



matt talbot

kitchen & outreach

MAY 2022 • VOLUME 9 • ISSUE 5

BOLD HOPE



Wirrick-Knox Leaves 16 Year Legacy

As I write this farewell message, I'm reminded of my first message 16 years ago. When I composed my first Volunteer Newsletter in July 2006, I was sitting in my windowless office up the stairs from the dining room and kitchen at 1911 R Street and I was a "young" single woman. I was so excited about my new position with Matt Talbot where I had volunteered since 2000. Well, sixteen years have passed and I now sit in a beautiful office with a big window off of our amazing kitchen, pantry and dish room. In those many years, I met my husband, John Paul, who I have been married to for 15 years and I am no longer a "young" woman. I have prepared around 587 meals, notarized 1,378 signatures for clients needing identification, made 767 trips to Sam's, received 162 Thank You notes and cards, helped with 16 Huskers Helping the Homeless, attended 16 Feeding the Soul of the City events, sit in on 185 team meetings, worked on 4 strategic plans, passed four ServSafe Level 4 certification tests, and, **MOST IMPORTANTLY**, made around a **GAZILLION FRIENDS**. What these numbers don't capture though, is the everyday joy I have experienced of hearing our Hunger Relief Teams busy at work in the kitchen preparing meals for our guests. It has been a very real privilege working with all of you, I have always been humbled by your dedication to our mission. Your support of me has also meant so much. However, it's time for me to hang up my apron and sign off for the last time. I would like to also send a special "Thank You" to Marylyde Kornfeld, Susie Hughes, Deb Sitzman, and Sonia Chen. You have been my rock stars as part of "The TEAM"! What a sisterhood.

Wishing everyone a happy, healthy, safe road ahead.
In gratitude,
Sydney

"The two hardest things to say in life are *hello* for the first time and *goodbye* for the last." Moira Rogers



MTKO Welcomes New Housing Case Manager



MTKO has a new Housing Case Manager, Heather Bock. Heather joins our team after working as a Probation Administrator for the State of Nebraska. She grew up in Lincoln, Nebraska and has lived here for most of her life. She is married and is a dog and cat person and has both at home. Heather is currently going to school to get her Masters Degree in Social Work. She is excited for this new position and has enjoyed her time so far at MTKO. If you see Heather around the building, please welcome her to our staff!

Retha Knapp, Lead Homeless Housing Liaison Retiring

Retha joined MTKO almost five years ago as an Outreach Specialist, eventually moving into the Lead Homeless Housing Specialist. She says working as the Housing Specialist at MTKO has been one of her favorite jobs in the 50 years that she has been working. "It warms my heart when we get to help someone who has been experiencing homelessness a roof over their head and a fresh start." Her plans after retiring include spending more time with her grandkids, family, friends and working more in the garden and doing a little fishing. Thank you - Retha!



News from the Kitchen By Casey Beltran Assistant Kitchen Manager

Food Safety is Kitchen Knowledge

A safe food supply is essential for healthy living and healthy eating. To understand and follow the FDA and USDA food codes, MTKO promotes higher education for our staff and volunteers:

- In the Month of April, Victoria O' Neil (Coordinator of Volunteers) and Casey Beltran (Kitchen Assistant Manager) updated their food safety ServSafe Manager certification from the National Restaurant Association.
- We stayed S.M.A.R.T. (Stay home if sick, mask when out, avoid large groups, refresh healthy eating skills, and ten feet away is better) during our current Covid-19 pandemic.



Questions Heard Around the MTKO Kitchen about Food Safety

If you have questions about food safety, please email Sydne at Sydne.Wirrick-Knox@MTKO.org or Casey.Beltran@MTKO.org. If I don't know the answer, I will do some research and send my reply through the monthly newsletter.

Question: What is the number one rule of food safety?

Answer: Washing your hands before and after cooking/cleaning. Also, washing hands after touching other surfaces (i.e. doorknobs, trash containers, light switches). When preparing meals make sure that your counters, cutting boards and all work surfaces have been sufficiently sanitized.

Question: What steps are performed for safe hand washing?

Answer: Wet hands, apply soap, scrub hands and arms for 10 to 15 seconds, rinse arms and hands, and in the final step, dry hands and arms.

Summer Grillin' is coming: Here's a quick and easy recipe to start off the summer

Mayo Free Cabbage Salad

Serving Size: 10

½ cup Canola Oil	1(8 ounce) package Shredded Cabbage
¼ cup Red Wine Vinegar	1 tablespoon Soy Sauce
6 tablespoons White Sugar	3 Green Onions
1/3 cup Slivered Almonds	1/3 cup Sunflower Seed Kernels (optional)

Directions:

Mix canola oil, red wine vinegar, soy sauce, and sugar in a large bowl, mixing until sugar has dissolved. Toss cabbage, green onions, almonds, and sunflower seed kernels into the dressing. Cover bowl and refrigerate at least 1 hour before serving; slaw tastes better when chilled overnight.

The pager number for weekend teams is no longer available.

Effective April 1 we have changed our weekend on-call from our old pager system to an answering service. All you need to do is contact the service number and they will forward your message to the on-call MTKO staff member.

The new number is 402-473-2828.

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

One-Time: Lunch 5/2, Lunch 5/30, Evening Meal 5/30, Lunch 5/31 & Evening Meal 5/31.

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 Sydne at 402-817-0622 or email Sydne.Wirrick-Knox@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."

Fresh Fruit Salad w/Honey Lime Dressing

Ingredients:

10 cups pineapple (I use two #10 cans)
10 cups orange segments (Cuties pile so easy)
10 cups halved fresh strawberries
10 cups sliced bananas (soak in pineapple juice)
10 cups green seedless grapes
10 cups red seedless grapes

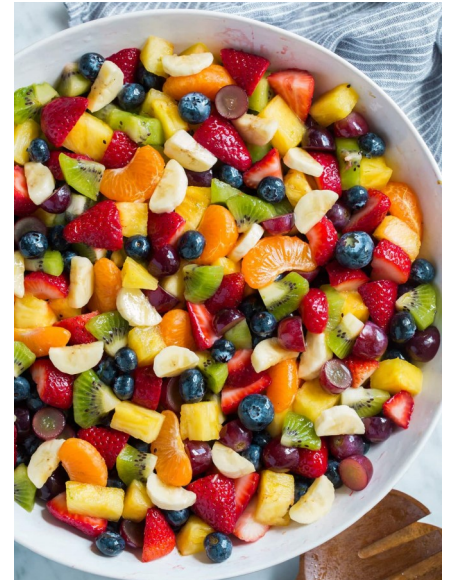
Dressing:

2 cups Canola oil
2 cups lime juice
2 cups honey
2 3/4 teaspoons cider vinegar
3/4 teaspoon ground ginger – to taste

Directions:

1. Drain canned pineapple and reserve juice for bananas. Once bananas are sliced, soak in pineapple juice until ready to use. Drain well.
2. Mix pineapple, oranges, strawberries, red and green grapes and bananas. Refrigerate until chilled, at least 30 minutes.
3. Combine oil, lime juice, honey, vinegar and ginger in a bottle with a lid; cover and shake until dressing is mixed. Refrigerate until chilled, at least 30 minutes. Shake dressing again; drizzle over fruit and toss to coat.

Calories: 103
Sodium: 3 mg
Serves: 150



Looking for Scouts!

Are you a scout leader or know someone who has a child in a scout group? MTKO is looking for scout groups to help with a few outdoor projects this spring. Is your group creative? We would love to have a group create decorative vegetable markers for our garden. Does your group love to build? We have a couple small building projects for your group. In addition, this spring we are expanding our garden by two vegetable beds. We are looking for a group to help break ground and build new brick vegetable beds. Interested? Please contact Victoria O'Neil at 402-817-0623 or victoria.oneil@mtko.org.



Volunteer Appreciation 2022

During the month of April we celebrated all of our wonderful volunteers at MTKO. Our volunteers come in everyday and assist the staff with providing services to the working poor and homeless of the Lincoln community. We had fun being creative with letting you and the community know how much we appreciate you by hanging a huge banner in the front of our building, posting all over social media and after a two year hiatus we were able to gather on April 21st at the East Park Marcus Movie Theatre to celebrate in person. Those that were able to gather saw the movie Father Stu. We can't thank all of you enough for everything you have done for Matt Talbot during the past 30 years.





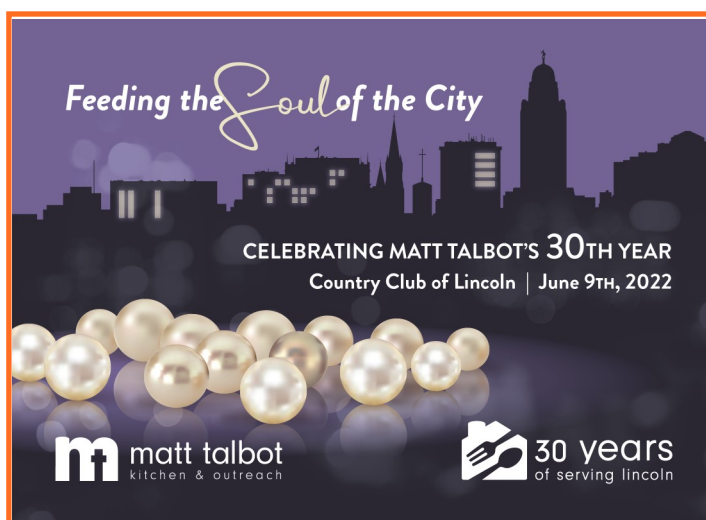
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BOLD HOPE

PO Box 80935
Lincoln, NE 68501



30 years
of serving lincoln



6PM

Social Hour & Silent Auction
Heavy hors d'oeuvres

7PM

**Live Auction
& Program**

**Presentation of Compassion
in Action Award**

William Jeffery - Founder, Cornhusker Property
Collaborator and Advocate

RSVP
at mtko.org/events
by May 23, 2022

Contact Jenn Boettcher
402-817-0615
jenn.boettcher@mtko.org

Event Sponsorships Still Available



Garden Volunteers Needed

Volunteers spent the past week planting flowers and spreading new mulch in our Hope Garden. Our next step will be planting our vegetables. Are you interested in helping with our community garden? We are expanding our garden this year by two beds, making a total of 14! Vegetables that are grown at MTKO will be offered to our Hunger Relief Teams to use in their meals as well as given to our guests. We will need ongoing volunteers to help with daily weeding and watering. Interested? Please contact victoria.oneil@mtko.org or 402-817-0623.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lunch Madonna Sue Carraher Supper Sub Team Westminster Presbyterian Church Susie Hughes P/P/S	2 Lunch Need Sub Team Supper Super Supper Servers Sue Connolly	3 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	4 Lunch Wednesday Lunch Bunch Lisa Hayes Supper Sub Team Miata Wallace P/P/S	5 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	6 Lunch IANL Roli Saraf Supper St Mark's United Methodist Ann Heydt	7 Lunch College View Something Else Class Vicki Biloff Supper Champoux Family & Friends Melanie Johnson
8 Lunch Lunch St Mary's Elmwood Ruth Ann Hlavac Supper Joe Duggan	9 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	10 Lunch MTKO P Community Corrections Center P/S Supper St Joseph's #1 Mary Love	11 Lunch Christ United Methodist Mary Woodard Supper New Covenant ACTS Lee Johnson- Flowerday	12 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	13 Lunch Christ Lincoln Schools Mark Lakamp Supper Spirit of Hope Lutheran Church Deb Bush & Dallas Kipper	14 Lunch Second Saturday Smilers Janette Johnson Supper 1 st Plymouth Congregational Church Hollie Schmidt
15 Lunch St Peter's Joni Richter & Virginia Donovan Supper St Paul's Methodist Church Youth Group Jed Linder	16 Lunch St Michael's Cheney Lori & Michelle Supper St. David's Episcopal Sharon Beachell	17 Lunch First Lutheran Church Steve & Karen Lenzen Supper Lalit Agarwal P/P Need Serve Team	18 Lunch Need Sub Team Supper St Teresa's #1 Rosie Polak	19 Lunch Christ United Methodist Maggie Bates Lunch Living Faith Free Methodist Church Pastor Watson	20 Lunch Second Baptist Elaine Pope Supper St Mary's NA Martyrs Mix Carol Ruskamp & Cindy Seidl	21 Lunch Edenton Christian Church Tonia Hunter Supper Holy Savior Lutheran II Margaret Rasmussen
22 Lunch North American Martyrs Jen Wilson Supper The Servants of St Joseph Mary Bill	23 Lunch Immanuel Church Vi Schroeder Supper SouthPointe Christian Church Lisa Gengenbach	24 Lunch Women's Welcome Club Maril Freese Supper Southwood Lutheran Leigh Porter	25 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Teresa's Coffee Group Donna & Karen	26 Lunch RE/MAX Concepts Reina Day Supper St Francis & St Clare Janet Harrison	27 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	28 Lunch Blessed Sacrament #5 Mary Woltemath Supper CALL Cheryl Ferree
29 Lunch Knights of Columbus Jim & Connie Novacek Supper St Patrick's- Manley Sherry Kunz	30 Lunch Sub Team Tamar Byron Supper Sub Team Victoria O'Neil	31 Lunch MTKO P/P/S Supper Sub Team Home Instead Kirby Howerter P/P/S				MTKO Weekend Answering Service Number: 402-473-2828

USDA INVENTORY AS OF April 25 2022

Canned, Frozen or Instant Vegetables

1 cases (24 #300 cans/case) Red Kidney Beans
4 cases (24 #300 cans/case) Black Beans
3 ½ cases (24 #300 cans/case) Garbanzo Beans
3½ cases (24 #300 cans/care) Green Beans
2 cases (24 #300 cans/case) Corn

Canned & Frozen Fruit

8 cases (24/#300 cans/case) Sliced Pears
11 cases (24/#300 cans/case) Sliced Peaches
1 ½ cases (24/#300 cans/case) Mixed Fruit
5 cases (8/2# bags/case) Dried Cherries

Pasta

None

Frozen & Canned Meat

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

Soups

5 cases (24/#300 cans/case) Tomato Soup
3 cases (24/24 oz. pouches/case) Beef Stew

Miscellaneous

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