



matt talbot

kitchen & outreach

AUGUST 2021 • VOLUME 8 • ISSUE 8

BOLD HOPE



Meet Matt Talbot Guest, Russell

From the moment he dragged home that broken organ, he knew music would be an enduring part of his life. Russell was about six years old at the time and enlisted the help of his younger brother to retrieve the discarded instrument from near a dumpster and move it to their home in Waco, TX. "That was my first little interaction with music," says Russell, now 42, in a warm, deep voice. The device was missing several keys and, when plugged in, made an awful noise that drowned out the notes. "The humming was so loud," he recalls, laughing. "It really should not have been allowed in the house. That organ may have been done making music, but Russell was just getting started.

Over the next several years, he learned piano and would play first-chair trombone throughout middle school, while also excelling in math and science. After entering Pflugerville High School in 1995, his voice would become his primary instrument. At first, choir was just "an easy A," says Russell, who was "known as the ballad guy" who "loved show tunes" and sang "a lot of Frank Sinatra." Then came senior year. Russell qualified for the 1998 Texas All-State Mixed Choir competition and out-performed thousands of talented peers to earn a spot in the final ensemble – the first student from his high school in four years to do so – and perform with the North Texas Symphony. *To hear more about Russell's story visit our Facebook page or mtko.org.*

SAVE THE DATE

Huskers Helping the Homeless 2021
Saturday, October 9th



Personal Care Items Needed at MTKO

As the summer heat is on the rise, the amount of guests at MTKO is increasing. With this increase, we are in need of items to help our guests. The next time you are on Amazon or maybe at the dollar store please keep us in mind and help out the near homeless and homeless of Lincoln. Items in need are: White T-Shirts (Large & X-Large), Gift Cards (Verizon, Total Wireless, Laundry Land), Water, Deodorant, Bike Locks, Small Conditioner, Bug Spray, Sun Screen and Razors.



News from the Kitchen

By Sydne Wirrick-Knox

Effective August 1st, 2021 for MTKO Weekend Teams

1. We will go back to our pre-pandemic weekend coverage plan and no longer have a staff member in the dining room for weekend meals. Staff will still rotate a weekend on-call shift and be available to teams should the need arise. Please remember to call our on-call pager number (402-473-0447). Follow the prompts and leave the best phone number where you can be reached. Wait for a call back from our on-call staff member.
2. Additional volunteers (outside of your team) will be recruited to take care of the meal count, sanitize tables and chairs in the dining room, and empty the outside trash containers. Please continue to do a manual count of trays and takeout containers in case there is an error in the volunteer's count.
3. Weekend teams are still responsible for removing the dining room trash, kitchen trash, and taking out the recycling. Don't forget to put new liners in the trash containers and recycle bins.

In July we made several updates including reverting back to the east-west direction of the serving line, asking the "dine in or takeout" question, adding trays and silverware, and updating the Monday - Friday meal times. If you have questions, please refer to our July, 2021 Newsletter or contact Sydne (402-817-0622 or sydne.wirrick-knox@mtko.org).

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: one-time & ongoing monthly meals

One-Time: Lunch 8/2, Evening Meal 8/4, Lunch 8/10, Lunch 8/16,

Lunch 8/31, Evening Meal 9/1, Evening Meal 9/5, Lunch 9/6, & Lunch 9/23

Ongoing Monthly Meals: 1st Sunday evening meals odd months, 1st Monday

lunch odd months, 4th Thursday lunch odd months, and 1st Wednesday evening meals in January, February, May, July, August, September, October and December.

Call Sydne at 402-817-0622 or email Sydne.Wirrick-Knox@MTKO.org.

Hunger Relief Teams: Please remember to fill out your Daily Report

There are a couple of changes that have been made on the Daily Report. With our new procedures there is a tray count and a takeout container count: **Tray Count # _____ Takeout Container Count # _____**

Also, the Final Meal Count includes the Total Meals Served Only. This includes 1st and 2nd servings and both dine in and takeout. So you should have only one number recorded. **Number of Meals Served _____**

Remember that we do count meals with our Clarity Cards, however, it's always great to have the teams' meal count to fall back on in case our scanning of cards doesn't work. It would also be very helpful for our weekend teams to complete their meal count on our Daily Reports.

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. "

Summer Produce

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

This is the time of year when there is an abundance of fresh produce available, whether it is in your own garden or at the farmers markets. Fresh produce tastes so good and is usually less expensive when it is in season. Some of the fruits and vegetables that will be readily available this month, with most of it growing well in Nebraska, include apples, apricots, beans (both green and lima), beets, berries (both blackberries and raspberries), broccoli, cabbage, carrots, cauliflower, sweet corn, cucumbers, eggplant, herbs of all types, kale, melons, nectarines, okra, onions, peaches, peppers, plums, potatoes, summer squash, Swiss chard and turnips. The University of Nebraska Extension has lots of information available to help you with knowing what is in season as well as providing tips on how to store it and recipes for it. Here is a link to some of their information. <https://food.unl.edu/article/nebraska-produce#summer>

I also found a good website from the [Eating Well](https://www.eatingwell.com/gallery/7826619/cucumber-tomato-salad-recipes/) test kitchen that has many recipes with both tomatoes and cucumbers. I don't know about you, but I always have a plethora of these two veggies and I was excited to find several recipes that contain both of them. One of them that caught my eye is the salmon panzanella. <https://www.eatingwell.com/gallery/7826619/cucumber-tomato-salad-recipes/>

Salmon Panzanella

This traditional Italian bread salad is full of tomatoes and cucumber and gets a protein boost with the addition of grilled salmon. **Total:** 30 mins **Servings:** 4



- 8 Kalamata olives, pitted and chopped
- 3 tablespoons red-wine vinegar
- 1 tablespoon capers, rinsed and chopped
- ¼ teaspoon freshly ground pepper, divided
- 3 tablespoons extra-virgin olive oil
- 2 thick slices day-old whole-grain bread, cut into 1-inch cubes (see Tip)
- 2 large tomatoes, cut into 1-inch pieces
- 1 medium cucumber, peeled (if desired), seeded and cut into 1-inch pieces
- ¼ cup thinly sliced red onion
- ¼ cup thinly sliced fresh basil
- 1 pound center-cut salmon, skinned (see Tip) and cut into 4 portions
- ½ teaspoon kosher salt

Directions

Step 1

Preheat grill to high.

Step 2

Whisk olives, vinegar, capers and 1/8 teaspoon pepper in a large bowl. Slowly whisk in oil until combined. Add bread, tomatoes, cucumber, onion and basil.

Step 3

Oil the grill rack (see Tip). Season both sides of salmon with salt and the remaining 1/8 teaspoon pepper. Grill the salmon until cooked through, 4 to 5 minutes per side.

Step 4

Divide the salad among 4 plates and top each with a piece of salmon.

Tips

-If using fresh bread, you can grill the bread slices along with the salmon and then cut them into cubes. Alternatively, cut bread into cubes, place on a baking sheet and bake at 300°F until dry.

-How to skin a salmon fillet: Place salmon fillet on a clean cutting board, skin-side down. Starting at the tail end, slip the blade of a long knife between the fish flesh and the skin, holding down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

-To oil the grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like tofu and fish, it is helpful to spray the food with cooking spray before placing it on the grill.

-Fish on foil: Fish that flakes easily requires a delicate touch to flip on the grill. If you want to skip turning it over when grilling, measure a piece of foil large enough to hold the fish and coat it with cooking spray. Grill the fish on the foil (without turning) until it flakes easily and reaches an internal temperature of 145°F.

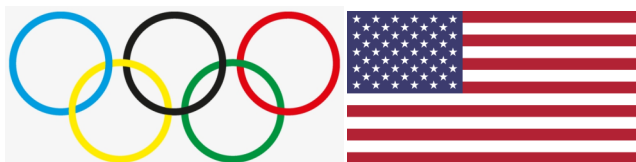


BOLD HOPE

PO Box 80935
Lincoln, NE 68501

Hunger Relief Team “Sister Chicks” Celebrate start of Olympics

Thank you to the “Sister Chicks”, our fourth Friday Lunch Hunger Relief Team, for bringing the spirit of the Olympics to Matt Talbot Kitchen & Outreach. Go Team USA!



Oak Barn Beef Makes Generous



Thank you to Hannah Klitz, owner of Oak Barn Beef, for her generous donation of 400 pounds of ground beef. Oak Barn Beef held a fundraiser during the month of July, for every pound of ground beef purchased they donated one pound back to MTKO. Thank you Hannah for giving us Bold Hope.





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August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lunch Madonna Sue Carraher Supper Family & Friends Peggy & Greg Dynek	2 Lunch Need Sub Team Supper Super Supper Servers Sue Connolly	3 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	4 Lunch Wednesday Lunch Bunch Lisa Hayes Supper Need Sub Team	5 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	6 Lunch IANL Roli Saraf Supper Westminster Presbyterian Church Gary Haller	7 Lunch College View Something Else Class Vicki Biloff Supper Champoux Family & Friends Melanie Johnson
8 Lunch St Mary's Elmwood Ruth Ann Hlavac Supper P.K.'s & Friends Grace & Bryan Willnerd	9 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	10 Lunch Need Sub Team Supper St Pat's Leah Bethune	11 Lunch Christ United Methodist Mary Woodard Supper St Peter's Godteens Sarah Hodge	12 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	13 Lunch Sub Team Compro P/P/S Supper Blessed Sacrament #1 Maureen Mattern	14 Lunch Second Saturday Smilers Janette Johnson Supper Sub Team Kreifels Family Ribfest
15 Lunch St. Peter's Mary French Supper St Paul's Methodist Church Youth Group Patty Bohart	16 Lunch Need Sub Team Supper St. David's Episcopal Kathy Wilson	17 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	18 Lunch Sub Team Sheila Gunther Forester Grant P/P/S Supper St Teresa's #1 Rosie Polak	19 Lunch Christ United Methodist Maggie Bates Supper St E's Mission Integration Committee Julie Fuller	20 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	21 Lunch St Katherine's Lunch Bunch Mark & Mai Linebaugh Supper Holy Savior Lutheran II Margaret Rasmussen
22 Lunch Light of the World Marron Keady Supper The Servants of St Joseph Mary Bill	23 Lunch St Peter's Provide Nebraska Wesleyan Pre- Health Club Provide/Serve Supper Sysco Lincoln Elke Hesser	24 Lunch Women's Welcome Club Maril Freese Supper Southwood Lutheran Leigh Porter	25 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Teresa's Coffee Group Donna & Karen	26 Lunch Louann Cao Joseph B Supper St Francis & St Clare Janet Harrison	27 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	28 Lunch St John's Talbot Lunch Bunch Tini Van-Oehlertz Supper CALL Cheryl Ferree
29 Lunch Knights of Columbus Jim & Connie Novacek Supper Sub Team 1st Lutheran Youth P/P/S	30 Lunch Lincoln Medical Alliance Shannon Cullan Supper St Michael's Cheney Lori & Michelle	31 Lunch Need Sub Team Supper Friends Jan Meints				MTKO Weekend Pager Number: 402-473-0447

USDA INVENTORY AS OF July 19, 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
12 ¼ cases (24 #300 cans/case) Green Beans
2 cases (12 1# bags/case) Instant Mashed Potatoes

Canned & Frozen Fruit

12 ¼ cases (24/#300 cans/case) Sliced Pears
9 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 ½ cases (36/10 oz. pouches/case) Chicken Meat
4 cases (24/24 oz. cans/case) Canned Beef

Soups

2 ¾ cases (24/24oz pouches/case) Beef Stew

Miscellaneous

6 2/3 cases (24/#300 cans/case) Spaghetti Sauce