



# matt talbot

## kitchen & outreach

FEBRUARY 2021 • VOLUME 8 • ISSUE 2

**BOLD HOPE**

### Update on COVID Rapid Rehousing Project

Matt Talbot has provided temporary emergency shelter in hotels for unsheltered individuals & families experiencing homelessness during the pandemic. This project was initially funded by the U.S. Dept. of Health & Human Services, NE DHHS, and NE Children & Families Foundation and in partnership with Lincoln's Community Response Collaborative coordinated by United Way. Community CARES funding was later awarded to provide additional funding for hotel stays.

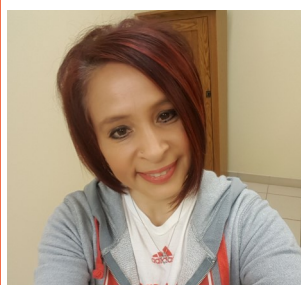
Clients were referred from the Homeless Coalition's Coordinated Entry list and assigned a case manager from Matt Talbot or a partnering agency (CEDARS, CenterPointe, Community Action Partnership Lancaster/Saunders County, Friendship Home, Lutheran Family Services, and Targeted Adult Service Coordination) to help bridge them to appropriate and affordable permanent housing. While some only need help with a deposit payment, households are eligible for 6-9 months of rental assistance. The housing portion of the project is funded by the Emergency Shelter Grant/CV through the Urban Development Department.

Although the need continues, project enrollment is complete and we do not have any more hotel vouchers.

A total of 134 people representing 46 households were served through this project (62 adults and 72 children). To date, 78% of households have been successfully bridged to permanent housing.

Thank you to all partners for expanding emergency shelter & housing opportunities to the unsheltered homeless during the pandemic!

### MTKO Welcomes New Housing Case Manager



Matt Talbot Kitchen & Outreach welcomes Kelli Mejia as our new Housing Case Manager.

Kelli's new position was created through funding MTKO received from HUD. Kelli was born in Nebraska City but has lived in Lincoln for most of her life. She graduated from Lincoln High School and attended

Wesleyan University where she received her Bachelors of Science in Social Work. Before coming to MTKO Kelli was the Supportive Housing Care Manager at CenterPointe. Prior to CenterPointe, Kelli was the Emergency Services Coordinator for Catholic Social Services.

Kelli has 3 sons Jayden 24, Michael Irvin 13 And Brycen 11. She enjoys spending time with her boys and her fiancé of 2 years, Mike. She loves reading true crime and anything to do with the paranormal/ghosts. Kelli also enjoys walking and watching movies with the family every Saturday night.

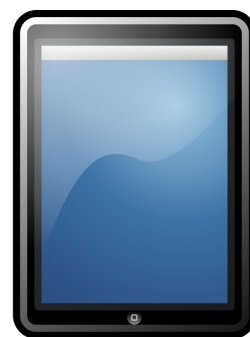
Kelli is looking forward to the challenges and rewards in this exciting chapter here at Matt Talbot and getting to know everyone.

### New Volunteer Data Base Starting in February

During the month of February Matt Talbot Kitchen & Outreach will begin to

implement our new Volunteer Data System, Volgistics. Over the last several

months we have communicated this change and have requested information to get volunteers set up in the new system. Victoria O'Neil, Volunteer Coordinator, will be available to train volunteers when they are at Matt Talbot for their shifts. Please feel free to reach out to Victoria if you have any questions or concerns at [victoria.oneil@mtko.org](mailto:victoria.oneil@mtko.org) or 402 817-0623.



# News from the Kitchen

By Sydne Wirrick-Knox  
Kitchen Manager

## **Farewells can be difficult, but can also bring new Beginnings**

MTKO is sad to say Goodbye to one of our hunger relief teams. First United Methodist Church has faithfully served lunch to Lincoln's working poor and homeless on the 2<sup>nd</sup> Saturday since March of 1995. All of us at MTKO so appreciate all your years of service and you will be greatly missed.

Thank you so much!!!

However, as per the quote from Paulo Coelho

**"If you're brave enough to say goodbye, life will reward you with a new hello."**

We would like to say Hello to our new Hunger Relief Team taking the 2<sup>nd</sup> Saturday Lunch spot:

They are the "Second Saturday Smilers" with Janette Johnson as the team captain.

They were originally known as the "Cookie Ladies" as they have been part of the First United Methodist Church team for the past 7 years.

**Welcome to the Second Saturday Smilers!**

## **Meal Service is under the same procedures for MTKO's Hunger Relief Teams**

Our dining room is open to our unsheltered homeless guests for lunch and dinner Monday through Friday.

We are asking for no more than 3 volunteers on each Hunger Relief Team.

All meals are still being served in takeout containers.

MTKO is still providing bottle water and small cartons of milk.

If you have questions please go to our website, [MTKO.org](http://MTKO.org) and go to our COVID 19 Response Tab or call Sydne at 402-817-0622 (or email [Sydne.Wirrick-Knox@MTKO.org](mailto:Sydne.Wirrick-Knox@MTKO.org)).

**Thank you all** for the additional support and help through these unusual times.

## **Volunteer Opportunities both one-time and ongoing monthly meals**

**One-Time:** Monday lunch 2/1, Wednesday evening meal 2/3, and Wednesday lunch 2/17

**Ongoing Monthly Meals:** 1<sup>st</sup> Monday lunch odd months, and 4<sup>th</sup> Thursday lunch odd months.

**Additional Ongoing Monthly Meals through the end of the 2020/2021 school year:** 1<sup>st</sup> Monday lunch even months, 2<sup>nd</sup>

Friday lunch all months, and 3<sup>rd</sup> Wednesday lunch all months

Call Sydne at 402-817-0622 or email [sydne.wirrick-knox@mtko.org](mailto:sydne.wirrick-knox@mtko.org)



## **IMPORTANT REMINDERS FOR HUNGER RELIEF TEAMS**

***In-Kind Donation Forms for 2020 should be returned no later than February 15, 2021.***

*Remember this can be completed on-line!*

***USDA Civil Rights Training Certifications are due now.***

*Teams that use and serve USDA food from our pantry need to have the certification signed by team members*

**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."

## **Fudge Brownies for a Sweet Treat**

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

Almost everyone likes chocolate and Valentine's Day will soon be here. We love sharing sweet treats with our family and friends, especially this time of year, it seems. Below is a recipe from the American Heart Association, since February is also American Heart Month. Unsweetened cocoa powder and a stevia sugar blend keep the saturated fat and added sugars in check. This recipe contains only 9 grams of sugar, compared to perhaps twice that amount in a regular brownie. The Heart Association recommends that men limit their intake of added sugars to 36 g (9 tsp.) and women and children to 25 g (6 tsp.) daily to reduce their risk of heart disease.

### **Fudge Brownies**

**Servings:** 16 **Serving Size:** 1 brownie

#### **Ingredients**

- Cooking spray
- 1/2 cup corn or canola oil
- 15 drops chocolate-flavored liquid stevia sweetener
- 1/4 teaspoon salt
- 1/2 cup unsweetened cocoa powder
- 3 large eggs
- 1 cup all-purpose flour
- 1/2 cup slivered or sliced almonds, optional
- 3/4 cup stevia sugar blend



#### **Directions**

Preheat the oven to 350°F. Lightly spray an 8-inch square baking pan with cooking spray.

In a large bowl, stir together the stevia sugar blend, oil, liquid stevia sweetener, and salt until well blended. Add the cocoa powder. Stir together until well blended. Add the eggs, one at a time, blending well. Gradually add the flour, stirring just until no flour is visible. Stir in the almonds. Spoon the batter into the pan. Bake for 25 to 30 minutes, or until the brownies start to pull away from the pan and a wooden toothpick inserted into the center comes out clean. Transfer the pan to a cooling rack. Let cool completely.

### **Winter Needs at MTKO**

With our recent winter weather we are seeing an increase for men's winter gloves and hand/foot warmers. We also have an ongoing need for facemasks. Donations can be dropped off at Matt Talbot Kitchen & Outreach Monday thru Friday 8:30 AM—6:30 PM. This would be a wonderful opportunity to start a drive at your place of work, church or school. Contact Victoria O'Neil at 402-817-0623 or [victoria.oneil@mtko.org](mailto:victoria.oneil@mtko.org) if you have any questions. Items needed are below. We are unable to accept other clothing options at this time. Thank you.



**Please think of Matt Talbot  
when shopping or having  
social media fundraisers. Every  
bit helps!**

**amazon**smile  
You shop. Amazon gives.





**BOLD HOPE**

PO Box 80935  
Lincoln, NE 68501

Happy  
Valentine's  
Day

## Landscaping Volunteers Needed

Do you have a green thumb? Like to work outdoors? Well we have the perfect volunteer opportunity for you! Spring is around the corner and we are looking for ongoing volunteers to help us with our garden and landscaping around the MTKO property. If interested please contact Victoria O'Neil at 402-817-0623 or [victoria.oneil@mtko.org](mailto:victoria.oneil@mtko.org).



## Can Your Organization Help MTKO?

Souper Bowl of Caring is a national event that has been happening for over 30 years. The event was started to empower youth and unite communities to tackle hunger using the energy of the big game. If your church, youth group or organization is interested in helping Matt Talbot tackle hunger please reach out to Vicky Drozd at [vicky.drozd@mtko.org](mailto:vicky.drozd@mtko.org) or 402-817-0619.





**matt talbot**  
kitchen & outreach

*February 2021*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MTKO Weekend Pager Number: 402-473-0447</b>	<b>1 Lunch</b> <b>Need Sub Team</b> <b>Supper</b> Super Supper Servers Sue Connolly	<b>2 Lunch</b> Family & Friends Mary Jo Bousek <b>Supper</b> Tuesday Dues Capital City Christian Church Joy Blythe	<b>3 Lunch</b> Wednesday Lunch Bunch Lisa Hayes <b>Supper</b> <b>Need Sub Team</b>	<b>4 Lunch</b> Angel Helpers Mary Jo Bousek <b>Supper</b> St Joseph's #3 & AORN P/P/S	<b>5 Lunch</b> IANL Roli Saraf <b>Supper</b> Westminster Presbyterian Church Gary Haller	<b>6 Lunch</b> College View Something Else Class Vicki Biloff <b>Supper</b> Family & Friends Joyce Champoux
<b>7 Lunch</b> Madonna Sue Carraher <b>Supper</b> Family & Friends Peggy & Greg Dynek	<b>8 Lunch</b> Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset <b>Supper</b> J-Tech Construction Jason Olberding	<b>9 Lunch</b> <b>Sub Team</b> <b>Lakshmi Rao</b> <b>Provide</b> <b>MTKO Serve</b> <b>Supper</b> St Pat's Leah Bethune	<b>10 Lunch</b> Christ United Methodist Mary Woodard <b>Supper</b> St Peter's Godteens Sarah Hodge	<b>11 Lunch</b> Country Neighbors Beaver Crossing Mike Stutzman <b>Supper</b> Blessed Sacramento #2 Mary Jo Bousek	<b>12 Lunch</b> <b>Sub Team</b> <b>Neighbors</b> <b>Church Alison</b> <b>Rook P/P</b> <b>MTKO Serve</b> <b>Supper</b> Blessed Sacramento #1 Maureen Mattern	<b>13 Lunch</b> First United Methodist Church Liz Zeff <b>Supper</b> 1 <sup>st</sup> Plymouth Congregational Hollie Schmidt
<b>14 Lunch</b> St Mary's Elmwood Les & Ruth Ann Hlavac + Talmage Lutheran Serve <b>Supper</b> P.K.'s & Friends Grace & Bryan Willnerd	<b>15 Lunch</b> <b>Sub Team</b> <b>Pariset Family</b> <b>P/P/S</b> <b>Supper</b> St David's Episcopal Kathy Wilson	<b>16 Lunch</b> First Lutheran Church Steve & Karen Lenzen <b>Supper</b> Crossbridge Christian Church Phil Berlie	<b>17 Lunch</b> <b>Need Sub Team</b> <b>Supper</b> St Teresa's #1 Rosie Polak	<b>18 Lunch</b> Christ United Methodist Maggie Bates <b>Supper</b> St E's Mission Integration Committee Julie Fuller	<b>19 Lunch</b> Second Baptist Elaine Pope <b>Supper</b> St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	<b>20 Lunch</b> St Katherine's Lunch Bunch Mark & Mai Linebaugh <b>Supper</b> Holy Savior Lutheran II Margaret Rasmussen
<b>21 Lunch</b> St Peter's Mary French <b>Supper</b> St Paul's Methodist Church Youth Group Richard Caye	<b>22 Lunch</b> St Peter's Circle Provide Nebraska Wesleyan Pre-Health Club Serve Only <b>Supper</b> Sysco Lincoln Elke Hesser	<b>23 Lunch</b> Women's Welcome Club Maril Freese <b>Supper</b> Southwood Lutheran Leigh Porter	<b>24 Lunch</b> Trinity Lutheran Church, Cordova Kim Due <b>Supper</b> St Teresa's Coffee Group Donna & Karen	<b>25 Lunch</b> Joseph B Louann Cao <b>Supper</b> St Francis & St Clare Janet Harrison	<b>26 Lunch</b> Sister Chicks Ursula McLaughlin <b>Supper</b> Sheridan Lutheran Grandma Sue	<b>27 Lunch</b> St John's Talbot Lunch Bunch Tini Van-Oehlertz <b>Supper</b> CALL Cheryl Ferree
<b>28 Lunch</b> Light of the World Larry Kunc <b>Supper</b> The Servants of St Joseph Mary Bill						

**Mission Statement:** The mission of Matt Talbot Kitchen & Outreach is to serve the physical, emotional and spiritual needs of Lincoln's working poor and homeless through outreach, advocacy, education and the provision of food and shelter.

## **USDA INVENTORY AS OF January 27, 2021**

### **Canned, Frozen or Instant Vegetables**

2 ½ cases (24 #300 cans/case) Red Kidney Beans

4 ½ cases (24 #300 cans/case) Garbanzo Beans

### **Canned & Frozen Fruit**

7 cases (24/#300 cans/case) Sliced Pears

9 cases (24/#300 cans/case) Sliced Peaches

### **Pasta**

1 cases (20 1# boxes/case) Spaghetti

### **Frozen & Canned Meat**

3 cases (6 5# packages/case) Pork Loins

### **Soups**

4 cases (24/24oz pouches/case) Beef Stew

### **Miscellaneous**

None