



matt talbot

kitchen & outreach

AUGUST 2019 • VOLUME 6 • ISSUE 8

BOLD HOPE

HUSKERS HELPING THE HOMELESS SEPTEMBER 26-29



**VOLUNTEER GROUPS CAN CONTACT
VICTORIA O'NEIL NOW
victoria.oneil@mtko.org**

402.817.0623

**INDIVIDUAL VOLUNTEERS SIGN UP
STARTING AUGUST 15**

**Over 600 volunteers are needed to help us
reach our GOAL. This is a great family fun
event, great for all ages!
GO BIG Red and MTKO!**

**Interested in becoming a Sponsor?
Contact Vicky Drozd
vicky.drozd@mtko.org
402.817.0619**

We're Blue to See Her Go....

We are sad to report that Sally Buchholz has ended her employment at MTKO during the month of July. Sally did an amazing job in the four years she was the Director of Development. Sally has left to work a reduced schedule at the University of Nebraska Center on Children, Families



and the Law, so she can focus on the care of her elderly mother. We wish Sally all the best! We are currently in the process of interviewing for the Director position.

MTKO Annual Report Available

Have you ever wondered how many meals we serve in a year, how many instances of outreach we provide to our guests, or how many people we have housed? Well we'd love to share this information with you! Matt Talbot's 2018-2019 Annual Report to the Community is available online at mtko.org/report. The annual report is a comprehensive report of Matt Talbot's programs and the amount of homeless and working poor of Lincoln that we have been able to provide our services to. With the help of all our donors and volunteers we have been able to provide BOLD Hope to many in need.



News from the Kitchen

By Sydne Wirrick-Knox
Kitchen Manager



Orphaned pots, pans, water bottles, shopping bags, eye glasses & other assorted items have been left behind by our volunteers.

Please claim your items before September 15th. After that date, everything left will be placed on the MTKO "give away" table for our guests. You will find these orphaned items on the shelf in the Volunteer Coat Room.

Thank you!



Weekend Teams

You are welcome to unlock the front doors early **when the weather conditions are extreme**. Just remember that each team will need to supervise the guests in the dining room if the off-duty officer is not yet present. This can be challenging with some of our guests, so please be cautious and use your best judgement.

We must adhere to the **meal time schedule** to provide consistency and structure to the guests and for the volunteers and staff. Exceptions may apply due to extreme weather conditions but it is important that we stick to this schedule so our guests know the times and volunteers and staff are providing consistent information. If we serve a guest outside of our meal time schedule, they may expect it on other occasions. We must also use **consistency with our closing schedules** in the evenings and for weekend meals.



Thank You to Our July Hunger Relief Substitute Teams

Cleverly Family provided, prepared, & served the evening meal 7/3, Madhu Ayola provided lunch 7/9, Lakshmi Rau provided lunch 7/12, J-Tech Construction provided, prepared & served lunch 7/15, Pius X Kitchen Staff provided, prepared & served lunch 7/17, ComPro provided, prepared & served lunch 7/25, Ameritas provided, prepared & served lunch 7/30

Thank You to Our July Group Volunteers

Aden Family – Salad 7/6, Southgate Methodist Church - Desserts 7/10, Luann Cao – Salad 7/11, Experian – Salad 7/16, Luann Cao – Salad 7/18, Jenni Bruning Brown – Desserts 7/18, Experian – Salad 7/24, Luann Cao – Salad 7/25, Experian – Salad 7/30

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."

Could Your Team Use Help?

Any teams in need of help serving, cleaning, washing dishes, etc., please contact Victoria O'Neil, Coordinator of Volunteers, 402-817-0623 or victoria.oneil@mtko.org. We have many individuals looking to help volunteer at Matt Talbot and we are in need of volunteer spots.

**we can
help**

Berry Grunt

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



Finding lovely berries to use this time of year? We have some lovely (and delicious) blackberries ripening in the HOPE Garden. This is an easy dessert to use these scrumptious berries that doesn't require heating the oven to prepare it. A classic grunt is a dumpling-topped fruit dessert that's cooked on the stove. We have made it several times in our cooking class with rave reviews. (It's also very good with ice cream or frozen yogurt topping it.)

Berry Grunt

3 cups berries

1/3 cup berry syrup, maple syrup, honey or sugar

1 Tbsp. each water and lemon juice

Combine in a frypan (cast iron is good). Stir gently, cover and bring to a simmer.

1 cup baking mix, like Bisquick or you can make your own

½ cup milk

3 Tbsp. sugar

Mix together and drop by spoonfuls into the simmering berries. Cover tightly and simmer 15 minutes or until the dumplings are done.

H.F. Crave Donates to Matt Talbot



The local American burger restaurant H.F. Crave has recently reopened underneath Square at 48 Apartments located at the corner of 48th & Holdrege. To celebrate, they will be donating 10% of their food sales to Matt Talbot on Sunday, August 18th.

Owners JR & Nikke Martin said, "We had the thought that we are both passionate about providing healthy meals to people in our community. We work hard on the farm to humanely raise and process cattle, grow vegetables and add value to the view of agriculture in our little area of the world. We just don't want to keep that to ourselves – we want to give back where we can from what we've been blessed with. It's a partnership that just makes sense to us."

Come in and enjoy one of H.F. Crave's signature burgers, topped with farm fresh ingredients from Hollenbeck Farms. The restaurant's menu includes extensive gluten-free and vegetarian options. To view the menu & their hours, visit hfcrave.com. Join them for lunch or dinner at 4800 Holdrege St, Suite 100, Lincoln, Nebraska and help support Matt Talbot Kitchen & Outreach.

Please remember Matt Talbot Kitchen & Outreach when shopping and seeing these logos. Even small contributions add up to help fund our programs.



amazonsmile
You shop. Amazon gives.

Does Your Employer have a Matching Gift Program?

Matching Gifts Provide Significant Funding For Matt Talbot Kitchen & Outreach. If you are employed by a matching-gift company, your gift to Matt Talbot could be doubled or more. Inquire at your employer's Human Resources Department today.



BOLD HOPE

PO Box 80935
Lincoln, NE 68501

back to
School



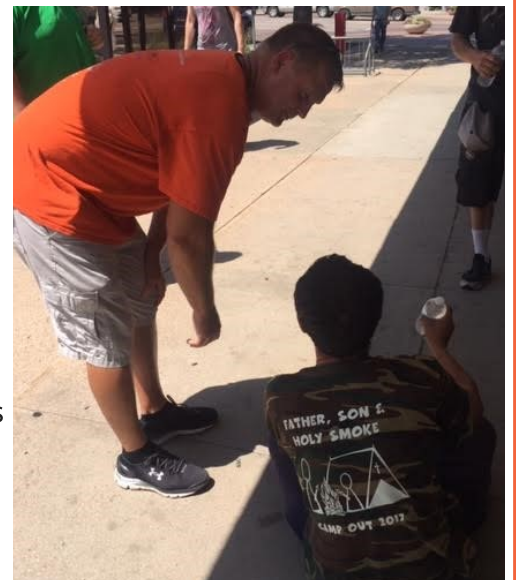
This month in our “Food for Thought” series we bring you Matt Talbot’s Street Outreach Team

We often think about the homeless during periods of extreme cold. But what about during heat waves? Prolonged exposure to extreme heat and humidity put the homeless at high risk of heat exhaustion or heat stroke.

Matt Talbot's Street Outreach Team has been out during these hot days handing out cold water to the homeless and offering help with other needs. This simple outreach can be life-saving, but it also builds trust and increases the likelihood that these vulnerable individuals will eventually be open to more intensive assistance with housing, substance use counseling or case management.

Clarence Grendahl, Alcohol & Drug Coordinator and Chris Hruza, our new Alcohol & Drug Counselor, went on street outreach with Outreach Specialists Glenn Schawang and Stanford Bradley for the first time during some especially hot days in July.

"We were in downtown Lincoln and many of the people knew Glenn and Stanford - either from coming to the kitchen for meals or from other street outreach visits. I was struck with how grateful people were for the water. But more than that, they really appreciated us checking in on them."



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 Westminster Presbyterian Church Gary & Glenna Haller	3 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
4 Lunch Madonna Sue Carraher Supper Family & Friends Peggy & Greg Dynek	5 Lunch Sub Team Sheila Gunther Forester Grant 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 & Michelle Supper Ceresco Covenant Church Marsha Rogers	8 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	9 Lunch Sub Team ComPro Bryan McPike P/P/S Supper Blessed Sacrament #1 MaryAnn Burda	10 Lunch First United Methodist Church Liz Zeff Supper 1st Plymouth Congregational Hollie Schmidt
11 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac 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 Sub Team Jay Reddy P/P/S Supper St Pat's Leah Bethune	14 Lunch Christ United Methodist Mary Woodard Supper St Peter's Godteens Sarah Hodge	15 Lunch Christ United Methodist Maggie Bates 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 Breakfast American Legion Mike & Cecelia Lunch St Katherine's Lunch Bunch Mark/Mai Linebaugh Supper Kreifels Family Ribfest
18 Lunch St. Peter's Mary French Supper St Paul's Methodist Church Youth Group Mitch Connelly	19 Lunch Lincoln Federal Savings Bank Lending Hands Serve Only Supper St. David's Episcopal Kathy Wilson	20 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	21 Lunch Sub Team Lincoln Industries Serve Only MTKO P/P Supper St Teresa's #1 Rosie Polak	22 Lunch Louann Cao Joseph B Supper St Francis & St Claire Janet Harrison	23 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	24 Lunch St John's Talbot Lunch Bunch Tini Van-Oehlertz Supper CALL Cheryl Ferree
25 Lunch Light of the World Larry Kunc Supper The Servants of St Joseph Mary Bill	26 Lunch St Peter's Provide Nebraska Wesleyan Pre-Health Club Provide/Serve 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 Sub Team Sasmita Ray & Asha Singh P/P/S Supper St James' Cortland Kassie Ebbers	30 Lunch Christ United Methodist Ann Rauscher & Rochelle Dyer Supper Southwood Lutheran Leigh Porter	31 Lunch The Dangling Particples Mindy & Holly Supper Cathedral Godteens Michelle Heofener

USDA INVENTORY AS OF June 26, 2019

Canned, Frozen or Instant Vegetables

2 ¼ cases (12 1# boxes/case) Instant Potatoes
14 cases (24 #300 cans/case) Corn
3 cases (24 #300 cans/case) Peas
19 ½ cases (24 #300 cans/case) Green Beans
2 cases (24 #300 cans/case) Red Kidney Beans

Canned & Frozen Fruit

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

Pasta

6 cases (20 1# boxes/case) Spaghetti
3 ¼ cases (12 1# bags/case) Egg Noodles

Frozen & Canned Meat

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

Soups

None

Miscellaneous



STRIVE Recipe of the Month

Easy Fruit Cobble Cake

Recipe serves 150

19 (21 ounce) cans blueberry pie filling
19 (18.25 ounce) packages yellow cake mix
10 (12 ounce) cans lemon-lime flavored carbonated beverage

Directions:

1. Preheat oven to 375° F, 350° F for convection oven.
2. Grease pans.
3. Spread pie filling over the bottom of the prepared pans, then sprinkle evenly with the cake mix.
4. Pour lemon-lime soda over the top.
5. Bake in preheated oven for 45 minutes.

Notes:

- You could use other types of pie filling such as cherry, peach or apple.

Calories: 431

Sodium: 138 mg