



matt talbot

kitchen & outreach

APRIL 2020 • VOLUME 7 • ISSUE 4

BOLD HOPE

Providing Bold Hope

Change is happening everywhere right now with the outbreak of COVID-19. What hasn't changed are the needs of the working poor and homeless. In an effort to help with those needs Matt Talbot Kitchen & Outreach has modified our services. Our Hunger Relief Teams are providing "to go" meals for our guests. Shower and Laundry services are still being provided, but by appointment only, limiting the amount of people in the building as much as possible. The first week of our modified services we served over 1,300 "to go" meals to our guests, 160 showers, 60 loads of laundry and distributed over 200 pieces of mail. Our Outreach Department is our front line for services, with the rest of the MTKO staff filling in where necessary. With the closures of public bathrooms in public areas Matt Talbot brought two porta potties in so our guests would have access to restrooms. We will continue to provide these serves until / if we are notified that changes have to be made. Thank you to those Hunger Relief Volunteers who are still providing their meals and for the countless others who have checked in with us to see how they can help. For those of you wondering what you can do for Matt Talbot and our guests right now, here are the ways you can help:

- Make financial contribution through our website. Your gift during this crisis provides essential services for those who need food, shelter, support and hope.
- Give the gift of a gift card! We have a special need for gift cards to grocery stores, Walmart or Target. These can be mailed directly to us at PO Box 80935, Lincoln NE, 68501.
- Provide a meal for our guests from a local restaurant. Contact Sydne at 402-817-0622 to see about available dates.
- Check out our Amazon Wish List where specific items needed for outreach can be purchased. We are practicing social distancing as much as possible, but if you would like to purchase these items locally you may bring them to Matt Talbot during regular business hours. Please contact Outreach Coordinator Sara Sunderman at 402-817-0613 prior to dropping them off.
- Create "Notes To Go". You can help us send a message of hope and encouragement in every boxed meal we provide by writing a note or drawing a picture on a note card and mailing them to us. We will include a note card with every meal as long as they last!
- Connect with us on social media (Facebook, Twitter, Instagram and LinkedIn), especially during this time of social distancing. Share our messages and spread the word that meals and other services are still available.
- Pray and keep us in your good thoughts during these challenging and uncertain days.

#HopeisContagiousToo!



News from the Kitchen

By Sydne Wirrick-Knox
Kitchen Manager

Here is some more information about how guests at Matt Talbot are receiving their meals during COVID-19. **As always, volunteers play an important role!**

- Boxed/ bagged meals will be provided for lunch and dinner meals. To comply with social distancing recommendations, guests will be asked to leave the facility and the property once they receive their meal. The dining room will not be available for seating.
- **We would like the boxed/bagged meals to be provided, prepared, packaged and distributed by our hunger relief teams. However, if you are not comfortable or not able to, we understand and just ask that you let us know as soon as possible.**
- Though the meals will be “to go” we are not planning to use takeout food ordered from a restaurant. The meals will be prepared by volunteers, or when necessary, Matt Talbot staff.
- Due to the increased demand, the Food Bank is no longer able to provide Matt Talbot with USDA items. Please plan your meals accordingly.

We are asking community members of all ages to mail us “notes to go” which include words of encouragement, art and positive messages. Hunger relief teams will include one of these notes with each meal distributed.

A few other recommendations and precautions we are taking:

- Out of an abundance of caution, we ask that volunteers only come to Matt Talbot if they have been free of illness and fever for at least the last 48 hours.
- If you have traveled to an area of the country or world impacted by coronavirus, or are experiencing any symptoms of illness, we ask that you do not volunteer at this time. Please join us as a volunteer when you are symptom-free for 14 days .
- All volunteers are asked to scrub hands with disinfectant soap upon arrival, at breaks and at the end of their shift(s).
- Hand sanitizer and disinfectant solution is available in multiple areas around our facility.
- Scheduled disinfecting activity occurs frequently in offices and public spaces and at least three times a day.
- All volunteers and staff who have direct contact with food or product are provided disposable gloves and required to wear them during food handling.

We collect contact information from all volunteers (individuals and groups). In the event of potential exposure, we will communicate as immediately as possible with all groups to explain potential risk and to ensure safety and prevention of spread.

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.”

Immunity and Nutrition

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

Since we are living in a time when the fear of acquiring a virus is very real for many of us, it seems fitting to discuss whether our diet can affect our immune system and thus, help protect us from becoming ill. Of course, nutrition by itself is no guarantee that you will not become sick, but it, along with other self-cares, such as getting adequate sleep and exercise and having good stress-coping mechanisms, can help minimize that possibility.



The following information was taken from the Academy of Nutrition and Dietetics, Dec. 9, 2019 and was reviewed March 2020. <https://www.eatright.org/health/wellness/preventing-illness/support-your-health-with-nutrition>.

Support Your Health with Nutrition

Good nutrition is essential to a strong immune system, which may offer protection from seasonal illness and other health problems. No one food or supplement can prevent illness but you may help support your immune system by including these nutrients in your overall eating plan on a regular basis.

- **Protein** plays a role in the body's immune system, especially for healing and recovery. Eat a variety of protein foods including seafood, lean meat, poultry, eggs, beans and peas, soy products and unsalted nuts and seeds.
- **Vitamin A** helps regulate the immune system and protect against infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy. Get this vitamin from foods such as sweet potatoes, carrots, broccoli, spinach, red bell peppers, apricots, eggs or foods labeled "vitamin A fortified," such as milk or some cereals.
- **Vitamin C** supports the immune system by stimulating the formation of antibodies. Include more sources of this healthy vitamin by choosing citrus fruits such as oranges, grapefruit and tangerines, or red bell pepper, papaya, strawberries, tomato juice or foods fortified with vitamin C, such as some cereals.
- **Vitamin E** works as an antioxidant and may support immune function. Include vitamin E in your diet with fortified cereals, sunflower seeds, almonds, vegetable oils (such as sunflower or safflower oil), hazelnuts and peanut butter.
- **Zinc** helps the immune system work properly and may help wounds heal. Zinc can be found in lean meat, poultry, seafood, milk, whole grain products, beans, seeds and nuts.
- **Other nutrients**, including vitamin B6, B12, copper, folate, selenium and iron also may support immune response and play a role in a healthful eating style.

Obtaining these nutrients from foods is preferred, so be sure to speak with your health care provider or a **registered dietitian nutritionist** before taking any supplements.

Another resource I use for information on healthy eating is a program called "The Genomic Kitchen", by Amanda Archibald. She suggests looking at the produce you buy to get your best value for your food dollar. She calls this getting the best return on your ingestion (R.O.I). She has a list of priority vegetables which include the alliums (onion and garlic family), crucifers (cabbage family), and beets and spinach that give you the best R.O.I. She also suggests adding turmeric, which contains curcumin, to our diets.

Alliums include onions, garlic, leeks, chives, scallions and shallots. Alliums contain a potent antioxidant called quercetin. Antioxidants act to decrease inflammation in your body, which can lead to damage to your body, including the immune system. Quercetin can also be found in radishes.

Crucifers include cabbage, cauliflower, bok choy, kale, radishes, arugula, turnip roots and greens, rutabaga, mustard greens plus more. They contain the antioxidant sulforaphane, which, again, helps protect the immune system by preventing inflammation.

Beets and spinach are the source of a compound called betaine, which helps with metabolism.

Curcumin, found in turmeric, is also a powerful antioxidant, helping stabilize free radicals, which injure and/or destroy healthy cells and tissue. You can go to genomickitchen.com/blog/turmeric-and-curcumin to find recipes that use turmeric in them.

Eat well and stay well.



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BOLD HOPE

PO Box 80935
Lincoln, NE 68501



***Rescheduled for
June 4th!***

**Lincoln Marriott
Cornhusker Hotel**

**5:30 - 6:30 pm Social Hour & Silent Auction
6:30 Dinner & Program**

MTKO's Bold Hope Mural



This summer Matt Talbot Kitchen & Outreach will be brightening the Clinton Neighborhood and bringing Bold Hope to the community with an inspirational mural created by artist Nolan Tredway. The mural will be painted on the viaduct facing the Matt Talbot property for all to enjoy. To donate for this special project or learn more about plans for the mural go to mtko.org/mural.



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April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Lunch Wednesday Lunch Bunch Lisa Hayes Supper Powderhook Eric Dinger	2 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	3 Lunch IANL Roli Saraf Supper Westminster Presbyterian Church Gary Haller	4 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
5 Lunch Madonna Sue Carraher Supper Family & Friends Peggy & Greg Dynek	6 Lunch Prairie Hill Learning Center Jason Nord Supper Super Supper Servers Sue Connolly	7 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	8 Lunch Christ United Methodist Mary Woodard Supper St Peter's Godteens Sarah Hodge	9 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	10 Lunch Christ Lincoln Schools Joel Rodencal Supper Spirit of Hope Lutheran Church Deb Bush & Dallas Kipper	11 Lunch First United Methodist Church Liz Zeff Supper Need Sub Team
12 Lunch Easter No Lunch Meal Supper P.K.'s & Friends Grace & Bryan Willnerd	13 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	14 Lunch Swanson Russell Associates Serve Only Supper St Pat's Leah Bethune	15 Lunch Blessed Sacrament Jr. High Danielle Miller Supper St Teresa's #1 Rosie Polak	16 Lunch Christ United Methodist Maggie Bates Supper St E's Mission Integration Committee Julie Fuller	17 Lunch Second Baptist Elaine Pope Supper St Mary's NA Martyrs Mix Carol Ruskamp & Cindy Seidl	18 Breakfast American Legion Mike Lunch St Katherine's Lunch Bunch Mark & Mai Linebaugh Supper Holy Savior Lutheran I Andrea Lewis
19 Lunch St Peter's Mary French Supper Talent Plus Christian Zoucha	20 Lunch Lincoln Federal Savings Bank- Lending Hands Serve Only Supper St. David's Episcopal Kathy Wilson	21 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	22 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Teresa's Coffee Group Donna & Karen	23 Lunch Louann Cao Joseph B Supper St Francis & St Clare Janet Harrison	24 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	25 Lunch St John's Talbot Lunch Bunch Tini Van-Oehlertz Supper CALL Cheryl Ferree
26 Lunch Light of the World Larry Kunc Supper Supper Sub Team St Joe's Godteens Auburn, NE Deb/John Crotty	27 Lunch St Peter's Provide Nebraska Wesleyan Pre- Health Club Provide/Serve Supper Sysco Lincoln Elke Hesser	28 Lunch Women's Welcome Club Maril Freese Supper Southwood Lutheran Leigh Porter	29 Lunch Orthodox Men of Lincoln Richard Leiter & Paul Barnes Supper St Peter's Becky Searcy	30 Lunch St Paulinus Kay Kreifels Supper St James' Cortland Kassie Ebbers		MTKO Weekend Pager Number: 402-473-0447

USDA INVENTORY AS OF March 30, 2020

Canned, Frozen or Instant Vegetables

3 cases (24 #300 cans/case) Corn
5 cases (24 #300 cans/care) Red Kidney Beans
4 ½ cases (24 #300 cans/case) Garbanzo Beans
4 ½ cases (24 #300 cans/case) Peas
21 cases (24 #300 cans/case) Green Beans

Canned & Frozen Fruit

15 cases (24 /#300 cans/case) Sliced Pears
6 ½ cases (24 /#300 cans/case) Mixed Fruit
13 cases (24 #300 cans/case) Peaches
3 cases (24 #300 cans/case) Applesauce

Pasta

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

Frozen & Canned Meat

1 cases (20/2# bags) Pulled Pork
4 cases (24 24 oz cans/case) Canned Beef
16 cases (24 15 oz. cans/case) Canned Chicken

Soups

8 cases (24 24 oz cans/case) Beef Stew

Miscellaneous

9 cases (24 #300 cans/case) Spaghetti Sauce