

MATT TALBOT KITCHEN & OUTREACH NEWSLETTER

AUGUST 2023

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Help Us Welcome Our New Executive Director!

We are delighted to share that Alynn Sampson has been named Matt Talbot's new Executive Director. Her first day will be August 21st. Alynn will be the second Executive Director in Matt Talbot's 31-year history.

Alynn has worked at the Food Bank of Lincoln since 2008 and currently serves as Vice President, Operations & Impact. She has a master's degree in social work and received the Inspire Women's Leadership Excellence in Nonprofit Award in 2020. Alynn has been on Matt Talbot's Board of Directors since 2016, serving as president since 2021.



Alynn has a passion for those experiencing poverty and is committed to our community. As stated by Susanne Blue, "She is a strong compassionate leader with vast experience in the areas of social work, hunger relief, and advocacy. Her involvement in Matt Talbot over the years, and her knowledge of our team, guests, and culture make her the ideal successor."

We're excited to welcome Alynn to the Matt Talbot team!

Looking Boldly to the Future

Susanne Blue has been Matt Talbot's Executive Director for 25 years! Because of her leadership, Matt Talbot has grown into a strong organization dedicated to alleviating hunger, overcoming homelessness, addressing addiction, and providing outreach and advocacy.

Susanne's last day will be August 23rd, her 60th birthday! After her retirement, Susanne will be visiting India and the Missionaries of Charity in Calcutta. She plans to stay involved in the community and continue to advocate for affordable housing and protection for the chronically homeless who face severe and persistent mental illness.

We will greatly miss Susanne but will continue to look boldly to the future. To read her full blog, please visit mtko.org/news/blog or scan the QR code.



Come for a Meal, Leave with Hope

Jeff came to Matt Talbot to have a meal and get a hygiene kit. He shared with a staff member that he was eager to get a job but first needed to get a state ID. He said that a couple of years ago he requested help from Matt Talbot with obtaining his birth certificate from Texas, but never received it because he went to prison shortly after making the request.

Now released from prison and living in a halfway house, Jeff is ready to start a job search but assumed that too much time had passed and that his birth certificate was no longer available. However, it took just a few minutes to find his birth certificate, safely stored in a file from all those years ago. He was so happy, and so were we! With the birth certificate in hand, Jeff can move forward with getting a state ID and Social Security Card. And then, employment!






News FROM THE KITCHEN

Please contact Victoria O'Neil at 402-817-0623 or victoria.oneil@mtko.org with any questions.

Announcements

- Please use the blue plates for second servings. For new teams or members this is what we did prior to COVID-19.
- We give guests cream and sugar outside of meal times. Please do not put the containers out for them to help themselves. If they ask for something and you are busy, please ask them to wait until you have a free moment.
- Please let us know if you see something that needs to be fixed or cleaned in the kitchen. Any questions or concerns can be directed to Victoria.
- Please check Lost & Found located next to the blue recycling bins.
- Water donations will start to come into the kitchen for the summer. Please remember we are not handing out bottled water with our meals at this time. This water is for Street Outreach.
- We have provided locks for the lockers in the volunteer restroom. There is a key attached to a lanyard if you'd like to lock anything valuable up while volunteering.
- All USDA food must be recorded. When filling out your daily report please make sure you are recording what you are using as well as the quantity. Any questions or concerns, please contact Victoria O'Neil.

Important Reminders

-  Please make sure to complete daily reports. They are outside the Kitchen Manager's office.
-  Please refer to the cleaning list on back of daily report to ensure you are following closing procedures.
-  Disposable containers should only to be used when guests take their meals "to-go".
-  Please use food prep gloves at all times when cooking meals.
-  If you run out of your meal please keep serving until the end of the hour. There is emergency food in the cooler and pantry including bread, lunch meat, peanut butter & jelly, and fruit.

2023 Hunger Relief Volunteer Opportunities

August

Aug. 11 - Lunch
Aug. 15 - Dinner
Aug. 28 - Lunch

September

Sept. 4 - Lunch
Sept. 18 - Lunch
Sept. 19 - Dinner

October

Oct. 4 - Dinner
Oct. 12 - Lunch
Oct. 15 - Dinner
Oct. 30 - Lunch
Oct. 31 - Lunch
Oct. - Dinner

November

Nov. 11 - Dinner
Nov. 21 - Dinner

December

Dec. 8 - Lunch
Dec. 14 - Lunch

Other Volunteer Opportunities

Friday Receptionist 4:30 to 6:30 Friday
Scanner 5:30 to 6:30
Sunday Scanner 11:30 to 12:30
Sunday Scanner 5:30 to 6:30

If available, please scan
the QR to sign up!



Weekend Teams:

The weekend answering service is 402-473-2828.

Please wait for the weekend police officer before allowing guests to come into the dining room. Thank you for your cooperation.

This institution is an equal opportunity employer.

Meal Time Availability for 2024

Has this year flown by? The kids will be headed back to school this month and before you know it we will be preparing for the holidays! The Hunger Relief staff will begin preparation for the 2024 Hunger Relief calendar soon. The following is a list of openings we currently have. Please help us spread the word.

Lunch

1st Monday of the month
2nd Thursday of the month
3rd Wednesday of the month
4th Monday of the month
5th Tuesday of the month

Dinner

1st Wednesday of the month
3rd Tuesday of the month
5th Tuesday of the month
5th Wednesday of the month

If available, please scan the QR to sign up!



Please contact Victoria O'Neil at victoria.oneil@mtko.org or 402.817.0623 with any questions.

Benefits of Eating Local Foods

When you think of Nebraska you think of agriculture, but did you know that 90% of our daily food comes from outside of our state? There are many benefits of using local food for the consumer, community, and economy.

- Locally grown food is full of flavor. When grown locally, the crops are picked at their peak of ripeness versus being harvested early in order to be shipped and distributed to your local retail store. Produce at local markets is often picked within 24 hours of your purchase.
- Eating local food is eating seasonally. Even though we wish strawberries were grown year round, the best time to eat them is when they can be purchased directly from a local grower. They are full of flavor and taste better than those available in the winter that have traveled thousands of miles and were picked before they were ripe.
- Local food has more nutrients. Local food has a shorter time between harvest and your table, and it is less likely that the nutrient value has decreased. Food imported from far-away states and countries is often older, has traveled and sits in distribution centers before it gets to your store.
- Local food supports the local economy. The money that is spent with local farmers and growers all stays close to home and is reinvested in businesses and services in your community.
- Local food benefits the environment. By purchasing locally grown foods you help maintain farmland and green and/or open space in your community.
- Local foods promote a safer food supply. The more steps there are between you and your food's source the more chances there are for contamination. Food grown in distant locations has the potential for food safety issues at harvesting, washing, shipping, and distribution.
- Local growers can tell you how the food was grown. You can increase your knowledge of the food you consume by asking what practices are used to raise and harvest the crops.

To find out where you can purchase locally go to https://www.mtko.org/hunger_relief/. We will also be providing recipes for seasonal produce that we are growing in our Hope Garden.

Stats from June



8,163

onsite meals
provided



4,499

instances of outreach,
housing, and substance
use services



564

volunteers provided

2,218
hours



matt talbot
kitchen & outreach

BOLD HOPE

PO Box 80935
Lincoln, NE 68501

Save the Date!

Save the Date! Our annual Huskers Helping the Homeless event will take place on September 30th when Nebraska takes on Michigan at Memorial Stadium. This is an opportunity to collect donations for Matt Talbot around the city of Lincoln. We hope you can be a part of this fun event! Stay tuned for more details.



RECIPE



Salmon and Red Pepper Bake 150 servings

Ingredients:

- 9 1/4 pounds roasted red bell peppers, diced
- 10 (5 ounce) cans salmon, drained
- 4 2/3 cups chopped parsley
- 4 2/3 cups olive oil
- 3/4 cup capers (optional)
- 3/4 cup minced garlic
- 3 tablespoons salt
- 3 tablespoons ground black pepper
- 18 3/4 pounds seashell pasta

Instructions:

1. Cook pasta until al dente.
2. In large bowl, combine roasted red peppers, salmon, parsley, olive oil, capers, garlic, salt and pepper.
3. Drain pasta. Toss immediately with salmon mixture.
4. Spray large pans with cooking spray. Divide the mixture into pans and bake at 350 degrees until bubbly; about 30 to 45 minutes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lunch Mary Jo Friends & Family Supper Tuesday Dues	2 Lunch Wednesday Lunch Bunch Supper Sub Team – Nathan Britten	3 Lunch Angel Helpers Supper St. Joseph's	4 Lunch IANL Supper Westminster Presbyterian	5 Lunch College View Church Supper Champoux Family & Friends
6 Lunch Madonna Supper Family & Friends	7 Lunch Sub Team - Compro Supper Super Supper Savers	8 Lunch Bridgepoint/ Community Corrections Serve Only Supper St. Pat's	9 Lunch Christ United Methodist Church Supper St. Peter's Godteens	10 Lunch Sub Team – Susie Blue Supper Bousek Family & Friends	11 Lunch Sub Team – Nebraska Farm Foundation Supper Blessed Sacrament #1	12 Lunch Second Saturday Smilers Supper Rib Fest
13 Lunch St. Mary's Elmwood Supper Molly Brummond	14 Lunch Sacred Heart Beaver Crossing Supper J Tech Construction	15 Lunch First Lutheran Church Supper Sub Team Needed	16 Lunch Sub Team – Arbor Day Supper St. Teresa's #1	17 Lunch Christ United Methodist Supper St. E's Mission Integration Committee	18 Lunch Second Baptist Supper St. Mary's/NA Martyrs Mix	19 Lunch St. Katherine's Lunch Bunch Supper Sub Team – Spirit of Hope Church
20 Lunch St. Peter's Supper St. Paul's Methodist Church	21 Lunch Nelnet Supper St. David's Episcopal	22 Lunch Women's Welcome Club Supper Southwood Lutheran Church	23 Lunch Trinity Lutheran - Cordova Supper St Teresa's Coffee Group	24 Lunch Louann Cao Supper St. Francis & St. Clare	25 Lunch Sister Chicks Supper Sheridan Lutheran	26 Lunch St. John's Talbot Lunch Bunch Supper CALL
27 Lunch Light of the World Supper Servants of Saint Joseph & Youth Ministry	28 Lunch Sub Team - Bryan Supper Sysco Lincoln	29 Lunch Sub Team – Bridgepoint Bank Supper Sub Team - THRYV	30 Lunch Orthodox Men of Lincoln Supper Sub Team – LNE Girls Golf Team	31 Lunch St. Paulinus Supper St. James Cortland		

MTKO Answering Service: 402-473-2828

Mission Statement: To serve the needs of Lincoln's working poor and homeless by relieving hunger, overcoming, homelessness, addressing addiction, and providing outreach and advocacy.

USDA Nondiscrimination Statement: This institution is an equal opportunity provider.