



matt talbot

kitchen & outreach

JULY 2021 • VOLUME 8 • ISSUE 7

BOLD HOPE

Wine, Food and Fun for a Great Cause; Feeding the Soul of the City 2021



Matt Talbot Kitchen & Outreach hosted the 16th annual **Feeding the Soul of the City** fundraising event on June 17th, at Junto Wine located in Seward, NE. This year's event had a new look with wine pairings from Junto and food catered by the Venue Restaurant. Our guests were treated to live music by the Wildwoods. Because of the generosity of the corporate and individual sponsors, the 250 guests who attended, and the many who gave donations prior to the event, Matt Talbot raised a gross amount of more than \$135,000! Adding a hand to that amount was our live auction that featured Husker sporting tickets, a trip to Colorado and tickets to see the Chicago Cubs. Money raised will support the day-to-day hunger relief and homeless prevention services of the community kitchen and outreach center. The evening was a wonderful success and enjoyed by all in attendance.



*Feeding the
Soul of the City*
June 17, 2021

Thank You to Our Event Sponsors!

Substance Use Program Sponsors:



Landlord Liaison Project Sponsors:



Street Outreach Sponsors:

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Assurity
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Forest Lake Lawn & Landscape
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LincOne Federal Credit Union
Jim & Jane Maly
Sid Dillon

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News from the Kitchen

By Sydne Wirrick-Knox

Effective July 1st, 2021



The serving line will revert back to going from East to West and our guests will have a choice of dine in or takeout. Each team will need to make sure the “dine in or takeout” question is asked as guests approach the start of the serving line. Guests that select the takeout method can exit through either the main entrance or the garden door in the dining room.

Meal times Monday through Friday will also go back to 11:30 to 12:30 and 5:30 to 6:30.

MTKO will continue to offer bottled water and small cartons of milk for beverages which will be served by our Hunger Relief Teams from the beverage station in the serving line. No drinks will be served in glasses at this time. We will offer coffee during meal time in coffee mugs. Cream and sugar packets will be available and all will be served from the beverage station in the serving line. Plastic ware will be added to all

takeout meals and silverware will be added to dine in trays. MTKO will also supply salt and pepper packets which can be included with meals.

The MTKO Outreach Team will remind late diners that the dining room will close at 12:30 and 6:30 for eating and suggest late diners take their meals to go. Remember that 2nds can be served at 12:00 and 6:00 if the Hunger Relief Team has food available. Hunger Relief Teams can include the number of volunteers that will be needed to prepare, serve and clean up the meal.

Remember, there will once again be trays and silverware that will need to be washed and put away for evening and weekend teams. These new procedures will also be in effective for our weekend teams.

Thank you all for helping MTKO staff and guests get through the past MANY months!

Here's to better days ahead!

Volunteer Opportunities both one-time ongoing monthly meals

One-Time: Lunch 8/2, Evening Meal 8/4, Lunch 8/10, Lunch 8/16, Evening Meal 8/29 & Lunch 8/31

Monthly Meals: 1st Monday lunch odd months, 4th Thursday lunch odd months, and 1st Wednesday evening meals in January, February, May, July, August, September, October and December.

Call Sydne at 402-817-0622 or email Sydne.Wirrick-Knox@MTKO.org.

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.”



Have you stopped by Hope Garden lately? All the beautiful flowers are in bloom, and our vegetable garden is on it's way to providing a wonderful harvest to share with our guests. Interested in volunteering in our garden? Please contact Victoria O'Neil, Coordinator of Volunteers. At 402-817-0623 or Victoria.oneil@mtko.org.

Malnutrition

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

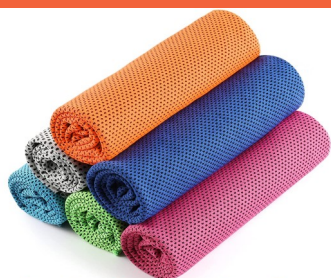
Malnutrition—is that even an issue in the world today? Is it an issue in the United States? Is it an issue in Nebraska or in Lincoln and surrounding locations?

Well, as a matter of fact, it is. And not just in other countries—"over there" somewhere. That is largely why Matt Talbot Kitchen and Outreach exists—to combat hunger and the larger issue of malnutrition in our community. Malnutrition refers to deficiencies, excesses, or imbalances in a person's intake of energy and/or nutrients. There are actually two types of malnutrition: 1) undernutrition and 2) overweight and obesity. Undernutrition means that there is a lack of energy (calories) available to an individual and can result in stunting (low height for age), wasting (low weight for height), underweight (low weight for age) and micronutrient deficiencies or insufficiencies (a lack of important vitamins and minerals). This is probably the situation most of us think of when we think of malnutrition. Overweight and obesity can lead to diet-related noncommunicable diseases such as heart disease, stroke, diabetes, and cancer.



Many people worldwide do not have access to or cannot afford nutritious foods like fresh fruits and vegetables, legumes, meat, and milk. Yet foods that are high in sugars, fats and salt are cheaper and more readily available, which leads to an increase of overweight and obesity. It is possible to be overweight and yet have a deficiency of essential nutrients. The World Health Organization reports that malnutrition affects people in every country. Around 1.9 billion adults worldwide are overweight, while 462 million are underweight. An estimated 41 million children under the age of 5 years are overweight or obese, while some 159 million are stunted and 50 million are wasted. Adding to this burden are the 528 million or 29% of women of reproductive age around the world affected by anemia.

What are the effects of not having enough to eat? Inadequate nutrition leads to poorer maternal, child and infant health, leads to decreased performance in school and education, and impacts the immune system, thus leading to more diseases. Some of the most common nutrient deficiencies are vitamin A, zinc, iron, and iodine. A lack of vitamin A can lead to dry eyes, night blindness, total blindness, and an increased risk of infection. Zinc deficiency leads to a loss of appetite, stunted growth, delayed wound healing, hair loss and diarrhea. Inadequate iron leads to impaired brain function (so, poorer ability to learn), problems with regulating body temperature, and stomach issues. Iodine deficiency can cause enlarged thyroid glands (goiters), decreased production of thyroid hormone, and growth and development problems. And since undernutrition leads to serious physical issues and health problems, it can increase your risk of death. In fact, researchers studying the issue estimated that stunting, wasting and zinc and vitamin A deficiencies contributed to up to 45% of all child deaths in 2011. The wonderful thing is that our amazing volunteers at Matt Talbot Kitchen and Outreach have been providing nutritious, tasty meals to our guests for 29 years to help prevent these insidious conditions from happening to them. They are performing such a valuable service for these folks and we are most grateful for all of them.



Cooling towels are a great way for homeless individuals to stay cool in the summer. Check them out at [Amazon.com](https://www.amazon.com) along with other items on our Outreach Amazon Smile wish list. Be sure to select Matt Talbot as your preferred charity while shopping on Amazon Smile.



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BOLD HOPE

PO Box 80935
Lincoln, NE 68501



Bicycles needed for the men in our transitional housing program to help them get around town for errands, work, and recovery meetings. If you can help, please contact Clarence at 402-817-0614.

Thank you!

Oak Barn Beef Fighting Hunger Campaign



Hannah Esch, owner and operator of Oak Barn Beef is partnering with Matt Tatt Talbot Kitchen & Outreach to help fight hunger. For every pound of ground beef sold one pound of ground beef will be donated to Matt Talbot Kitchen & Outreach from 6/24/21 to 7/9/21. Hannah and her family are fifth generation farmers located in central Nebraska. Hannah is a entrepreneur who recently graduated from UNL. Oak Barn Beef cares for the cattle the best way they can. Their herds grow up in green pastures with plenty of room to kick up their heels! The cattle are switched to grain once they reach adolescence. Shop online at oakbarnbeef.com and help Matt Talbot Kitchen & Outreach fight hunger and restore Bold Hope!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MTKO Weekend Pager Number: 402-473-0447				1 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	2 Lunch IANL Roli Saraf Supper St Mark's United Methodist Ann Heydt	3 Lunch College View Something Else Class Vicki Biloff Supper Champoux Family & Friends Melanie Johnson
4 Lunch Madonna Sue Carraher Supper Maranatha Dental Group Justin & Kerry Dworak	5 Lunch Sub Team Melanie Dingman P/P/S 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 Sub Team Clean Juice P/P/S	8 Lunch Country Neighbors Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	9 Lunch Sub Team Compro P/P/S Supper Spirit of Hope Lutheran Church Deb Bush & Dallas Kipper	10 Lunch 1 st Plymouth Congregational Hollie Schmidt Supper Second Saturday Smilers Janette Johnson
11 Lunch Sub Team United Lutheran Church P/P/S Supper P.K.'s & Friends Grace & Bryan Willnerd	12 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	13 Lunch Need Sub Team Supper St Joseph's #1 Mary Love	14 Lunch Christ United Methodist Mary Woodard Supper New Covenant ACTS Lee Johnson- Flowerday	15 Lunch Christ United Methodist Maggie Bates Lunch Living Faith Free Methodist Church Pastor Watson	16 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	17 Lunch Edenton Christian Church Tonya Hunter Supper Holy Savior Lutheran I Andrea Lewis
18 Lunch NE Heart Hospital Pharmacy Donna Brophy Supper Talent Plus Christian Zoucha	19 Lunch Immanuel Church Vi Schroeder Supper St. David's Episcopal Sharon Beachell	20 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	21 Lunch MTKO Prepare US Bank Women Leaders Serve Supper St Teresa's #1 Rosie Polak	22 Lunch Louann Cao Joseph B Supper St Francis & St Clare Janet Harrison	23 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	24 Lunch Blessed Sacrament #5 Mary Woltemath Supper CALL Cheryl Ferree
25 Lunch North American Martyrs Christy Bousquet & Jen Wilson Supper The Servants of St Joseph Mary Bill	26 Lunch Sub Team JW's Catering P/P Supper SouthPointe Christian Church Lisa Gengenbach	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 Ebberts	30 Lunch Christ United Methodist Rochelle Dyer Supper Southwood Lutheran Leigh Porter	31 Lunch The Dangling Particles Mindy & Holly Supper Cathedral Godteens Renee DeVilliers

USDA INVENTORY AS OF June 28, 2021

Canned, Frozen or Instant Vegetables

4 ½ cases (24 #300 cans/case) Red Kidney Beans
4 ½ cases (24 #300 cans/case) Garbanzo Beans
14 ½ cases (24 #300 cans/care) Green Beans
2 cases (12 1# bags/case) Instant Mashed Potatoes

Canned & Frozen Fruit

15 ¼ cases (24/#300 cans/case) Sliced Pears
12 ¾ cases (24/#300 cans/case) Sliced Peaches

Pasta

None

Frozen & Canned Meat

2 cases (6 5# packages/case) Pork Loins
8 ¼ cases (36/10 oz. pouches/case) Chicken Meat

Soups

2 ¾ cases (24/24oz pouches/case) Beef Stew

Miscellaneous

8 2/3 cases (24/#300 cans/case) Spaghetti Sauce