



matt talbot

kitchen & outreach

JANUARY 2019 • VOLUME 6 • ISSUE 1

BOLD HOPE

Fiesta Fun Brings Holiday Cheer to MTKO Guests

Thursday, December 20th, the Matt Talbot staff, board members and guests gathered for our annual holiday Fiesta. We served 193 meals at our festive event this year. Thank you to **La Paz Restaurant** of Lincoln! This was the 14th year they have provided the Fiesta meal for our guests to enjoy. This year's desserts, cookies from "The Warm Cookie", were provided by Morteck, as well sacks of hygiene essentials and goodies for every guest that attended the Fiesta. We were also honored with three special guests, Santa, his trusty Elf, and Olaf. Feliz Navidad!



Staff Changes at Matt Talbot Kitchen & Outreach

In November, our Housing Locator, **Sheri Verkamp**, left MTKO for a position with Burlington Capital managing Victory Park, the new veterans housing program on the Veterans Affairs Campus in Lincoln. Sheri did a wonderful job establishing the foundation for MTKO's Landlord Liaison Project, and we wish her well and look forward to continuing to work with her in her new role. We are excited to announce that **Retha Knapp** has been selected as the new Housing Locator. Retha has been with



Sheri Verkamp



Retha Knapp

MTKO as an Outreach Specialist since last summer and brings a wealth of experience to her new role. Congratulations, Retha! We have also hired a new, but familiar, face as our Homeless Diversion Specialist.

Amanda Owen-Doerr was hired as the second outreach worker in 2002 when Matt Talbot was still on 19th and R Street. She went on to an extensive career in the human services in Lincoln helping high-needs homeless individuals through positions with CenterPointe, the Nebraska Department of Health and Human Services, The Bridge and Targeted Adult Service Coordination (TASC). We are delighted to have Amanda back on the MTKO team!



Amanda Owen-Doerr

News from the Kitchen

By Sydne Wirrick-Knox, Kitchen Manager

THANK YOU to **La Paz Restaurant** for donating the meal for our 2018 Holiday Fiesta which was held on December 20th. Remember to visit La Paz at 321 North Cotner Blvd. You can "Thank" Jonas and Andy in person for their support each year of Lincoln's working poor and homeless.

Also, **THANK YOU** to the groups that provided, prepared and served during the Christmas weekend: The Pariset Family, Elke Hesser and Sysco, The TEAM with family & friends, and The Northeast Kiwanis Club.

Thank You



Remember to return your 2018 "In-Kind" donation form!

This form is **very important** for our statistical reporting for funding requirements & auditing purposes. Our deadline is February 15th. Please note that individual volunteers may choose to use the receipt as a basis for a charitable donation for income tax purposes. Original forms will be sent to team captains only. We would be happy to provide a receipt to any team member upon request. If you would prefer to complete your In-Kind form online, you can find this information on the MTKO website, www.MTKO.org. Go to "Relieving Hunger" and click on "Hunger Relief Volunteers". From there go to "In-Kind Donation".



One-Time Hunger Relief Team Volunteer Opportunities for the following meals:

2/18 Lunch, 5/23 Lunch, 6/14 Lunch, 6/19 Lunch, 7/3 Dinner, 7/12 Lunch, 7/17 Lunch, 7/25 Lunch, 7/30 Lunch, 8/5 Lunch, 8/9 Lunch, 8/21 Lunch, 9/26 Lunch, 10/29 Lunch, 12/26 Lunch, & 12/31 Lunch

Contact Sydne at sydne.wirrick-knox@mtko.org or call 402-817-0622 for details.

Thank You to Our December Hunger Relief Substitute Teams

SCC Surgical Tech Students prepared & served dinner 12/5; Crossroads Riders #262 provided, prepared & served lunch 12/8; Bethlehem Lutheran Youth, Wahoo, provided, prepared & served dinner 12/12; Pariset Family provided, prepared & served lunch 12/24; Northeast Kiwanis Club provided, prepared & served dinner 12/25; Pius X Swim Team provided, prepared & served lunch 12/26

Thank You to Our December Group Volunteers

Aden Family – Salad Bar 12/1, North American Martyrs CCD Class – Desserts 12/5, Luann Cao – Salad Bar 12/6, 5 Star Insurance Desserts & Salad Bar 12/10, Auburn High School FBLA – Desserts 12/10, Lincoln Prodigy Baseball – Fruit & Salad 12/11, Luann Cao – Salad Bar 12/13, Ann Dreiwier – Desserts 12/16, Zion Lutheran Junior Youth Organization – Desserts & Salad Bar 12/16, LES – Desserts, Fruit & Salad 12/18, Gold Boys Soccer – Desserts & Salad Bar 12/19, O'Shea-Creal Desserts 12/22, Diana and Daughter – Fruit 12/26, Jenni Bruning Brown – Desserts 12/27, & Skold Cousins – Music 12/30

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".

Easy Avocado, Tomato and Cheese Sandwich

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

Are you looking for an easy meal after the holidays? Maybe you have company coming still and would like an easier meal after the big celebration meal. Here is a great sandwich, courtesy of the Fruits and Vegetables, More Matters campaign.

Grilled Avocado, Tomato, Feta Sandwich

1 avocado
2 medium tomatoes
4 oz. low-fat feta cheese (brick, not crumbles)
8 slices whole grain bread
Olive oil

Pit and slice the avocado. Thinly slice the tomatoes and cheese. Layer these on a slice of bread. Pepper to taste. Add the second slice of bread. Repeat three times. Heat oil in non-stick pan. Grill until the bread is browned and the cheese is melted. 4 sandwiches

To make a complete meal serve with low- or non-fat milk and some grapes. Look here for more details: <https://www.fruitsandveggiesmorematters.org/make-this-plate-avocado-tomato-cheese-sandwich/>



Souper Bowl of Caring February 3, 2019

America's youth are working to make it a record year for the Souper Bowl of Caring by raising millions for hunger and poverty-related charities across the country. You can get involved in this grassroots, youth-led movement that is helping those around the country who are in need. It's this easy to help!

- Register at souperbowl.org or call Vicky at Matt Talbot (402-817-0619) to receive your free promotional materials.
- Collect donations on or near Super Bowl Sunday. (Churches typically collect on Super Bowl Sunday and schools collect between Jan. 3rd and Feb. 3rd)
- Report your results on the Souper Bowl web page, www.souperbowl.org for the country to see the power of caring.
- Donate 100% of your collection to the charity of your choice, such as **Matt Talbot Kitchen & Outreach**.



In December's Volunteer Newsletter, we talked about MTKO winning the Chili Cookoff sponsored by UNL Student Involvement with the help of two of our guests.



Unfortunately, we had a misprint with one of the last names of our guests. Eldon Koebel helped Janet Buck with the assistance of Michael Morrison to take home the trophy!

**Don't forget to
Like, Share and Tag MTKO!**





BOLD HOPE

PO Box 80935
Lincoln, NE 68501

SAVE THE DATE!

feeding the *soul* of the city
♥

THURSDAY, MARCH 28, 2019

Contact Vicky if you have ideas for event sponsors
or auction items (vicky.drozd@mtko.org).

Food For Thought

This month in our "Food for Thought" series we bring you a quote from Jamie, who is new to our Transitions House Program.



"The house is such a blessing. It's an opportunity not many get, and I'm grateful. It is hard to do what you need to do if you don't have a place to lay your head at night that is safe. I've been sober for a month and wake up happy. I have confidence and feel worthy that I deserve to live a productive life. And I'm learning to forgive myself even though I made some bad choices."

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

mtko.org/foodforthought



Compassion In Action Award Nominations 2019

Please nominate an individual or group who you feel exemplifies compassion in action and dedication to the mission of Matt Talbot Kitchen & Outreach. This individual or group can serve Matt Talbot through a variety of ways. Please indicate role of nominee, length of involvement, reason for exemplary service, and anything you feel will strengthen this nomination. **Completed nominations are due by Friday, January 18, 2019.** Award recipients will be honored at Feeding the Soul of the City on March 28.

Please go to the website below for nomination forms.
<https://www.mtko.org/fsoc/compassion-in-action-award.html>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lunch Sub Team Wallingford Family P/P/S Supper Tuesday Dues Capital City Christian Church Joy Blythe	2 Lunch Wednesday Lunch Bunch Lisa & Michelle Supper Seward United Methodist Youth Group Tonya Parra	3 Lunch Angel Helpers Mary Jo Bousek Supper St Joseph's #3 Pat & Bill Lundak	4 Lunch IANL Roli Saraf Supper St Mark's United Methodist Ann Heydt	5 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
6 Lunch Sub Team Piedmont Park Thunderbirds Ryan Lindbeck P/P/S Supper Maranatha Dental Group Justin & Kerry Dworak	7 Lunch LLC Health Dept Kings & Queens Gary Walsh Supper Super Supper Servers Sue Connolly	8 Lunch Lincoln Federal Savings Bank Lending Hands Serve Only Supper St Joseph's #1 Mary Love	9 Lunch Christ United Methodist Mary Woodard Supper New Covenant ACTS Lee Johnson- Flowerday	10 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	11 Lunch Christ Lincoln Schools Jennifer Veen Supper Spirit of Hope Lutheran Church Deb Bush & Dallas Kipper	12 Lunch First United Methodist Church Liz Zeff Supper 1 st Plymouth Congregational Hollie Schmidt
13 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac + St John's Lutheran, Seward Serve Supper P.K.'s & Friends Grace & Bryan Willnerd	14 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	15 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	16 Lunch Blessed Sacrament Jr High Danielle Miller Supper Sub Team Bethlehem Lutheran Wahoo	17 Lunch Christ United Methodist Maggie Bates Lunch Living Faith Free Methodist Church Pastor Watson	18 Lunch Second Baptist Elaine Pope Supper St Mary's NA Martyrs Mix Carol Ruskamp & Cindy Seidl	19 Breakfast American Legion Mike & Cecelia Lunch Crestwood Christian Jeromy & Sherry Supper Holy Savior Lutheran I Sue Dawson
20 Lunch St Peter's Joni Richter & Virginia Donovan Supper Talent Plus Christian Zoucha	21 Lunch The Graduate Lincoln Lauren Folkerts Supper St David's Episcopal Sharon Beachell	22 Lunch Women's Welcome Club Beth Griffing Supper Southwood Lutheran Leigh Porter	23 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Teresa's Coffee Group Donna & Karen	24 Lunch Sub Team Collegeview School Casey P/P/S Supper St Francis & St Claire Janet Harrison	25 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	26 Lunch Blessed Sacrament #5 Mary Woltemath Supper CALL Cheryl Ferree
27 Lunch North American Martyrs Christy Bousquet & Angie Korus Supper The Servants of St Joseph Mary Bill	28 Lunch Swanson Russell Associates Serve Only Supper SouthPointe Christian Church Lisa Gengenbach	29 Lunch Sub Team MTKO Board of Directors P/P/S Supper Friends Jan Meints	30 Lunch Orthodox Men of Lincoln Richard Leiter & Paul Barnes Supper St Peter's Becky Searcy	31 Lunch St Paulinus Kay Kreifels Supper St James' Cortland Kassie Ebbers	MTKO Weekend Pager Number: 402-473-0447	

USDA INVENTORY AS OF December 27, 2018

Canned, Frozen or Instant Vegetables

3 ½ cases (12 1# boxes/case) Instant Potatoes
5 cases (24 #300 cans/case) Green Beans
7 ½ cases (24 #300 cans/case) Corn
7 ½ cases (24 #300 cans/case) Peas

Canned & Frozen Fruit

6 ½ cases (2 /#300 cans/case) Sliced Pears
11 ½ cases (24 #300 cans/case) Peaches
5 ½ cases (23 #300 cans/case) Mixed Fruit

Pasta

2 ½ cases (20 1# boxes/case) Spaghetti
2 ½ cases (12/1# bags/case) Egg Noodles

Frozen & Canned Meat

None

Soups

None

Miscellaneous

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



STRIVE Recipe of the Month

Beef and Noodles **Recipe serves 150**

38 pounds beef cut in 1 inch cubes, you can use less expensive cuts of beef
4 ¾ cups unsalted butter
37 onions, sliced
19 pounds sliced mushrooms
37 cups beef stock, low sodium

75 bay leaves
4 ½ teaspoons dried thyme
3 Tablespoons pepper
75 cups frozen peas
2 1/3 cups cornstarch
150 cups egg noodles

Directions:

1. Cook beef until seared and browned on all sides, about 5 minutes. Transfer beef to a plate.
2. Melt butter over medium heat and sauté onion until softened, 5 minutes.
3. Add mushrooms and sauté another 5 minutes.
4. Add beef to onion and mushrooms and pour beef stock over meat; season with bay leaves, thyme and pepper. Bring to a boil, reduce heat to low, cover, and simmer until beef is tender, 60 minutes.
5. Stir peas and cornstarch into beef mixture; cook uncovered until liquid thickens, about 10 minutes.
6. Cook noodles; drain and serve with beef mixture over noodles.

Calories: 452

Sodium: 347 mg

Notes: You could substitute ground beef, just make sure to drain the fat off the beef once it is browned.