



SEPTEMBER 2022 • VOLUME 9 • ISSUE 9

matt talbot

kitchen & outreach

BOLD HOPE

Happy 30th Anniversary Matt Talbot Kitchen & Outreach



30 years
of serving lincoln

Let's celebrate

Matt Talbot's 30th Anniversary

Please join us for lunch,
refreshments, birthday cake
and celebration.

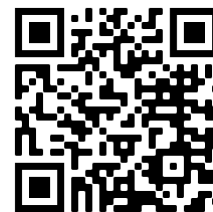
Tuesday, September 6 | 11:30 AM - 12:30 PM
2121 N 27th St.

Please RSVP to Jenn
at jenn.boettcher@mtko.org



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Looking for the perfect gift to help us celebrate our 30th anniversary? We've made it easy for you! Choose from many items we are in need of for our guests. Check out our Amazon Wish list at mtko.org, or even easier, just scan this QR code. Questions please contact Lori Wellman at lori.wellman@mtko.org or 402-817-0621.



Matt Talbot Kitchen & Outreach Welcomes Jon Nuss, New Outreach Monitor



Matt Talbot Kitchen & Outreach has added Jon Nuss to our staff. Jon was hired to fill a new position that has been added to MTKO, Outreach

Monitor. Jon worked years in the hotel and restaurant industry before turning to Nonprofit work. He was with the Mental Health Association of Nebraska for 2 years before coming to Matt Talbot. Jon is currently working on receiving his associates degree in human services and is looking forward to learning more about the population we serve. Jon grew up in rural central Nebraska before moving to Lincoln. He enjoys baseball, live music and camping. When you see Jon in the dining room make sure you stop and say hello and welcome him to the team!

Food Sustainability: What is it and How Does it Affect Matt Talbot?

If you are like me, you've heard a lot about food sustainability in the media and wondered, what does it mean? I looked it up in the Merriam-Webster dictionary, but could not locate it, so I looked up sustainable. The definition of sustainable; capable of being sustained. Well that was not much help! I decided to further my investigation on the internet. Per the internet, the meaning of food stability: shared responsibility for the production, supply and consumption of safe and nutritious food within a viable industry that simultaneously protects and enhances our natural environment and quality of life now and into future. So why is this important? Per the High Speed Training website, partaking in sustainable food practices ensures your business or home has a low environmental impact. Sustainable food aims to avoid damaging wasting natural resources. It minimizes the contribution to climate change as it often means eating local food which is not transported too far. So how does that effect MTKO? Reducing wasted food by feeding the hungry. Matt Talbot has partnered with several local restaurants and local stores receiving food that is past the sell date, but is still perfectly fine. This is helping the environment by reducing the amount of surplus food generated. In turn it is also feeding hungry people. On average the United States wastes 125 billion lbs. of food each year. What can we do help? Purchase what you need. Meal planning is a helpful way to only purchase items that are needed. Try new recipes and implement items you have already in your fridge, freezer or cabinets. Eat and drink the peels too! There are lot of fun and tasty smoothie recipes out there to try. Compost remaining scraps. Remember that MTKO has a new compost bin right outside the back door for your convenience. Look for ways to help with food waste and supporting local in our upcoming issues.



Creamy Cucumber Salad



Ingredients Needed

1 Large Cucumber (thinly sliced)	1 Tbsp. Olive Oil or avocado oil
1 Small Red Onion (thinly sliced)	1 Tbsp. Lemon Juice
1/2 Cup Sour Cream or Greek Yogurt	1/2 Tsp. Garlic Powder or Fresh Garlic
2 Tbsp. Fresh Dill (chopped)	Salt and Pepper (to taste)

What do you do with all of those cucumbers from your summer garden? How about a healthy cucumber salad! This is one of my favorite recipes with a healthy spin.

Preparation time : 10 minutes

Instructions:

1. Using a sharp knife thinly slice the cucumber and red onion and add the to a salad bowl.
2. In a small bowl whisk the remaining ingredients. Add the creamy dressing over the cucumber and toss to coat.
3. Serve immediately and enjoy!

Nutrition:

Calories: 77kcal | Carbohydrates: 10g | Protein: 2g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Cholesterol: 3mg | Sodium: 116mg | Potassium: 197mg | Fiber: 1g | Sugar: 3g | Vitamin A: 168IU | Vitamin C: 6mg | Calcium: 55mg | Iron: 1mg

News from the Kitchen

By Casey Beltran

Kitchen Manager



Questions Heard Around the MTKO Kitchen about Food Safety

If you have questions about food safety, please email Casey.Mckerlie@MTKO.org or VictoriaOneil@MTKO.org. If we don't know the answer, we will do some research and send our reply through the monthly newsletter.

Question: What are some expiration date guidelines for Food Use?

Answer: There are several different types of dates in the products that might cause some confusion. Here are some of the most common dates used by food manufacturers:
"Sell-by" Date – tells the store how long to display the product for sale. You should buy the product before the date expires.
"Best if used by (or before)" Date – is a recommendation to help you get the best quality or flavor. It is not meant as a purchase or safety date.
"Use-by" Date – is the last date recommended for the use of the product at peak quality. The product's manufacturer determines this date.
Do not distribute baby food and formula after it has expired.

Question: How do foods become hazardous food(s)?

Answer: Pathogens need FAT TOM to survive and grow in food: Food, Acidity, Time, Temperature, Oxygen, and Moisture. Potential hazardous food considers time and temperature the most, to help fully assure quality for safety foods. Depending on the food, these foodborne pathogens can increasingly grow and multiply. General symptoms of food borne illness include abdominal pain, stomach cramps, vomiting, diarrhea, nausea, and fever. The first symptoms usually occur during the onset time or first 38 hours.

Important Announcement Regarding Guests Requesting Multiple Meals To Go

Effective immediately, guests that need to request multiple meals must receive a card from the Outreach team prior to getting into line. Guests will be able to receive a card, for one time use, by going to the Outreach table Monday thru Friday, prior to getting into the meal line. Guests will show the card to the scanner so they know how many meals to scan. No additional meals should be given unless the guest has this card. Please take the card from the guests when you are asking if they are eating here or to go. We do not have a current process for meals on the weekends, but please keep in mind that guests should only be receiving one meal at a time. Please contact Victoria O'Neil if you have any questions or concerns at 402-817-0623 or victoria.oneil@mtko.org.

Reminders

MTKO serves Lunch meals from 11:30 AM to 12:30 PM.

MTKO serves Evening meals from 5:30 PM to 6:30 PM.

Please remember that if you have run out of your meal, the teams should still remain serving until the end of the meal serving only 1st. MTKO has emergency food in the cooler, bread, lunch meat, peanut butter and jelly and fruit in the pantry.

We will *always* be serving to-go containers with our tray lunches.

Please use food prep gloves at all times when cooking meals.



Volunteer Opportunities: One-time meals & On-going monthly meals

One-Time: Lunch 09/5, Lunch 09/19 and Lunch 09/21

Ongoing Monthly Meals: 1st Monday lunch odd months, 1st Wednesday evening meals every month except March & November, 3rd Monday lunch, 3rd Tuesday evening meals, 3rd Wednesday lunch, 4th Monday lunch, and 5th Tuesday evening meals. Call Casey at 402-817-0607 or email Casey.Mckerlie@MTKO.org.

MTKO Weekend Answering Service Number: 402-473-2828

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."



BOLD HOPE

PO Box 80935
Lincoln, NE 68501



30 years
of serving lincoln

Come Join the Team! Huskers Helping the Homeless September 15-17



Matt Talbot Kitchen & Outreach will hold its 26th Huskers Helping the Homeless event September 15-17. Donations will be collected at various locations throughout Lincoln, with our main event being held Saturday, September 17th in the downtown area. Offsite donation locations will be held at local stores, Walmart, Sam's Club, Super Saver and Russ's Market. Various shifts are available. Downtown collection will be held on Saturday, September 17th before the UNL/ Oklahoma football game. This years meeting place for downtown collections will be held at the Foundry, 211 N. 14th Street. T-shirts will be provided to volunteers. Interested in volunteering? Please contact Victoria O'Neil at 402-817-0623 or Victoria.oneil@mtko.org. Interested in sponsoring our event? Please contact Jenn Boettcher at 402-817-0615 jenn.boettcher@mtko.org. All money raised will support the day-to-day hunger relief and homeless prevention services of the community kitchen and outreach center.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	2 Lunch IANL Roli Saraf Supper St Mark's United Methodist Ann Heydt	3 Lunch College View Something Else Class Vicki Biloff Supper Champoux Family & Friends Melanie Johnson
4 Lunch Madonna Sue Carraher Supper Westminster Presbyterian Church Susie Hughes P/P/S	5 Lunch MTKO Supper Super Supper Servers Sue Connolly	6 Lunch MTKO Supper Tuesday Dues Capital City Christian Church Joy Blythe	7 Lunch Wednesday Lunch Bunch Lisa Hayes Supper Sub Team SE Cheer Serv MTKO P,P	8 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	9 Lunch Christ Lincoln Schools Mark Lakamp Supper Spirit of Hope Lutheran Church Deb Bush & Dallas Kipper	10 Lunch Second Saturday Smilers Janette Johnson Supper 1 st Plymouth Congregational Hollie Schmidt
11 Lunch St Mary's Elmwood Ruth Ann Hlavac Supper Joe Duggan	12 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	13 Lunch MTKO P Community Corrections Center P/S 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 Maggie Bates Lunch Living Faith Free Methodist Church Pastor Watson	16 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	17 Lunch Edenton Christian Church Gayle Gengenbach Supper Holy Savior Lutheran III Sarah Fuller
18 Lunch St. Peter's Joni Ritcher & Virginia Donovan Supper Supper St Paul's Methodist Church Ann Snider & Linda Chapman	19 Lunch Need Sub Team Supper St. David's Episcopal Sharon Beachell	20 Lunch First Lutheran Church Steve & Karen Lenzen Supper Sub Team SE Cheer Serv MTKO P,P	21 Prem Ben P,P,S Supper St Teresa's #1 Rosie Polak	22 Lunch RE/MAX Concepts Reina Day Supper St Francis & St Clare Janet Harrison	23 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	24 Lunch Blessed Sacrament #5 Mary Woltemath Supper CALL Cheryl Ferree

25 Lunch North American Martyrs Jen Wilson 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 Maril Freese Supper Southwood Lutheran Leigh Porter	28 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Teresa's Coffee Group Donna & Karen	29 Lunch St Paulinus Kay Kreifels Supper St James' Cortland Kassie Ebbers	30 Lunch Christ United Methodist Rochelle Dyer Supper Southwood Lutheran Leigh Porter	MTKO Weekend Answering Service Number: 402-473-2828
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Mission Statement: To serve the needs of Lincoln's working poor and homeless by relieving hunger, overcoming, homelessness, addressing addiction, and providing outreach and advocacy.

USDA INVENTORY AS OF August 31 2022

Canned, Frozen or Instant Vegetables

1 cases (24 #300 cans/case) Red Kidney Beans
2cases (24 #300 cans/case) Black Beans
3 ½ cases (24 #300 cans/case) Garbanzo Beans

Canned & Frozen Fruit

Pasta

None

Frozen & Canned Meat

2 cases (36/10 oz. pouches/case) Chicken Meat
5 ½ cases (24/12 oz. cans/case) Canned Tuna
2 cases (24/12.5 oz. cans/case) Canned Chicken

Soups

2 cases (24/#300 cans/case) Tomato Soup

Miscellaneous

1 cases (24/#300 cans/case) Refried Beans