



matt talbot

kitchen & outreach

MARCH 2021 • VOLUME 8 • ISSUE 3

BOLD HOPE

Matt Talbot Announces Personnel Milestones and Updates

Matt Talbot Kitchen & Outreach is celebrating milestone work anniversaries of Janet Buck and Vicky Drozd and the promotion of Susie Wilson to Director of Marketing and Communications. All three women are team players, helping in all areas of Matt Talbot programming when necessary.

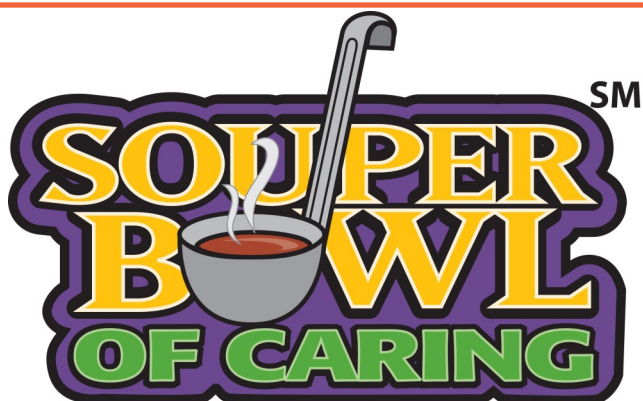
Janet Buck, MS, RD, MNT is celebrating 15 years as Matt Talbot's Nutrition Coordinator. Janet provides medical nutrition therapy, nutrition education, and has overseen gardening activities. Janet serves on the Action Now Diabetes Prevention Coalition, the Diabetic Support Group, and attends the Partnership for a Healthy Lincoln Coalition. Nutrition is her passion which she uses to help the underserved!



Vicky Drozd, is celebrating 10 years as Matt Talbot's Event Coordinator. Vicky has significantly expanded fundraising efforts, provided workshops on event planning for the nonprofit community, and assists in processing donations through our donor database. Vicky is a wonderful organizer and smoothly adapted to virtual events needed during the pandemic. Vicky recently moved to a full-time position.

Susie Wilson, MSPH, has been promoted to Director of Marketing and Communications. Susie has been with Matt Talbot for 11 years and has excelled at communications, marketing, and grant writing efforts.

She is currently participating in the Nonprofit Marketing Guide Communications Director Mentoring Program which is a six month program focused on marketing strategies, tactics, and leadership. She is part of a cohort of 16 communication professionals from the United States and Canada which is led by Kivi Leroux Miller, founder of and CEO of Nonprofit Marketing Guide.



Thank you to the churches and organizations that have already turned in their collections for Souper Bowl of Caring. To date, we have exceeded \$6300. This fundraiser helps Matt Talbot Kitchen & Outreach provide Hunger Relief and Bold Hope.

You Make Hope Possible

Thanks to your support, Matt Talbot continues to serve our community in familiar and new ways that further our mission to defeat hunger and homelessness and restore hope. The pandemic led us to modify services - doing takeout meals, "door drops" of supplies and food to housing clients, and lots of distancing, zoom, or phone calls with clients. But basic services were uninterrupted. Prepared nutritious meals, substance use services, shower & laundry, and case management services did not miss a beat. We've even been able to provide emergency shelter and expand housing opportunities for individuals and families experiencing homelessness.

We are grateful for your partnership and want you to know it is making a lasting impact in the lives of our guests.

Thank You!

News from the Kitchen

By Sydne Wirrick-Knox
Kitchen Manager

The kitchen has a couple of house cleaning tasks for our Hunger Relief Teams

The "Saved Items" side of the pantry has collected many odds and ends during the past year. Some are marked save and some not. If your team could take some time and go through what you have left in this area and mark what you need saved, it would help keep our pantry organized and make room for other teams to save food items for their meals. There are many "left behind assorted items" in our volunteer coat room. Each time the kitchen staff finds something left behind by a hunger relief team, we place it on the shelf in the coat room. Please take a couple of moments to go through this area next time you are at the kitchen and take what you may have left behind. Anything remaining in this area on the 1st of April will head for our give away table.

**Thank you all for keeping us going during this past year.
We appreciate ALL of you!**

Meal Service Procedures for MTKO's Hunger Relief Teams

Our dining room is open to our unsheltered homeless guests for lunch and dinner each day, Sunday through Saturday. We are once again open as a day shelter for our unsheltered homeless guests 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 and go to our COVID 19 Response Tab or call Sydne at 402-817-0622 (or email 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 3/1, Tuesday Lunch 3/9, Friday Lunch 3/12 and Monday Lunch 3/15

Ongoing Monthly Meals: 1st Monday lunch odd months, and 4th Thursday lunch odd months.

Addition Ongoing Monthly Meals through the end of the 2020/2021 school year: 1st Monday lunch even months, 2nd Friday lunch all months, and 3rd Wednesday lunch all months
Call Sydne at 402-817-0622 or email sydne.wirrick-knox@mtko.org

Thank you!

**Thank you all for completing and returning the
USDA Training Certifications and the
2020 In-Kind Donation Forms!**

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. "

Shrimp Po' Boy Sandwiches

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

The Lenten season is upon us. While people think of Cajun cooking for Mardi Gras, it seems that some Cajun foods are perfectly appropriate for any meatless meals that we might want to have during this period of time. Po' boy sandwiches are a traditional Cajun dish. Po' boys made the traditional way contain about 50 g of fat per sandwich. Here is a version from [My Recipes](#) (Cooking Light July 2009) that only has 12 g per sandwich.

Pan-Seared Shrimp Po' Boys

Ingredients for Po' Boys

1/3 cup reduced-fat mayonnaise	1 ½ tsp. salt-free Cajun seasoning*
2 Tbsp. sweet pickle relish	2 tsp. olive oil
1 Tbsp. chopped shallots	4 (2 ½ oz.) hoagie rolls
1 tsp. capers, chopped	½ cup shredded Romaine lettuce
¼ tsp. hot pepper sauce (such as Tabasco)	8 thin tomato slices
1 lb. peeled and deveined large shrimp	4 thin red onion slices

Ingredients for Carrot and Cabbage Slaw

4 cups shredded green cabbage	3 Tbsp. reduced-fat mayonnaise
1 cup shredded carrots	1 Tbsp. cider vinegar
	¼ tsp. celery seeds



Directions

Step 1

Combine first 5 ingredients in a small bowl. Heat a large nonstick skillet over medium-high heat. Combine shrimp and Cajun seasoning in a bowl; toss well. Add olive oil to pan, and swirl to coat. Add shrimp to pan; cook 2 minutes on each side or until done.

Step 2

Cut each roll in half horizontally. Top bottom half of each roll with 2 tablespoons lettuce, 2 tomato slices, 1 onion slice, and one quarter of shrimp. Spread top half of each roll with about 2 tablespoons mayonnaise mixture; place on top of sandwich.

Step 3

Combine cabbage and carrots in a large bowl. Combine the mayonnaise, vinegar and celery seeds in a small bowl. Add mayonnaise mixture to cabbage mixture. Stir well.

Chef's Notes

Using salt-free Cajun seasoning reduces the sodium in this dish without sacrificing any of the flavor.

*Or you can make your own salt-free Cajun mix with 2 Tbsp. garlic and 1 Tbsp. onion powders, 2 tsp. paprika, 2 Tbsp. oregano, 2 tsp. black pepper and 2 tsp. cayenne pepper (if desired).

Carrot and cabbage slaw makes for a crunchy side dish.

Nutrition Facts

Per Serving:

401 calories; fat 12.1g; saturated fat 2.8g; mono fat 4.6g; poly fat 3.2g; protein 30.7g; carbohydrates 44.2g; fiber 2.7g; cholesterol 172mg; iron 4.4mg; sodium 944mg; calcium 152mg

thrivent

Each day, organizations across the country are doing incredible things to strengthen communities and change lives. Clients can support that important work by directing Choice Dollars to any of more than 40,000 enrolled churches and nonprofit organizations.

- By directing Choice Dollars, eligible clients with membership recommend where Thrivent distributes a portion of its charitable funding.
- Clients become eligible to direct Choice Dollars based on their insurance premiums and contract values
- You have until the end of March to direct your dollars to Matt Talbot Kitchen & Outreach. Thank you.



BOLD HOPE

PO Box 80935
Lincoln, NE 68501



Sewing Bold Hope

Sheila Green loves to sew, so when there was a call for help to make masks to protect Lincoln during the Covid-19 pandemic, she answered. Lincoln Covid Sewists is a group that she started March, 2020 due to the need for facemasks, surgical scrub caps, hospital gowns and surgical shoe covers. Sheila enlisted members of the two local quilt guilds she is a part of Lincoln Quilters Guild and Lincoln Modern Quilt Guild, friends and relatives that are not guild members. All total, about 120 individuals have sewn or donated materials (fabric and elastic). Just under half the volunteers are guild members and over half are "friends." Some sewists she's not yet met, as they learned about it on Facebook or on TV coverage. This is a no contact project. They message her with how many masks they want to make and she has supplies ready in a tote on her porch for them. Completed items are returned the same way. They do not receive financial support from either quilt guild. 110 of the volunteers have made masks over the past year. There are about 20 "regulars." All total 30,104 cloth face masks, 585 surgical scrub caps, 269 hospital gowns and 12 pair surgical shoe covers have been donated to 71 organizations (mainly non-profits). They scrub caps and have cut kits for about 9,000 masks for the sewists to sew. She post weekly reports on the Quilt Guild's Facebook pages, her own and a national page. The weekly documentation and photos are being done at the request of the Nebraska History Museum and the International Quilt Museum. Sheila is currently making giant "Mask Quilts," each with about 100 masks sewn onto them, one for each museum's permanent collections. She is looking forward to the day she can meet all the sewists and present the quilts to the museums with all her friends, new and old! She honestly can't tell you the number of hours they have dedicated to this project. It takes 20 minutes to cut and sew each mask, 40 minutes to make a scrub cap or shoe covers and 2.5 hours to make a hospital gown. That's a total of 11,000 hours! Plus, she spends about 2-4 hours a day filling orders for volunteers and organizations, plus delivery and record keeping. It's been a very busy year for Sheila and her home is full of supplies. The project takes all of her time. Matt Talbot thanks Sheila and her band of sewest, they are providing Bold Hope to all of Lincoln during this horrific time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lunch Need Sub Team Supper Super Supper Servers Sue Connolly	2 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	3 Lunch Wednesday Lunch Bunch Lisa Hayes Supper Seward United Methodist Youth Group Tonya Parra	4 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	5 Lunch IANL Roli Saraf Supper St Mark's United Methodist Ann Heydt	6 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
7 Lunch Madonna Sue Carraher Supper Maranatha Dental Group Justin & Kerry Dworak	8 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	9 Lunch Need Sub Team Supper St Joseph's #1 Mary Love	10 Lunch Christ United Methodist Mary Woodard Supper New Covenant ACTS Lee Johnson- Flowerday	11 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	12 Lunch Need Sub Team Supper Spirit of Hope Lutheran Church Deb Bush & Dallas Kipper	13 Lunch Second Saturday Smilers Janette Johnson Supper 1 st Plymouth Congregational Hollie Schmidt
14 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac + St John's Lutheran Seward Serve Supper P.K.'s & Friends Grace & Bryan Willnerd	15 Lunch Need Sub Team Supper St. David's Episcopal Sharon Beachell	16 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	17 Lunch Sub Team Prem Bansal Provide MTKO Serve Supper St Teresa's #1 Rosie Polak	18 Lunch Christ United Methodist Maggie Bates Lunch Living Faith Free Methodist Church Pastor Watson	19 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	20 Lunch Crestwood Christian Tonya Supper Holy Savior Lutheran III Sarah Fuller
21 Lunch NE Heart Hospital Pharmacy Donna Brophy Supper St Paul's Methodist Church Youth Group Richard Caye	22 Lunch Immanuel Church Vi Schroeder Supper SouthPointe Christian Church Lisa Gengenbach	23 Lunch Women's Welcome Club Maril Freese Supper Southwood Lutheran Leigh Porter	24 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Teresa's Coffee Group Donna & Karen	25 Lunch Need Sub Team Supper St Francis & St Clare Janet Harrison	26 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	27 Lunch Blessed Sacrament #5 Mary Woltemath Supper CALL Cheryl Ferree
28 Lunch North American Martyrs Christy Bousquet & Jen Wilson Supper The Servants of St Joseph Mary Bill	29 Lunch Lincoln Medical Alliance Shannon Cullan Supper St Michael's Cheney Lori & Michelle	30 Lunch Need Sub Team Supper Friends Jan Meints	31 Lunch Orthodox Men of Lincoln Richard Leiter & Paul Barnes Supper St Peter's Becky Searcy			MTKO Weekend Pager Number: 402-473-0447

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

USDA INVENTORY AS OF February 17, 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 ¼ cases (24/#300 cans/case) Sliced Pears

4 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

6 ½ cases (24/24 oz. pouches/case) Beef Stew

Miscellaneous

None