of full size shampoo, "3 in 1" body wash/shampoo/conditioner, razors, deodorant, sunscreen, bug repellent, and feminine hygiene products. Last year Matt Talbot provided personal care items to guests more than 5,500 times. This basic outreach brings hope and dignity to many folks every day. Items can be dropped off at Matt Talbot Monday - Friday between 8:30 am - 6:30 pm. This is truly a gift of hope and we thank you.





matt talbot
kitchen & outreach

BOLD HOPE

PO Box 80935
Lincoln, NE 68501



**This month in our
“Food for Thought”
series we bring you
Tracy, First HOPE
Client.**



Tracy had been living on the streets in downtown Lincoln for more than three years when she was offered the opportunity to participate in Matt Talbot’s First HOPE Housing Program. With the support of her case manager, Tracy addressed her mental health and substance use issues and set goals for a new life. Three years have passed since Tracy entered First HOPE and she is working full time, taking college classes (she made the Dean’s List!) and has reconnected with her family. Most importantly - **she is safe, strong and happy.**



Meet Chris Martin, our June Spotlight Volunteer. Chris is our Friday morning Laundry/ Shower volunteer. He has been with us for almost a year. Chris is 63 and a widower and has a deep love for the Lord and serving his children. He saw a commercial for Matt Talbot and decided to look into volunteering here. Chris’ favorite part of volunteering at Matt Talbot Kitchen & Outreach is the people and helping them with their laundry and shower needs. We thank Chris for giving us his time volunteering and his kind smile. Another example of our wonderful volunteers and how they help give Bold Hope!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Lunch Knights of Columbus Ken Polacek Supper St Patrick's-Manley Sherry Kunz		MTKO Weekend Pager Number: 402-473-0447				1 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
2 Lunch Madonna Sue Carraher Supper Family & Friends Peggy & Greg Dynek	3 Lunch Lincoln Federal Savings Bank Lending Hands Serve Only Supper Super Supper Servers Sue Connolly	4 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	5 Lunch Wednesday Lunch Bunch Lisa & Michelle Supper Powderhook Eric Dinger	6 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	7 Lunch IANL Roli Saraf Supper Westminster Presbyterian Church Gary & Glenna Haller	8 Lunch First United Methodist Church Liz Zeff Supper Need Sub Team
9 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac Supper P.K.'s & Friends Grace & Bryan Willnerd	10 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	11 Lunch Swanson Russell Serve Only Supper St Pat's Leah Bethune	12 Lunch Christ United Methodist Mary Woodard Supper St Peter's Godteens Sarah Hodge	13 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	14 Lunch Sub Team St Michael's Lori Koehn Supper Blessed Sacrament #1 MaryAnn Burda	15 Breakfast American Legion Mike & Cecelia Lunch St Katherine's Lunch Bunch Mark & Mai Linebaugh Supper American Lutheran Sue Dawson
16 Lunch St. Peter's Mary French Supper St Paul's Methodist Church Youth Group Mitch Connelly	17 Lunch Sub Team ComPro Bryan McPike P/P/S Supper St. David's Episcopal Kathy Wilson	18 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	19 Lunch Sub Team 1st Lutheran VBS P/P/S Supper St Teresa's #1 Rosie Polak	20 Lunch Christ United Methodist Maggie Bates Supper St E's Mission Integration Committee Julie Fuller	21 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	22 Lunch St John's Talbot Lunch Bunch Tini Van-Oehlertz Supper CALL Cheryl Ferree
23 Lunch Light of the World Larry Kunc Supper The Servants of St Joseph Mary Bill	24 Lunch St Peter's Provide Nebraska Wesleyan Pre-Health Club Provide/Serve Supper Sysco Lincoln Elke Hesser	25 Lunch Women's Welcome Club Maril Freese Supper Southwood Lutheran Leigh Porter	26 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Teresa's Coffee Group Donna & Karen	27 Lunch Louann Cao Joseph B Supper St Francis & St Claire Janet Harrison	28 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	29 Lunch The Dangling Particles Mindy & Holly Supper Cathedral Godteens Michelle Heofener

USDA INVENTORY AS OF May 21, 2019

Canned, Frozen or Instant Vegetables

2 ¼ cases (12 1# boxes/case) Instant Potatoes
6 ½ cases (24 #300 cans/case) Corn
3 ¼ cases (24 #300 cans/case) Peas
3 ½ cases (24 #300 cans/case) Green Beans
2 cases (24 #300 cans/case) Black Beans
1 case (24 #300 cans/case) Red Kidney Beans

Canned & Frozen Fruit

10 cases (2 /#300 cans/case) Sliced Pears
5 1/4 cases (24 #300 cans/case) Peaches
1 ½ cases (23 #300 cans/case) Mixed Fruit

Pasta

3 cases (20 1# boxes/case) Spaghetti
6 ¾ case (12 1# bags/case) Egg Noodles

Frozen & Canned Meat

None

Soups

1 case (24 #300 cans/case) Vegetable Soup

Miscellaneous

2 ½ cases (24 #300 cans/case) Spaghetti Sauce
¾ case (24 #300 cans/case) Tomato Sauce



STRIVE Recipe of the Month

Oven Roasted Potatoes

Recipe serves 150

2 1/3 cups olive oil
2 1/3 cups minced garlic
2 1/3 cups chopped fresh basil
2 1/3 cups chopped fresh rosemary

2 1/3 cups chopped fresh parsley
1/3 cup + 1 T red pepper flakes
1/3 cups + 1 T salt
150 large potatoes, cubed

Directions:

1. Preheat oven to 475 ° F. Line baking sheets with parchment paper and spray with cooking spray.
2. Combine oil, garlic, basil, rosemary, parsley, red pepper flakes, and salt in a large bowl. Toss in potatoes until evenly coated. Place potatoes in a single layer on the baking sheets.
3. Roast in reheated oven, turning occasionally, until potatoes are brown on all sides, 20 to 30 minutes.

Notes:

- This would be a great way to use leftover baked potatoes.
- You may want to coat the potatoes in small batches.
- You can use dried herbs but remember that dried herbs are generally more potent and concentrated than fresh herbs. You'll need less dried – typically 1/3 the amount of fresh.

Calories: 319

Sodium: 314 mg