



Do Big Good News!

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

Volume 3, Issue 8

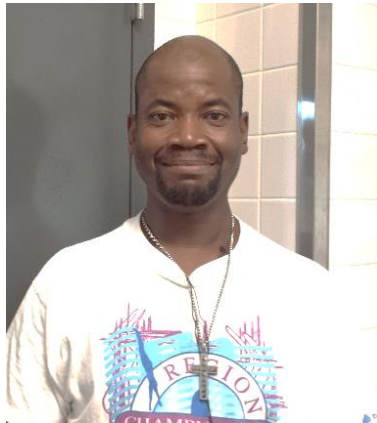
Matt Talbot Kitchen & Outreach

September 2016

Announcing:

Matt Talbot's New Kitchen Assistant Wayne Taylor

Matt Talbot Kitchen & Outreach is very excited to introduce our newest colleague, Wayne Taylor. Wayne started as the Kitchen Assistant on August 8th. His face is familiar to many of our hunger relief volunteers because Wayne has been volunteering at MTKO for 3 years. He was raised in Alexandria, Louisiana, by his mother and grandmother who taught him to be a gentleman, be kind and to work hard. Wayne moved to Nebraska in 1994 because his mother and sister were living here. Wayne describes himself as outgoing, takes constructive criticism, gets along with anyone, will help anyone, gives 110% at a job he loves, and **he loves this job**. We are so grateful to have Wayne on our staff. He has a smile and attitude that will light up your day!



Matt Talbot Kitchen & Outreach Receives Charity Navigator's Top Rating for Second Consecutive Year!

Matt Talbot Kitchen & Outreach is one of only four charities in Lincoln and twenty in Nebraska to receive Charity Navigator's highest rating of four stars.

"Matt Talbot Kitchen & Outreach is proud to be recognized again as a 4-star charity," said Susanne Blue, Executive Director. "We have a long history in the community of treating those who come to us for help with honesty, respect and dignity. This recognition from Charity Navigator shows that we also have financial integrity. Donors and community members can be assured that we will use our resources to achieve the best possible results for the most vulnerable residents of our community."

Charity Navigator is America's premier independent charity evaluator. They help charitable givers make intelligent giving decisions by providing in-depth, objective ratings and analysis of the financial health and accountability & transparency of America's largest charities. Receiving four out of a possible four stars indicates that Matt Talbot adheres to good governance and other best practices that minimize the chance of unethical activities and consistently executes its mission in a fiscally responsible way. Learn more at charitynavigator.org and mtkserves.org.

Saltdogs Fundraiser A Hit!

Thanks to everyone who purchased a ticket to the Saltdogs Fundraiser on Thursday, August 11! We sold 113 tickets, including several that were purchased and then donated to volunteers, guests, and other friends of MTKO. The Saltdogs donated half of the ticket revenue to MTKO, and Outreach Coordinator Sara Sunderman even threw out the first pitch. Special

thanks to the Lincoln Saltdogs for approaching us with this fun fundraising opportunity. Money raised from this fundraiser supported our Back to School Foot Clinic.



Notes from Sydne Wirrick-Knox!

will be out of the office (kitchen) from September 28 through mid-October. At that time I will be returning on a part-time basis for a couple of weeks and will be limited as to work duties around the kitchen until the end of November. That includes preparing any meals. If there are any items you need to have saved for your team meals during this timeframe, please contact Sydne prior to September 23: 402-817-0622 or sydne.wirrick-knox@mtkserves.org

MTKO Needs Two New Hunger Relief Teams

These teams would need to provide, prepare and serve the 2nd Tuesday evening meal of the even numbered months or the 3rd Thursday evening meal of the odd numbered months. Contact Sydne at 402-817-0622 or sydne.wirrick-knox@mtkserves.org.

MTKO Needs Two Hunger Relief SUB Teams

We are currently looking for teams to provide, prepare and serve the evening meal on **Sunday, November 6th and Sunday, December 11th**. If you are interested in taking either of these volunteer opportunities or have questions about them, please contact Sydne at 402-817-0622 or sydne.wirrick-knox@mtkserves.org



Back to School Foot Clinic A Success!

On August 3, our dining room was transformed into a well oiled assembly line of services and happy, smiling children. Nearly 100 children and their families lined up for our annual Back to School Foot Clinic. The Outreach Department at Matt Talbot organized this clinic with Union College, the Paul Mitchell School and many other community partners. Students received free hair cuts, free backpack and school supplies, and those who were willing to get a foot inspection received a gift certificate for a free pair of shoes! It was a busy, successful day; thanks to all the staff and volunteers who helped!

Puzzles, Games & Adult Coloring Books



Our inventory of games and puzzles has dwindled down to nothing. Could you donate any new or gently used puzzles that could fit on a card table, decks of cards, dice, checkers, chess, Jenga, Traffic Jam, backgammon, scrabble, Othello, mancala or other games? We also hope to add a new element – **adult coloring books!** We will also need lots of colored pencils. According to research on ColorMeaning.com by Jacob Olesen, coloring books can be very therapeutic for adults, helping them de-stress and activating both the logic and creativity sides of the brain. Please contact Sue J. Alby for more information, 402-817-0623 or sue.alby@mtkserves.org. Thank you!



Not Afraid to Sweat Detasseling Pulls 6,000 Acres for MTKO

Huge thanks to Dawn Buell and NATS (Not Afraid to Sweat) Detasseling! Each year they donate \$1 per acre to teach their hardworking young crews the importance of giving back. This year, they chose MTKO and detasseled almost 6,000 acres. Their gift will provide new home kits full of basic household goods to our guests who are leaving homelessness behind.



Happy Birthday to Us!
MTKO turns 24 years
strong on September 6!

it's a boy

Congratulations to Rosie Newell, Housing Case Manager, on the birth of her son – Lukas. Born August 24 at 11:21 am weighing in a 5 lbs, 7 oz and 19 inches long. Wishing Rosie and Reggie the very best with their new son.



8th Annual MTKO Ribfest presented by the Kreifels Family

Each August during Lincoln's Capital City Ribfest, Roger Kreifels and his family provide an amazing Ribfest at MTKO.

They are here with their homemade smoked ribs and turkey, baked beans, pasta salad, cornbread and the rest of the fixings to make sure our MTKO guests have a taste of BBQ. Roger and his siblings have been providing Ribfest at MTKO since August 15, 2009.

Thank you so much to the "Kreifels Kids"!



Matt Talbot volunteers have super powers – they volunteer. What's your Super power?

Welcome to new volunteers:

Amanda Berg, Jenny Laeng and the Women's UNL Gymnastics Team; Danielle, Megan, Kami, Catelyn and Taylor. Danny Nguyen and Dan Kouba.

Thank you to our August Relief sub teams:

Thank you to our August Relief sub teams – Experian (August 1), Northeast Kiwanis Club (August 12), and Food Bank of Lincoln (August 18) provided, prepared & served lunch. Madhu Ayala (August 9) and Lakshmi Rau (August 25) provided lunch. Roger Kreifels Family August 20) provided, prepared and served the evening meal.

We appreciate our volunteers!

September STRIVE Champions: Holy Savior Lutheran

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

Although the STRIVE Program is now over, we would like to continue to acknowledge teams who made changes to their menus to help meet our healthy STRIVE objectives. The team which has earned this month's award is Holy Savior Lutheran Church, Lincoln. Sue Dawson is the current team captain; she took the position over from their original captain, Ellen Mettenbrink. Their team started serving when MTKO was still on R St., they think perhaps fifteen years ago. They have several regulars on the team and Sue said that "God always provides for us to have enough to serve." These folks show up as they are able. Many of their team members bring their children and Sue commented that it has been fun to watch the kids grow up and continue to help at Matt Talbot.

The Holy Savior team has made changes to their menu that include serving whole wheat bread or rolls and pasta, switching from 2% to 1% milk, and decreasing the amount of salt they use in their meals. Their most recent meal at Matt Talbot consisted of a whole-wheat pasta and tomato dish that contained ground turkey (a low-fat protein source), onions and mushrooms. They also served roasted green beans with garlic (provides flavor so not so much salt is needed), cranberry cole slaw, whole-wheat bread, provolone cheese, unsweetened canned fruit, plus tea, coffee, and 1% milk. The meal sounds delicious to me! We are so grateful to Holy Savior for their many years of service and congratulate them on the positive healthy adjustments they have made to their menus. Way to go Holy Savior and Sue!



HOPE Garden Update

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

Our HOPE Garden is looking lush and we have lots of veggies coming from it now. Earlier in the year we had rhubarb and strawberries from there as well. We made rhubarb crisp from the rhubarb in our adult cooking class. It has been a bit of a strange year, weather-wise, which seems to have affected the onset of some of the veggies, like tomatoes. We have had lush-looking plants but they have hardly put on any fruits until recently. But now they are off and running & they are bearing well. We currently also have green beans, edamame (edible [as a veggie] soybeans), cucumbers, Swiss chard, kale, carrots and okra, which really loves the hot weather. We also have some more unusual plants, like ground cherries and kohlrabi, growing in the garden. We are still waiting for the peppers and eggplants to produce. We will have sweet potatoes. Earlier we had a mix of lettuces and harvested a bumper crop of potatoes. We also have an herb bed and have several types of herbs growing, which we use for cooking classes as well. One of the hunger relief teams uses the dill in their pasta sauce. Yummy! The most exciting thing that has happened here in the garden is that children who were participating in our summer Kids CAFÉ program found a black swallow-tail butterfly caterpillar in the garden. Some of our staff decided to put it in a jar, along with more fennel, which it had been munching on. After only a couple of days in the jar it formed a chrysalis. Then about two weeks later it emerged as a beautiful butterfly. It reminds me of the types of transformations we see some of our guests undergo.

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MTKO Weekend on Call
Pager Number:
402-473-0447



HELP MATT TALBOT KITCHEN & OUTREACH
DEFEAT HUNGER & HOMELESSNESS
AND RESTORE HOPE!

VOLUNTEERS NEEDED!
SEPTEMBER 16-18

Learn more at www.mtkserves.org



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Matt Talbot
Kitchen & Outreach
"DO BIG GOOD"

September 2016

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 Dr. Ram Bishu Supper SOS St Mark's United Methodist Ann Heydt	3 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
4 Lunch Madonna Sue Carraher Supper Maranatha Dental Group Justin & Kerry Dworak	5 Lunch LLC Health Dept Kings & Queens Gary Walsh Supper Super Supper Servers Sue Connolly	6 Lunch Family & Friends Mary Jo Bousek Pizza Lakshmi Rau Supper Tuesday Dues Capital City Christian Church Melanie Stubblefield	7 Lunch American Legion Riders & Families Mike Morosen Supper Walmart Northeast Wal-walkers Lana Ackerman	8 Lunch Country Neighbors Beaver Crossing w/Union College Mike Stutzman & Annie Philyaw Supper Blessed Sacrament #2 Mary Jo Bousek	9 Lunch Christ Lutheran Church Middle School Ministries Supper Spirit of Hope Lutheran Church Deb Bush & Dallas Kipper	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 Sub Team Telugu Group Arun	13 Lunch Swanson Russell Serve Only 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 Lona Dearthmont Supper Bryan College of Health Sciences Brenda Neemann	16 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	17 Breakfast American Legion Mike & Cecelia Lunch Crestwood Christian Jeromy & Sherry Supper Holy Savior Lutheran I Sarah Fuller
18 Lunch St. Peter's Joni Ritcher & Virginia Donovan Supper SAMS Joan Campbell Foote	19 Lunch Pizza Prem Bansal Lincoln Federal Savings Bank Serve Only Supper St. David's Episcopal Sharon Beachell	20 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	21 Lunch Blessed Sacrament Jr High Danielle Miller Supper St Teresa's #1 Rosie Polak	22 Lunch Friends of Matt Talbot Kathy Grubbe Supper St Francis & St Claire Janet Harrison	23 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Sue Alby	24 Lunch Blessed Sacrament #5 Mary Woltemath Supper CALL Cheryl Ferree
25 Lunch North American Martyrs Christy Bousquet & Angie Korus Supper The Servants of St Joseph Mary Bill	26 Lunch Sub Team Dr. Reddy Supper SouthPointe Christian Church Lisa Gengenbach	27 Lunch Women's Welcome Club Beth Griffing Supper Southwood Lutheran Leigh Porter	28 Lunch Residential Treatment Community NSP Marv Chauza Supper St Teresa's Coffee Group Norene Lackey	29 Lunch St Paulinus Linda Holz Supper St James' Cortland Bob & Linda Rahorst	30 Lunch Christ United Methodist Ann Rauscher & Rochelle Dyer Supper Southwood Lutheran Leigh Porter	

USDA INVENTORY AS OF August 16, 2016

Canned, Frozen or Instant Vegetables

2 cases (12/2.5# bags/case) Frozen Diced Carrots
14 1/2 cases (24/#300 cans/case) Green Beans
12 cases (24/#300 cans/case) Corn

Canned & Frozen Fruit

9 1/2 cases (24/#300 cans/case) Applesauce
1 case (24/#300 cans/case) Mixed Fruit
13 1/2 cases (24/#300 cans/case) Sliced Pears
3 1/5 cases (144/1.33 oz. boxes) Raisins
15 cases (24/#300 cans/case) Sliced Peaches

Pasta

5 3/4 cases (20/1# boxes/case) Macaroni
11 cases (20/1# boxes/case) Spaghetti
9 cases (12/1# bag/case) Egg Noodles

Frozen & Canned Meat

None

Soups

3 3/4 cases (12/22 oz. per case) Cream of Chicken Soup (not condensed)
6 cases (12/22 oz. per case) Cream of Mushroom Soup (not condensed)
1 1/2 cases (24/#300 cans/case) Condensed Vegetable Soup
2 cases (24/24 oz. cans/case) Beef Stew

Miscellaneous

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

Other inventory available for hunger relief teams to use: frozen ground beef, canned diced tomatoes, frozen hams, frozen chicken leg quarters, frozen ground turkey, and canned turkey. None of these are USDA products.