



matt talbot kitchen & outreach

AUGUST 2022 • VOLUME 9 • ISSUE 8

BOLD HOPE

2022

HUSKERS HELPING THE HOMELESS



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, Southpointe 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 year's 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.

BOLD HOPE EXPANDS!



**Important
Facility
Update!**

We are building office space on the front of the facility (near dish room) and a new garage on the north end of the property.

CONSTRUCTION STARTS TUESDAY, JULY 5th!

WHAT TO EXPECT:

- A fence will be placed around the construction area.
- Parking will be limited to east side of lot or on west side of N. 26th St.
- Access to parking lot will be through the second entrance only.

Thanks for your understanding and patience!



2021 Impact Report

Interested in learning about how Matt Talbot Kitchen & Outreach has impacted the Lincoln community? Got to mtko.org to find out.



years of impact and counting!



Victoria O'Neil

A day in the life:

Thanks to compassionate and committed volunteers (350+ each month!), the hunger relief program is ongoing, strong, and an important source of nutrition, resources, and social connection for individuals and families struggling with poverty and homelessness. Victoria has been Matt Talbot's Volunteer Coordinator for the past 5 years and stepped into this exciting new role on June 1.

Director of Hunger Relief and Volunteerism

Victoria starts her day

with greetings from guests. After settling into an office that overlooks the dining room, Victoria checks her emails and begins a busy day. Each day consists of guiding volunteers through various tasks, reviewing volunteer applications, and coordinating community service hours.

Every day is different

but that's something Victoria loves about her job. In her own words, *"I love that everyday is different. I get to meet so many different people from all over the state and even the world! I really love introducing kids to volunteering and making them aware of the population we are helping."*

On going projects:



Victoria is currently setting up Get Connected, which is a system that will automatically save and organize volunteers' information when they sign up to volunteer. It will also display current volunteer opportunities, such as "Trash pick up" and "Evening receptionist". This will save Victoria a lot of time and keep everything organized!



A newsletter with important announcements and updates is released every month. Victoria spends a significant amount of time navigating Microsoft Publisher to ensure the newsletter is released at the end of the month.

Enhancing the Hunger Relief program

is one of Victoria's main focuses in her new role. She will do this in many different ways, including:



Attending nutrition classes so volunteers can be trained on how to provide nutrient-dense, well-balanced meals for guests



Increasing the size of Hope garden to provide more farm to table options for hunger relief teams



Growing relationships with local grocery stores, restaurants, and other local food sources to provide fresh food options to both guests and hunger relief teams

How would you describe your job in one word?

"Rewarding"

What does it take to be in Victoria's role?

"Flexibility!"

"Things don't always work the way they are supposed to - some volunteers may not show up and some may just pop in to help. I don't like turning anyone away, so I try to make it work!"

What does volunteering look like?

- Hunger Relief teams
- HOPE garden helpers
- Donation organizers
- Shower & laundry facilitators
- Trash pick up
- And so much more!

If you want to get connected with Victoria to find out more about volunteer opportunities, visit our website at mtko.org, email victoria.oneil@mtko.org, or call 402-817-0623.



30 years
of serving lincoln



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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.Beltran@MTKO.org or VictoriaOneil@MTKO.org. If we don't know the answer, we will do some research and send a reply through the monthly newsletter.

Question: Can You Freeze Cheese Successfully?

Answer: You can freeze cheese successfully if you're planning to use it for cooking purposes. Frozen cheese will remain safe to consume, but it will typically change texture and often become crumbly once thawed, says the [National Dairy Council](#). While you can freeze just about any type of cheese, the firmer varieties (such as cheddar, gouda and Swiss) tend to come through the freezing process with the least damage to texture and flavor. For best results, keep cheese frozen for no more than 6 months.

Reminders

MTKO serves Lunch meals from 11:30 AM to 12:30 PM. And Evening meals from 5:30 PM to 6:30 PM.

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

If you need a dishwasher, please contact Victoria O'Neil at VictoriaOneil@MTKO.org.

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

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

One-Time. Lunch 08/1, Lunch 08/12, Lunch 08/15, Dinner 08/16, Lunch 08/22, Lunch 09/5, 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.Beltran@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. "

Summer COOKING is here:

Here's a peek at a recipe to start off the month of August.

Strawberry Shortcake

Serving Size 50

12 ½ cups flour	1 cup white sugar
1/3 cup baking powder	1 tablespoon cream of tartar
4 1/3 cup butter	2 ¾ cups Heavy Cream
4 Eggs	12 ½ cups strawberries (sliced)

Directions: In a large bowl, mix flour, 1/4 cup sugar, baking powder and cream of tartar. Cut in butter with pastry blender or two knives. Stir in cream and egg. Turn out onto a lightly floured surface and knead 2 minutes. Press into a half-inch thick sheet. Cut into squares. Place on baking sheets. Bake in 350 degree oven 20 minutes, or until golden. Sprinkle 3 tablespoons sugar over sliced berries. Let shortcakes cool before splitting and filling with sugared berries and whipped cream.





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PO Box 80935
Lincoln, NE 68501



30 years

of serving lincoln

Substitute Volunteers Needed

With summer here our volunteers are taking time off to travel with friends and family. We are in need of volunteers to fill in while they are out. We are looking for volunteers to scan meal cards, reception, and our laundry shower area.

Days and times vary, depending on when volunteers will be gone. Anyone interested will be trained and then added to our on call list. If you are interested or have any questions please contact Victoria O'Neil at 402-



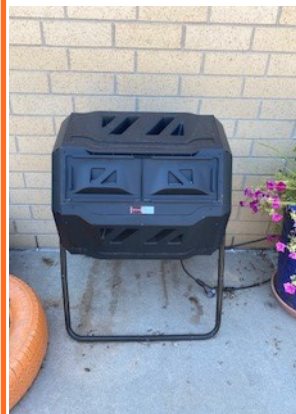
Do You Need a Dishwasher?

If you are a dinner or weekend team that needs help in the dish room let us know! We have many individuals who reach out to Matt Talbot wanting to volunteer and would be

happy to help your team. Reach out to Victoria O'Neil at 402-817-0623 or victoria.oneil@mtko.org and we will be happy to connect you to someone who can help.



SUMMER NEEDS AT MATT TALBOT



New Compost Bin

MTKO has installed a new compost bin at the backdoor of the kitchen. Benefits of composting are enriching soil, helping retain moisture and suppresses plant disease and pests. It also reduces the need for chemical fertilizers. Vegetable food scraps, coffee grounds, egg shells, lettuce, potato peels, banana peels, and small pieces of cardboard can be added to the bin. After adding items please spin the bin 2-3 times.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lunch Need Sub Team Supper Super Supper Servers Sue Connolly	2 Lunch KPMG LLP –S MTKO – P,P Supper Tuesday Dues Capital City Christian Church Joy Blythe	3 Lunch Wednesday Lunch Bunch Lisa Hayes Supper Express Employment P,P,S	4 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	5 Lunch IANL Roli Saraf Supper Westminster Presbyterian Church Gary Haller	6 Lunch College View Something Else Class Vicki Biloff Supper Champoux Family & Friends Melanie Johnson
7 Lunch Madonna Sue Carraher Supper Family & Friends Peggy & Greg Dynek	8 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	9 Lunch MTKO P Community Corrections Center P/S Supper St Pat's Leah Bethune	10 Lunch Christ United Methodist Mary Woodard Supper St Peter's Godteens Sarah Hodge	11 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	12 Lunch Need Sub Team Supper Blessed Sacrament #1 Maureen Mattern	13 Lunch Second Saturday Smilers Janette Johnson Supper 1 st Plymouth Congregational Church Hollie Schmidt
14 Lunch St Mary's Elmwood Ruth Ann Hlavac Supper Molly Brummond & Family	15 Lunch MTKO P,P Swanson Russell Serve Only Supper St. David's Episcopal Kathy Wilson	16 Lunch First Lutheran Church Steve & Karen Lenzen Supper Need Sub Team	17 Lunch Sub Team Compro P/P/S Supper St Teresa's #1 Rosie Polak	18 Lunch Christ United Methodist Maggie Bates Supper St E's Mission Integration Committee Julie Fuller	19 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	20 Lunch St Katherine's Lunch Bunch Mark & Mai Linebaugh Supper Holy Savior Lutheran II Margaret Rasmussen
21 Lunch St. Peter's Mary French Supper St Paul's Methodist Church Ann Snider & Linda Chapman	22 Lunch Nelnet P,S MTKO Prepare Supper Sysco Lincoln Elke Hesser	23 Lunch Women's Welcome Club Maril Freese Supper Southwood Lutheran Leigh Porter	24 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Teresa's Coffee Group Donna & Karen	25 Lunch Joseph B Louann Cao Supper St Francis & St Clare Janet Harrison	26 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	27 Lunch St John's Talbot Lunch Bunch Tini Van-Oehlertz Supper CALL Cheryl Ferree

<p>28 Lunch Light of the World Marron Keady Supper The Servants of St Joseph Mary Bill</p>	<p>29 Lunch Lincoln Medical Alliance Shannon Cullan Supper St Michael's Cheney Lori & Michelle</p>	<p>30 Lunch Scheels Jenna Nasif Supper Sub Team Girl Scout Troup Jennifer Cammarano P/P/S</p>	<p>31 Lunch Orthodox Men of Lincoln Richard Leiter & Paul Barnes Supper St Peter's Becky Searcy</p>			<p>MTKO Weekend Answering Service Number: 402-473-2828</p>
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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 July 28 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
7 ½ cases (24/12 oz. cans/case) Canned Tuna
10 cases (24/12.5 oz. cans/case) Canned Chicken

Soups

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

Miscellaneous

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