

MATT TALBOT KITCHEN & OUTREACH NEWSLETTER

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Are you interested in assisting a family or individual this holiday season?

The holiday season is a time marked by gathering, joy, and celebration. For many, it can also be a difficult time. Some parents and individuals are not able to afford presents. Some aren't even able to take care of their own basic needs. Are you interested in supporting a family or individual in the Lincoln community this holiday season? If so, please consider donating cash or gift cards (they are the most flexible), heavy winter socks and gloves.

Please contact Lori Wellman at 402-817-0621 or lori.wellman@mtko.org if you are interested in learning more about this opportunity. Thank you!

Congratulations!

A close friend of Matt Talbot Kitchen & Outreach, Retha Knapp, received a special award in October! Retha worked at Matt Talbot for five years before retiring earlier this year. She continues to volunteer at Matt Talbot and advocate for safe and affordable housing. Retha recently received the Volunteer Individual Award from the Lincoln Homeless Coalition.

Congratulations Retha and thank you for all you do!



Left to right: Leanne Pelser (Director of Housing and Outreach), Dave Klitzke (Director of Business and Finance), Retha Knapp, and Susanne Blue (Executive Director)

Kitchen Pantry Clean Up

Matt Talbot is having an end-of-the-year cleanup in our kitchen pantry. All teams should take food they no longer need out of the pantry and clearly label the remaining food with their team name (labels are provided outside of Casey's office). Please have all food labeled by the end of the year. We plan to create assigned shelving in the pantry where each team can store their food. We hope this will make things easier to find and prevent the occasional mix-up of food items. Please contact Kitchen Manager Casey McKerlie at casey.mckerlie@mtko.org or 402.817.0622 with any questions.

Canned Fruits & Vegetables Needed

Due to supply chain shortages, we are in need of canned fruits and vegetables. If you're able to help donations can be dropped off at Matt Talbot Monday - Friday from 8:30am to 6:30 pm. Contact Victoria O'Neil at victoria.oneil@mtko.org or 402-817-0623 with any questions. Thank you!

The First Cold Snap Never Get's Easier

In a recent blog post (also published in the Lincoln Journal Star), Executive Director Susanne Blue describes how staff persisted and found a solution for someone experiencing homelessness during bitterly cold weather. The blog provides action steps we can all take to address hunger and homelessness in our community. Check it out at mtko.org/news/blog.

Snow Day Procedures

For weekday teams, give Matt Talbot a call at 402-477-4116 as soon as the decision has been made that your team will be unable to make it. This will give staff members time to get a meal planned and find volunteers to help.

For weekend teams, the weekend answering service number is 402-473-2828. Call this number as soon as possible so we have an opportunity to make other arrangements.

Please remember: We are not closed when LPS is closed!



Texas Cowboy Stew

INGREDIENTS:

- 2 lb ground beef
- 2 packages kielbasa sausage sliced into 1/2 inch pieces
- 2 garlic cloves, minced
- 1 onion, chopped
- 1 (14.5oz) can peeled and diced tomatoes, drained
- 4 medium baking potatoes, peeled and diced
- 2 (15oz) cans pinto beans, with liquid
- 1 (15.2oz) can whole kernel corn, drained
- 2 (14.5oz) can diced tomatoes with green chile pepper, with liquid
- 1 (10oz) package frozen mixed vegetables
- 4 cups of water
- 2 tsp ground cumin
- 2 tsp chili powder
- Salt and pepper to taste

INSTRUCTIONS:

1. In a dutch oven over medium heat, sautee onion. Add ground beef and cook until there's no pink left
2. Add sliced sausage
3. Pour in tomatoes, pinto beans, corn, potatoes, diced tomatoes with chiles and veggies
4. Mix everything until well combined, add spices
5. Add water, bring to boil, and simmer for one hour

NUTRITION:

Calories: 676.7kcal



News FROM THE KITCHEN

What should you do when a guest requests multiple to-go meals?

If a guest requests to receive more than one “to-go” meal, please ask them to speak with a staff member at the Outreach Table so they can receive a card that allows them to pick up multiple meals. The guest can then show the scanner the card (so the correct number of meals is recorded) and then hand the card to the volunteer serving the meals. The card can only be used one time.

We do not have a current process for meals on the weekends but keep in mind that, in general, each guest should receive one meal at a time. Please contact Victoria O'Neil if you have any questions or concerns at 402-817-0623 or victoria.oneil@mtko.org.

Important Reminders

- MTKO serves lunch meals from 11:30 AM to 12:30 PM.
- MTKO serves evening meals from 5:30 PM to 6:30 PM.
- If you run out of your meal please keep serving until the end of the hour. MTKO has emergency food in the cooler and pantry including bread, lunch meat, peanut butter & jelly, and fruit.
- We will always be serving to-go containers along with our trays.
- Please use food prep gloves at all times when cooking meals.
- Weekend answering service: 402-473-2828
- Doors should never be propped open
- Weekend teams: Please wait for the weekend police officer before allowing guests to come into the dining room. However, if weather is severe and the officer is not there yet, you can open the dining room if someone is able to monitor the dining room from your team. Safety is our main concern. Thank you for your cooperation.

Volunteer Opportunities: One-Time Meals & On-Going Monthly Meals

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.

Contact Casey at 402-817-0607 or casey.mckerlie@mtko.org for more information.

In-Kind Donation Forms

In-Kind Donation forms will be sent to Hunger Relief Team captains in early December. Those who have email addresses will receive the information in that manner. Forms can also be found on mtko.org/hunger_relief. All forms are due by 1/31/23. If you have any questions or concerns please reach out to Victoria O'Neil at 402-817-0623 or victoria.oneil@mtko.org.

IMPORTANT:

If Hunger Relief teams know of any dates they cannot volunteer in 2023, please let Victoria know at victoria.oneil@mtko.org or 402-817-0623.





BOLD HOPE

PO Box 80935
Lincoln, NE 68501



30 years
of serving lincoln

Souper Bowl of Caring

On February 12, 2023 people will be gathering to watch the BIG GAME. Why not harness the energy and enthusiasm of Super Bowl weekend, a time when people come together for football, food and fun, to unite for a higher good? Each year around the Super Bowl, individuals and groups throughout the nation collect dollars and canned food for those in need and send every dollar and food donation directly to a local charity. You could be part of this national movement and help your neighbors in need! For more information, please contact Jenn Boettcher at 402-817-0615 or jenn.boettcher@mtko.org.



Winter Wishlist Items

We are so grateful for the generous donations we receive of necessary everyday items for our guests. As the temperatures continue to drop we are in need of gloves, sleeping bags, and other cold weather necessities. We also need shampoo, conditioner, and other hygiene products. Donations can be dropped off at Matt Talbot Monday-Friday from 8:30am-6:30pm. You can also visit our Amazon wishlist for a complete list of needed items. If you have questions or concerns please contact Victoria O'Neil at victoria.oneil@mtko.org or 402-817-0623. For more information please visit www.mtko.org/donate/wish-list.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MTKO Weekend Answering Service Number: 402-473-2828				1 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	2 Lunch IANL Roli Saraf Supper Westminster Presbyterian Church Gary Haller	3 Lunch College View Something Else Class Vicki Biloff Supper Champoux Family & Friends Melanie Johnson
4 Lunch Madonna Sue Carraher Supper Family & Friends Peggy & Greg Dynek	5 Lunch Prairie Hill Learning Center Jordan Hope Supper Super Supper Servers Sue Connolly	6 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	7 Lunch Wednesday Lunch Bunch Lisa Hayes Supper Bethlehem Lutheran School Amy Vermeline P,P,S	8 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	9 Lunch Christ Lincoln Schools Mark Lakamp Supper Blessed Sacrament #1 Maureen Mattern	10 Lunch Sub Team Sheldon Wolff BDay P,P,S Supper 1 st Plymouth Congregational Hollie Schmidt
11 Lunch St Mary's Elmwood Ruth Ann Hlavac Supper Molly Brummond & Family	12 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	13 Lunch MTKO P Community Corrections Center P/S Supper St Pat's Leah Bethune	14 Lunch Christ United Methodist Mary Woodard Supper St Peter's Godteens Sarah Hodge	15 Lunch HOLIDAY FIESTA Supper St E's Mission Integration Committee Julie Fuller	16 Lunch Second Baptist Elaine Pope Supper St Mary's – NA Martyrs Mix Carol Ruskamp & Cindy Seidl	17 Lunch St Katherine's Lunch Bunch Mark & Mai Linebaugh Supper Holy Savior Lutheran III Sarah Fuller
18 Lunch St. Peter's Mary French Supper St Paul's Methodist Church Ann Snider & Linda Chapman	19 Lunch MTKO P/P Swanson Russell Supper Supper Only St. David's Episcopal Kathy Wilson	20 Lunch First Lutheran Church Steve & Karen Lenzen Supper Lincoln Department Serve Only	21 Lunch Food Bank Serve Only Supper St Teresa's #1 Rosie Polak	22 Lunch Joseph B Louann Cao Supper St Francis & St Clare Janet Harrison	23 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	24 Lunch Sub Team St. Heart Beaver Crossing Supper Lori & LeAnn & Families P,P,S
25 Lunch Jen & Family P,P,S Supper SubTeam Northeast Kiwanis Club Kathie Uhrmacher	26 Lunch Nelnet P,S MTKO Prepare Supper Sysco Lincoln Elke Hesser	27 Lunch Women's Welcome Club Maril Freese Supper Southwood Lutheran Leigh Porter	28 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Teresa's Coffee Group Donna & Karen	29 Lunch St Paulinus Kay Kreifels Supper St James' Cortland Kassie Ebbers	30 Lunch Christ United Methodist Rochelle Dyer Supper Southwood Lutheran Leigh Porter	31 Lunch Sub Team Elizabeth Zlomke P,P,S Supper Glenn & Family

USDA INVENTORY AS OF November 29 2022

Canned, Frozen or Instant Vegetables

None

Canned & Frozen Fruit

1 cases (24 #300 cans/case) Mixed Fruit

Pasta

None

Frozen & Canned Meat

2 cases (36/10 oz. pouches/case) Chicken Meat

6.5 cases (24/12 oz. cans/case) Canned Tuna

28 cases (24/12.5 oz. cans/case) Canned Chicken

Soups

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

Miscellaneous

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