



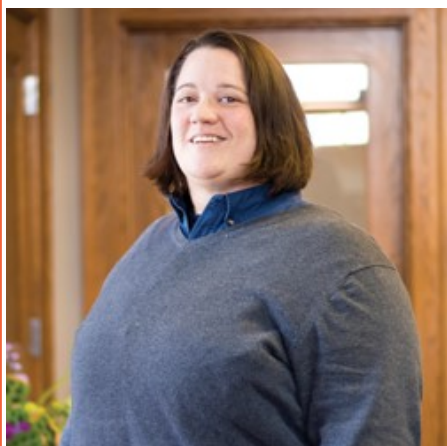
# matt talbot

## kitchen & outreach

SEPTEMBER 2021 • VOLUME 8 • ISSUE 9

**BOLD HOPE**

## **Matt Talbot Kitchen & Outreach says Good-Bye to two long time Staff Members**



Sara Sunderman joined the Matt Talbot team in 2005 as the Outreach Specialist. Back then MTKO was less than half the staff it is today. Through the years Sara helped build the Outreach Team

and became its Coordinator. When asked what some of her highlights of working here at MTKO were Sara's response was " Being part of expanding programs to help meet the needs of the population we serve. Seeing the relocation happen 10+ years ago with the expansion of shower/ laundry services. Having the opportunity to grow personally and professionally with all of my wonderful coworkers past and present."

Through the years Outreach has grown to include Diversion Services, the Landlord Liaison Program, and the First HOPE program. Sara supervised 7 Outreach staff members as well as represented Matt Talbot at community meetings, trained and updated staff on relevant changes including coordinated entry, HUD guidelines and the local Continuum Care.

Sara will continue her career in Omaha at Heartland Family Services as their Program Director of Homeless Prevention & Diversion. We wish Sara the best of luck in this next chapter of her life and will miss her here at MTKO!

Janet Buck , Matt Talbot Kitchen & Outreach Nutritionist will be retiring after 15 years of service. During her years of service Janet was instrumental in starting our Hope Garden, helping our Clients with



their daily nutrition and teaching adult and children cooking classes. Janet would go to Blessed Sacrament and Cathedral of the Risen of the Christ and teach the students about cooking and nutrition. She would work with Clients that suffered from Diabetes and help them with their nutrition. She also played a major role in creating our STRIVE program. The STRIVE program was a grant that MTKO received with the goal of increasing the use of nutritional foods in our daily meals. Some of the goals were to use seasonal or frozen fruits and vegetables as half of the guest plate. Use lean meats, 1/2 of the grains served will be whole grains, fat-free or low-fat calcium rich foods will be offered and food served will be low in sodium. MTKO still strives to implement these goals today.

Janet also brought her love and skill for plants and flowers to MTKO. Our beautiful landscaping that surrounds our grounds has many unique plants and flowers in thanks to Janet and her Master Gardeners she would oversee. Her legacy will live on for years at MTKO in our beautiful gardens. We wish her love and happiness in her retirement.

# News from the Kitchen

By Sydne Wirrick-Knox

## Safety procedures for MTKO 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. You must remember that YOUR safety is of OUR greatest concern, so use your best judgement.**

The officers have also been notified that they are welcome to let our guests enjoy the comforts of the dining room.

If you are not aware where the front door key is located, please contact Sydne at 402-817-0622

or email to [Sydne.Wirrick-Knox@mtko.org](mailto:Sydne.Wirrick-Knox@mtko.org).

## Effective August 16th: Masks required for all Staff, Volunteers, & Guests

Our community is experiencing an increase in cases of COVID-19 and is currently in the "mid-orange" risk category. Lincoln Lancaster County Health Department has also issued a new DHM effective August 26, 2021. This DHM states "Any individual or entity which owns or operated any building, business, or premises, other than a residence shall require all individuals to wear a face covering over their mouth and nose while indoors." Therefore all Matt Talbot staff, volunteers, and guests are once again required to wear masks when in the facility. Guests dining in will be allowed to remove their masks when "seated to eat or drink, or while immediately consuming food or beverage" as per the new DHM.



This is the only change to our COVID protocol at this time. Please visit our website ([MTKO.org](http://MTKO.org)) to review all of our current procedures.

If you have any questions, please don't hesitate to contact Sydne at [Sydne.Wirrick-Knox@mtko.org](mailto:Sydne.Wirrick-Knox@mtko.org) or call 402-817-0622.

**Thank you for the additional support and help through these unusual times. Because of dedicated volunteers like you, our meal service has been uninterrupted during the pandemic. This is amazing! We appreciate your dedication and so do our guests.**



## Volunteer Opportunities: Ongoing monthly meals & One-time meals

**Ongoing Monthly Meals:** 1<sup>st</sup> Sunday evening meals odd months, 1<sup>st</sup> Monday lunch, 1<sup>st</sup> Wednesday evening meals in January, February, May, July, August, September, October and December, 3<sup>rd</sup> Wednesday lunch, 2<sup>nd</sup> Sunday evening meals, and 4<sup>th</sup> Thursday lunch odd months.

**One-Time:** Evening Meal 9/1, Lunch 9/6, Lunch 9/14, Lunch 9/15, Lunch 10/4, Evening meal 10/6, Lunch 10/12, Lunch 10/18, & Lunch 10/20

**Call Sydne at 402-817-0622 or email [Sydne.Wirrick-Knox@MTKO.org](mailto: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."

# Good Nutrition Tidbits

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

Hello everyone! Since this is my last newsletter as Matt Talbot's Nutrition Coordinator, I thought I would write some comments about what seems to help people in their quests for better nutrition. One of the main things I try to help people with is their diets. This means what they eat. Note that one's diet is not the same as a "diet". A diet is a customary way of eating whereas a diet usually differs significantly from what one customarily eats. It is usually a restrictive and proscriptive pattern of eating. While specific diets may be helpful (and even essential) for people with certain medical conditions, they are normally not sustainable for people in general. The list of foods which are not allowed on a diet makes it very difficult for people to follow for any long period of time. So people tend to not follow a diet for long. And whereas they may have lost weight while adhering to it, the weight often quickly comes back on after they are no longer following it—the so-called yo-yo dieting. Some nutritionists who study this type of weight fluctuation believe that the up and down variations in weight may be more detrimental to one's health than even just being overweight and maintaining that weight.

So—what is someone to do who wants to eat more healthfully? Some basic guidelines include eating from all the food groups (and yes, that means fruits and vegetables!), eating on a regular basis (not skipping meals), paying attention to your own body's hunger and fullness cues, limiting portion sizes, and eating fewer processed foods. In general, the closer a food is to the way it grew in nature, the healthier it is for you. Another important concept is to not label foods as "forbidden". This seems to make those foods more appealing and people are more likely to overeat them when they do eat them. In addition, it adds to our feelings of guilt, which are not helpful when it comes to eating. After all, eating is one of the greatest pleasures of life so it's important to enjoy eating and not feel guilty about doing so. Allow yourself to eat the foods "you shouldn't eat" but really like in moderation and relish them while you do! And, on a daily basis, choose foods you like to nourish your body and help make you happy.

As some parting thoughts, I want to thank those of you who have chosen to have me assist you with your nutrition and health goals. It has truly been an honor to be able to help you. I also want to thank all you marvelous, generous, selfless, hard-working volunteers who come month after month to help provide nourishment for some of those less fortunate among us. You are true blessings and I feel humbled to have known and worked with so many of you. Thanks for all you have done and continue to do in our community. Here's hoping I see many of you on an ongoing basis.

## Healthy Peach Cobbler

40 minutes · Vegan Gluten Free · Serves 8 · Healthy  
Peach crisp made with fresh peaches and topped with an oatmeal pecan crumble topping that gets nice and crispy.

1. Preheat oven to 375°F
2. Spray an 8-inch square baking dish with cooking spray
3. Add peaches to the dish and combine with arrowroot and lemon juice. Set aside. You can also mix the peaches in a bowl if that's easier.
4. In a medium bowl, stir together oats, pecans, almond flour, maple syrup, coconut oil, vanilla, cinnamon and sea salt.
5. Once combined, spoon oatmeal pecan topping over the peaches. Gently press the mixture down using the back of the spoon.
6. Bake 30 minutes or until fruit is bubbling and tender or until topping has hardened and turned a lovely golden brown color.

## Ingredients

- 4 cups sliced peaches, about 6 peaches
- 1 Tablespoon arrowroot powder, (cornstarch also works)
- 1 Tablespoon fresh lemon juice
- 1 cup old fashioned rolled oats
- 1/2 cup chopped pecans or almonds
- 1/2 cup almond flour or almond meal
- 1/3 cup maple syrup
- 1/4 cup melted coconut oil
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon





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**BOLD HOPE**

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## Huskers Helping the Homeless 2021 Raffle

Matt Talbot Kitchen & Outreach will be hosting a drawing to help raise money for Huskers Helping the Homeless during the months of September and October. Drawing winners will receive 2 tickets to one of three Husker home football games. If interested in helping sell tickets, please contact [Victoria.oneil@mtko.org](mailto:Victoria.oneil@mtko.org) or 402-817-0623. Community Service hours will be provided. Volunteers will be eligible to win cash and prizes.

- **Tickets will be sold for \$10 each or 3/\$25**
- **Winners of the Drawing will receive 2 tickets from one of the following games:**
  - Purdue 10/30
  - Ohio 11/6
  - Iowa 11/26



**For more information or to purchase tickets go to [mtko.org](http://mtko.org)**



## Calling All Volunteers!



Do you know someone who needs Community Service Hours, GoPo or Service Project Hours? We are looking for 10-12 volunteers, 18 or older to volunteer :

- 9/4/21
- 9/11/21
- 10/2/21
- 10/9/21
- 10/30/21
- 11/6/21
- 11/26/21

**\* You can sign up for one shift or multiple.**

Times will vary per shift, but volunteers will be guaranteed at least 8 hours of service per shift. Interested? Contact [Victoria.oneil@mtko.org](mailto:Victoria.oneil@mtko.org) or 402-817-0623.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>Lunch</b> Wednesday Lunch Bunch Lisa Hayes <b>Supper</b> <b>Need Sub Team</b>	<b>2</b> <b>Lunch</b> Angel Helpers Mary Jo Bousek <b>Supper</b> St. Joseph's #3 Pat & Bill Lundak	<b>3</b> <b>Lunch</b> IANL Roli Saraf <b>Supper</b> St Mark's United Methodist Ann Heydt	<b>4</b> <b>Lunch</b> College View Something Else Class Vicki Biloff <b>Supper</b> Champoux Family & Friends Melanie Johnson
<b>5</b> <b>Lunch</b> Madonna Sue Carraher <b>Supper</b> <b>Sub Team</b> <b>Lincoln</b> <b>Southwest</b> <b>Softball Team</b> <b>P/P/S</b> <b>Steve Bank</b>	<b>6</b> <b>Lunch</b> <b>Need Sub Team</b> <b>Supper</b> Super Supper Servers Sue Connolly	<b>7</b> <b>Lunch</b> Family & Friends Mary Jo Bousek <b>Supper</b> Tuesday Dues Capital City Christian Church Joy Blythe	<b>8</b> <b>Lunch</b> Christ United Methodist Mary Woodard <b>Supper</b> New Covenant ACTS Lee Johnson- Flowerday	<b>9</b> <b>Lunch</b> Country Neighbors Beaver Crossing Mike Stutzman <b>Supper</b> Blessed Sacrament #2 Mary Jo Bousek	<b>10</b> <b>Lunch</b> Christ Lincoln Schools Mark L'Heureux <b>Supper</b> Spirit of Hope Lutheran Church Deb Bush & Dallas Kipper	<b>11</b> <b>Lunch</b> Second Saturday Smilers Janette Johnson <b>Supper</b> 1 <sup>st</sup> Plymouth Congregational Hollie Schmidt
<b>12</b> <b>Lunch</b> St Mary's Elmwood Ruth Ann Hlavac <b>Supper</b> P.K.'s & Friends Grace & Bryan Willnerd	<b>13</b> <b>Lunch</b> Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset <b>Supper</b> J-Tech Construction Jason Olberding	<b>14</b> <b>Lunch</b> <b>Need Sub Team</b> <b>Supper</b> St Joseph's #1 Mary Love	<b>15</b> <b>Lunch</b> <b>Need Sub Team</b> <b>Supper</b> St Teresa's #1 Rosie Polak	<b>16</b> <b>Lunch</b> Christ United Methodist Maggie Bates <b>Lunch</b> Living Faith Free Methodist Church Pastor Watson	<b>17</b> <b>Lunch</b> Second Baptist Elaine Pope <b>Supper</b> St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	<b>18</b> <b>Lunch</b> Edenton Christian Church Tonya Hunter <b>Supper</b> Holy Savior Lutheran III Sarah Fuller
<b>19</b> <b>Lunch</b> St. Peter's Joni Ritcher & Virginia Donovan <b>Supper</b> St Paul's Methodist Church Youth Group Patty Bohart	<b>20</b> <b>Lunch</b> <b>Sub Team</b> <b>Modern</b> <b>Woodman of</b> <b>America P/P/S</b> <b>Supper</b> St. David's Episcopal Sharon Beachell	<b>21</b> <b>Lunch</b> First Lutheran Church Steve & Karen Lenzen <b>Supper</b> <b>Need Sub Team</b>	<b>22</b> <b>Lunch</b> Trinity Lutheran Church, Cordova Kim Due <b>Supper</b> St Teresa's Coffee Group Donna & Karen	<b>23</b> <b>Lunch</b> <b>Sub Team</b> <b>Jay Reddy</b> <b>Supper</b> St Francis & St Clare Janet Harrison	<b>24</b> <b>Lunch</b> Sister Chicks Ursula McLaughlin <b>Supper</b> Sheridan Lutheran Grandma Sue	<b>25</b> <b>Lunch</b> Blessed Sacrament #5 Mary Woltemath <b>Supper</b> CALL Cheryl Ferree
<b>26</b> <b>Lunch</b> North American Martyrs Christy Bousquet & Jen Wilson <b>Supper</b> The Servants of St Joseph Mary Bill	<b>27</b> <b>Lunch</b> Immanuel Church Vi Schroeder <b>Supper</b> SouthPointe Christian Church Lisa Gengenbach	<b>28</b> <b>Lunch</b> Women's Welcome Club Maril Freese <b>Supper</b> Southwood Lutheran Leigh Porter	<b>29</b> <b>Lunch</b> Orthodox Men of Lincoln Richard Leiter & Paul Barnes <b>Supper</b> St Peter's Becky Searcy	<b>30</b> <b>Lunch</b> St Paulinus Kay Kreifels <b>Supper</b> St James' Cortland Kassie Ebberts	<b>MTKO</b> <b>Weekend</b> <b>Pager Number:</b> <b>402-473-0447</b>	

## **USDA INVENTORY AS OF August 24, 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  
9 ¾ cases (24 #300 cans/case) Green Beans  
1 case (12 1# bags/case) Instant Mashed Potatoes

### **Canned & Frozen Fruit**

9 cases (24/#300 cans/case) Sliced Pears  
2 ½ cases (24/#300 cans/case) Sliced Peaches  
5 cases (8/2# bags/case) Dried Cherries

### **Pasta**

None

### **Frozen & Canned Meat**

2 cases (6 5# packages/case) Pork Loins  
9 cases (36/10 oz. pouches/case) Chicken Meat  
2 ½ cases (24/24 oz. cans/case) Canned Beef

### **Soups**

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

### **Miscellaneous**

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