



matt talbot

kitchen & outreach

NOVEMBER 2019 • VOLUME 6 • ISSUE 11

BOLD HOPE

Matt Talbot Receives Grant from Conagra Brands Foundation

We are excited to announce that Matt Talbot received a “Nourish Our Community” grant from Conagra Brands Foundation in support of our twice-daily congregate meals, food pantries, and cooking and gardening classes for children and adults. Matt Talbot was one of only 23 nonprofits throughout the country selected for funding!

Matt Talbot was nominated to apply for the grant by Tina Walton, a Conagra employee and Matt Talbot volunteer. Tina’s support is so appreciated and a wonderful demonstration of how Conagra Brands, its employees and community nonprofits work together to meaningfully impact the issue of hunger.



Lori Wellman Joins Matt Talbot as Director of Development



Matt Talbot Kitchen & Outreach is pleased to welcome Lori Wellman as our new Director of Development. Lori grew up in upstate NY, earned a BS in Psychology at Union College in Schenectady, NY and then an MBA at Graduate College

of Union University (also in Schenectady, NY). She has spent her entire career in University Advancement, in various roles including: Major Gift Officer, Director of Alumni Engagement and Director of Advancement Program Strategy. Lori is super excited to use those fundraising skills now at Matt Talbot Kitchen and Outreach. She is married to Dale Wellman, Head Men's Basketball Coach at Nebraska Wesleyan (which is what brought her to the Midwest) and has two kids, Brady, aged 9 and Tessa, aged 6. Welcome Lori!



The 10/11 Share the Warmth drive is a week-long collection of new winter hats, gloves and socks for people in our community. The 10/11 Share the Warmth Kick Off event is scheduled for Monday November 4th from 7 a.m.—7 p.m. at the 10/11 Studio on 40th and Vine Street. 10/11 will be broadcasting live and taking donations throughout the Kick Off event. All donations stay local, benefiting families in our community. Matt Talbot Kitchen & Outreach and the People’s City Mission will continue to host collection barrels for the entire week of the 10/11 Share the Warmth Drive 8:30 a.m.—6:30 p.m. Monday thru Friday.

News from the Kitchen

By Sydne Wirrick-Knox
Kitchen Manager

Looking for a "Clean Team" Volunteer Team

Years ago MTKO had a "Clean Team" who came to the kitchen occasionally for deep cleaning projects. We would like to recreate this team. We are looking for a group of people (4 to 8) willing to spend 2 to 3 hours each month getting us spit and polished. The best day for our kitchen schedule would be the 1st Thursday afternoon from around 1:00 to 4:00. Of course, the more people we can recruit, the fewer hours it will take. Projects that would need to be tackled would include: cleaning walls, cabinets, shelving, stainless steel, refrigerators, and equipment including the warming oven and convection ovens. Each project would not need to be done monthly but on an as needed basis. Our kitchen will soon turn 10 years old and the newness has worn off; time to start the deep cleaning. Please contact Sydne if you would like to be a member of this needed team. Your efforts will not go unnoticed! Sydne.wirrick-knox@mtko.org or 402-817-0622.

More great ways to increase the amount of fresh veggies in your MTKO meal

- Basic tomato sauce is great – definitely counts as one veggie: But the more veggies added, the better. Try adding pureed carrots, winter squash, peppers, onions or greens. How about throwing in a can of pumpkin puree?
- Making classic chicken soup? Add some pureed tomatoes, squash, or potato. It will make a thickened soup and also sneak in some extra veggies.
- Add carrot, sweet potato, or butternut squash puree to any chili or stew recipe.
- Chocolate is basically the best way to hide veggies in pretty much anything. Case in point: sweet potato brownies.
- Add carrot or sweet potato puree to chocolate chip cookies for a treat that's just as tasty, but has hidden health benefits too.



Snow Day Procedures

Soon we will be thinking about snowy winter weather.

Remember: We **ARE NOT CLOSED** when LPS is closed!

Please make sure you have the **MTKO phone number & weekend pager number** handy!

For **weekday teams** give the kitchen a call as soon as possible once the decision has been made that your team will be unable to make it. That will give the staff members time to get a meal planned and find volunteers to help. The MTKO phone number is 402-477-4116. We are open from 8:30 AM to 6:30 PM.

For **weekend teams** the pager number is 402-473-0447.



To get assistance:

- Dial the pager number
- Follow the prompts
- Leave the best phone number where you can be reached
- Wait for the call back from the staff on-call
- Once again, do this as soon as possible so we have an opportunity to make other arrangements

Thank You to Our October Hunger Relief Substitute Team

Bethlehem Lutheran Church Youth Group Wahoo provided, prepared, & served dinner 10/9

Thank You to Our October Group Volunteers

Luann Cao – Salad 10/3, Aden Family – Salad 10/5, Southwest Students – Salad and Desserts 10/6,

Luann Cao – Salad 10/10, Ahlers Family – Salad 10/13, Capital Soccer – Desserts & Salad 10/15,

Luann Cao – Salad 10/17, Jenni Bruning Brown – Desserts 10/17, Peace Lutheran Middle School Youth Group – Fruit & Salad 10/20, Country House – Salad 10/23, Wolff Family – Desserts & Salad 10/25, Luann Cao – Salad 10/31



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."

What Ten Grams of Sugar Looks Like

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

Since the holidays and eating lots of sugar are rapidly approaching I thought it would be interesting to share some information Dietitian, Danielle Omar, compiled and posted on her My Fitness Pal blog. It shows the amount of sugar in various candies, compared to the amount in a clementine orange and an apple. She recommends no more than 10 grams in a snack. The 2015-20 Dietary Guidelines for Americans recommend that no more than 10% of your daily calories come from added sugar. This means that for a 2000 kcal diet, one should eat no more than 12 teaspoons of sugar per day. The American Heart Association gives an even more tight recommendation, suggesting that women have no more than 6 tsp. and men no more than 9 tsp. of sugar per day. So you can see that by eating most of the snacks below you will have met or exceeded the recommended amount of daily sugar intake. And, even though the orange and apple have a fair amount of sugar also, keep in mind that it is not added sugar, and several other important nutrients are present in the fruit that the candy does not offer. This is not say that one should not indulge in these sweets, because denying oneself of such goodies will likely lead to craving them. Just remember your portion size when eating them and enjoy them! Focus on their flavor and deliciousness and eat them slowly to maximize the pleasure you receive from them.

3 DOVE DARK CHOCOLATE SQUARES



1 FUN SIZE PACKAGE OF PEANUT M&M'S



1 MINI YORK PEPPERMINT PATTY



2 REESE'S MINIATURES



1 FUN SIZE SNICKERS BAR



2 TWIZZLERS



1 SMALL APPLE



1 CLEMENTINE





BOLD HOPE

PO Box 80935
Lincoln, NE 68501



**Want To Give Back?
Support the Community and the Environment!**

WE'RE PARTICIPATING IN THE

**HY-VEE
REUSABLE BAG
PROGRAM**

When you buy this bag this
month, \$1 will be donated to
our organization.



Matt Talbot Kitchen & Outreach has been selected as the November beneficiary of the Hy-Vee Reusable Bag Program when bags are purchased at the **Hy-Vee on 70th & Pioneers only**. Hy-Vee will donate \$1 to Matt Talbot Kitchen & Outreach for each bag sold.

Combined Federal Campaign



The Combined Federal Campaign is the largest and most successful workplace charitable giving drive in the world. CFC is the only authorized charitable organization solicitation of Federal employees in their workplaces. All federal employees, retired members of the military and retired civilians can contribute to approved charitable organizations through the Combined Federal Campaign (CFC). Help us defeat hunger and homelessness by giving to Matt Talbot through the CFC. Our designation number is 19103.



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November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MTKO Weekend Pager Number: 402-473-0447					1 Lunch IANL Roli Saraf Supper St Mark's United Methodist Ann Heydt	2 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
3 Lunch Madonna Sue Carraher Supper Maranatha Dental Group Justin & Kerry Dworak	4 Lunch LLC Health Dept Kings & Queens Gary Walsh Supper Super Supper Servers Sue Connolly	5 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	6 Lunch Wednesday Lunch Bunch Lisa Hayes Supper Seward United Methodist Youth Group Tonya Parra	7 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	8 Lunch Christ Lincoln Schools Joel Rodencal Supper Spirit of Hope Lutheran Church Dallas Kipper	9 Lunch First United Methodist Church Liz Zeff Supper 1 st Plymouth Congregational Hollie Schmidt
10 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac Supper P.K.'s & Friends Grace & Bryan Willnerd	11 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	12 Lunch Swanson Russell Serve Only Supper St Joseph's #1 Mary Love	13 Lunch Christ United Methodist Mary Woodard Supper Sub Team Bethlehem Lutheran Wahoo	14 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	15 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	16 Breakfast American Legion Mike & Cecelia Lunch Crestwood Christian Jeromy & Shari Supper Holy Savior Lutheran II Margaret Rasmussen
17 Lunch NE Heart Hospital Pharmacy Donna Brophy Supper St Paul's Methodist Church Youth Group Mitch Connelly	18 Lunch Lincoln Federal Savings Bank Lending Hands Serve Only Supper St. David's Episcopal Sharon Beachell	19 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	20 Lunch Blessed Sacrament Jr High Danielle Miller Supper St Teresa's #1 Rosie Polak	21 Lunch Sub Team Zion International Ministries P/P/S Supper Free E Life Group Carna Pfeil	22 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	23 Lunch Blessed Sacrament #5 Mary Woltemath Supper CALL Cheryl Ferree
24 Lunch North American Martyrs Christy Bousquet & Jen Wilson Supper The Servants of St Joseph Mary Bill	25 Lunch The Graduate Lincoln Lauren Folkerts Supper SouthPointe Christian Church Lisa Gengenbach	26 Lunch Sub Team St. Pat's P/P/S Women's Welcome Club Maril Freese Supper Southwood Lutheran Leigh Porter	27 Lunch Sub Team Cattle Bank P/P/S Supper St Teresa's Coffee Group Donna & Karen	28 Lunch Thanksgiving No Lunch Meal Supper St Francis & St Claire Janet Harrison	29 Lunch Christ United Methodist Ann Rauscher & Rochelle Dyer Supper Southwood Lutheran Leigh Porter	30 Lunch The Dangling Particles Mindy & Holly Supper Cathedral Godteens Michelle Heofener

USDA INVENTORY AS OF October 22, 2019

Canned, Frozen or Instant Vegetables

1 cases (12 1# boxes/case) Instant Potatoes
12 ½ cases (24 #300 cans/case) Corn
9 ½ cases (24 #300 cans/case) Green Beans
4 cases (24 #300 cans/care) Red Kidney Beans
7 ½ cases (24 #300 cans/case) Garbanzo Beans

Canned & Frozen Fruit

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

Pasta

3 ½ cases (20 1# boxes/case) Spaghetti

Frozen & Canned Meat

2 cases (40/1# tubes) Ground Beef
2 cases (20/2# bags) Pork Taco Meat (seasoned)
2 cases (20/2# bags) Pulled Pork

Soups

None

Miscellaneous

None



STRIVE Recipe of the Month

Mexican Lasagna Recipe serves 150

30 pounds lean ground beef
3.75 cups No Sodium Taco Seasoning
(Recipe found in the Dressing and Seasoning
Section of this cookbook

30 (14 ounce) low sodium canned tomatoes w/juice
300 (6 inch) whole wheat tortillas cut into strips
30 cups salsa
15 cups shredded Colby Jack cheese

Directions:

1. Preheat convection oven to 325°.
2. In large skillet over medium heat, brown the ground beef and drain off fat.
3. Stir in the taco seasoning and tomatoes.
4. Line baking pans with 1/3 of the tortillas.
5. Spoon 1/2 of the beef mixture into the dish and spread 1/3 of the salsa on top.
6. Add another 1/3 of tortillas, 1/2 of the beef mixture and 1/3 of the salsa.
7. Top with the remaining 1/3 of the tortillas. Spread the remaining 1/3 of the salsa over the tortillas and sprinkle with the remaining cheese.
8. Bake at 325° for 30 to 45 minutes, or until cheese is melted and bubbly.

Notes:

- Serve with shredded lettuce, fresh diced tomatoes, black olives, sour cream and thinly sliced green onions.

Calories: 407

Sodium: 807 mg