



matt talbot

kitchen & outreach

SEPTEMBER 2019 • VOLUME 6 • ISSUE 9

BOLD HOPE

Huskers Helping the Homeless September 26—29

The annual "Huskers Helping the Homeless" fundraiser will be September 26-29, the weekend of the Nebraska vs. Ohio State football game. We hope you can join our team! Volunteers are needed throughout Lincoln to accept cash donations on behalf of Matt Talbot. We consider this event our "Best Defense Against Hunger and Homelessness" as all donations support Matt Talbot's hunger relief and homeless prevention programs.

Volunteering for "Huskers Helping the Homeless" is fun and simple! Register online and select a community location and time that works for you. Students receive three credit hours for volunteering. Supplies can be picked up ahead of time at Matt Talbot or on game day at our downtown headquarters. This is a great volunteer opportunity for sports teams, clubs, work groups, families, scouts and church groups to do together!

New to Huskers Helping the Homeless this year, **Text to Give**. You can donate early by texting the word **MTKO** to **50155**.

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



Chris Hruza Joins Matt Talbot as New Drug and Alcohol Counselor



Matt Talbot is pleased to welcome Chris Hruza, PLADC. Our newest Drug and Alcohol Counselor. Chris was born and raised in Lincoln and went to High School at Lincoln Northeast. He recently graduated from SCC with his Associates of Applied Science Degree in Human Services and with that he completed the required courses to obtain his PLADC. Chris has a seven year old son, Carter. Chris says, "He is the inspiration for everything I have done". They love to go fishing, camping, and the zoo. They are also Kansas City Chiefs season ticket holders so fall is their favorite time of year. Chris previously worked at Houses of Hope, Community Alternatives of Nebraska and the Nebraska Department of Corrections. After starting his goal of becoming a Drug and Alcohol counselor over 10 years ago, he feels he is right where he belongs. With

News from the Kitchen

By Sydne Wirrick-Knox

Kitchen Manager



MTKO and the Food Bank of Lincoln would like remind Our Hunger Relief Teams that food is available for MTKO meal prep at the Food Bank, much is at no charge!

MTKO tries to keep a good inventory of canned fruits and vegetables, pasta, and pasta sauce in our pantry for teams to use when preparing meals for our MTKO guests. However,

did you know you can order direct from the Food Bank? Here is a sample of what USDA foods are currently available: green and yellow split peas, kidney beans, brown rice, cranberry juice, garbanzo beans, instant potatoes, macaroni and cheese, canned pork, mixed fruit, navy beans, orange juice, peaches, peanut butter, pears, pecan pieces, fresh plums, pork chops, canned potatoes, rice, spaghetti, walnut pieces, great northern beans, dried cranberries, and mixed vegetables. **These are all USDA products and are available at no charge. They also have USDA milk at no**

charge. You can also purchase food for as little as \$.14 a pound. The Food Bank will also be getting large supplies of USDA fresh fruits and vegetables through November which will also be at **no charge.** If you are interested in more

information about placing orders with the Food Bank, please call or email Sydne (sydne.wirrick-knox@mtko.org or

402-817-0622). It's a great way to reduce your MTKO meal bill and support our local Food Bank.



Orphaned pots, pans, water bottles, shopping bags, umbrellas, 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.

Reminder about procedures

Each evening and weekend team needs to make sure to take out all recyclables and all trash. If you need a reminder of closing procedures, they are listed on the back of the "Daily Report". Trash goes in the larger brown dumpster and recyclable items need to go in the smaller green dumpster----**please don't mix trash with recyclables!!**

Thank you for helping keep our kitchen clean!!

Thanks

Thank You to Our August Hunger Relief Substitute Teams

Foresters provided, prepared, & served lunch 8/5, Olsson served dinner 8/8,
ComPro provided, prepared & served lunch 8/9,
Jay Reddy provided, prepared & served lunch 8/13,
Kreifels Family provided, prepared & served their annual RIBFEST 8/17,
Lincoln Industries provided, prepared and served lunch 8/21,
Sasmita Ray & Asha Singh provided, prepared & served lunch 8/29

Thank You to Our August Group Volunteers

Aden Family – Salad 8/3, Luann Cao – Salad 8/8, Luann Cao – Salad 8/15,
Jenni Bruning Brown – Desserts 8/15, Ahlers Family – Salad 8/18, FedEx salad 8/21,

What's New at MTKO Garden and Cooking Classes

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



We have had a fair amount of produce from the HOPE Garden after a slow start this spring and are currently harvesting tomatoes, jalapenos and other peppers, cucumbers, beets, okra, and green beans. We had a nice crop of onions and garlic and will store those to use for cooking later this year and into the spring.

We continue with adult cooking classes and prepare meals that contain seasonal produce. When we have a class we often go to the garden to pick what we have there, including fruits, vegetables and herbs, which we need for the meal we are preparing. We make a meal according to Choose My Plate guidelines and then enjoy eating it together as a group.

We had Kids Garden and CAFÉ (Children and Food Education) classes this summer with children from the Malone Center. We would go to the garden prior to making a healthy snack and see whatever interesting things we could find there, plus gather ingredients for our snack if we could. One class made a salad that included edible flowers (pansies). That was quite a hit. Who knew that one could eat flowers? We found things like shed snake skins, strawberries, and swallowtail butterfly caterpillars.

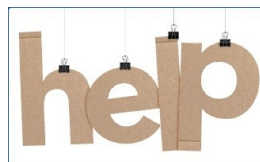
With the new school year starting, we are going to



Hygiene Products Needed:
body wash, shampoo, deodorant



Volunteers Needed for



300 volunteers will be needed for this years Project Connect Lincoln on September 20, 2019. The opportunity to volunteer include Navigator (which is the **biggest need!**), Food Server (limited number to sign up), Bike Repairs (limited number to sign up), and Exit table (limited number to sign up). You will find descriptions behind each volunteer opportunity. Please complete the "Project Connect Volunteer Release and Confidentiality" form you can complete



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BOLD HOPE

PO Box 80935
Lincoln, NE 68501

HUSKERS HELPING THE HOMELESS

Text **MTKO** to **50155**

Give Anytime!

Be part of the

**“Best Defense Against Hunger
and Homelessness”**

Food For Thought



Homeless guests use Matt Talbot's address to receive mail since they have no address of their own. Our receptionist Jeanetta handled 5,349 pieces of mail last year!

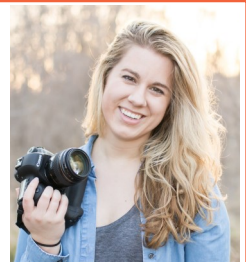
**It is one of our most popular
and simplest outreach services.**

To read more about our mail service and other stories go to:

mtko.org/foodforthought



In the Spotlight



Our September Spotlight Volunteer is Jennifer Heywood. Jennifer has been volunteering her time with Matt

Talbot for the past two years photographing our special events, Feeding the Soul of the City and Huskers Helping the Homeless. Jennifer was born and raised in Lincoln. She attended Lincoln East High School and Wesleyan where she received her degree in Art & Communication. She works a full-time marketing position and does photography part-time. Her family consists of her parents and younger brother and she has a cat, Joey. She started to gain interest in photography when she took a film class in high school. Since that film class her junior year, she's has been known as the girl behind the camera. She started taking senior photos of her friends and now 9 years later, runs her own business. Jennifer loves being a part of people's important parts of their lives, getting engaged and married, adding to the family, celebrating another year gone by, opening a business, etc. Thanks for all you do Jennifer!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lunch Madonna Sue Carraher Supper P.K.'s & Friends Grace & Bryan Willnerd	2 Lunch LLC Health Dept Kings & Queens Gary Walsh 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 & Michelle Supper Seward United Methodist Youth Group Tonya Parra	5 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	6 Lunch IANL Roli Saraf Supper St Mark's United Methodist Ann Heydt	7 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
8 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac Supper Maranatha Dental Group Justin & Kerry Dworak	9 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	10 Lunch Swanson Russell Serve Only Supper St Joseph's #1 Mary Love	11 Lunch Christ United Methodist Mary Woodard Supper New Covenant ACTS Lee Johnson- Flowerday	12 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	13 Lunch Christ Lincoln Schools Jennifer Veen Supper Spirit of Hope Lutheran Church Deb Bush & Dallas Kipper	14 Lunch First United Methodist Church Liz Zeff Supper 1 st Plymouth Congregational Hollie Schmidt
15 Lunch St. Peter's Joni Ritcher & Virginia Donovan Supper St Paul's Methodist Church Youth Group Mitch Connelly	16 Lunch Sub Team Prim Bansal P/P/S Supper St. David's Episcopal Sharon Beachell	17 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	18 Lunch Blessed Sacrament Jr High Danielle Miller Supper St Teresa's #1 Rosie Polak	19 Lunch Christ United Methodist Maggie Bates Lunch Living Faith Free Methodist Church Pastor Watson	20 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	21 Breakfast American Legion Mike & Cecelia Lunch Crestwood Christian Jeremy & Shari Supper Holy Savior Lutheran III Sarah Fuller
22 Lunch North American Martyrs Christy Bousquet & Jen Wilson Supper The Servants of St Joseph Mary Bill	23 Lunch Immanuel Church Vi Schroeder Supper SouthPointe Christian Church Lisa Gengenbach	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 Sub Team Collegeview School Casey P/P/S Supper St Francis & St Claire Janet Harrison	27 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	28 Lunch Blessed Sacrament #5 Mary Woltemath Supper CALL Cheryl Ferree
29 Lunch Knights of Columbus Ken Polacek Supper St Patrick's- Manley Sherry Kunz	30 Lunch Lincoln Medical Alliance Shannon Cullan Supper St Michael's Cheney Lori & Michelle					MTKO Weekend Pager Number: 402-473-0447

USDA INVENTORY AS OF August 16, 2019

Canned, Frozen or Instant Vegetables

3 cases (12 1# boxes/case) Instant Potatoes
7 cases (24 #300 cans/case) Corn
21 ½ cases (24 #300 cans/case) Green Beans
5 cases (24 #300 cans/case) Red Kidney Beans

Canned & Frozen Fruit

6 ¼ cases (2 /#300 cans/case) Sliced Pears
14 ¼ cases (24 #300 cans/case) Peaches
5 cases (23 #300 cans/case) Mixed Fruit

Pasta

4 cases (20 1# boxes/case) Spaghetti
2 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

None



STRIVE Recipe of the Month

Pasta with Tuna Sauce

Recipe serves 150

1 ½ cups olive oil	1 ½ cups lemon juice
25 onions, chopped	1 ½ cups chopped fresh parsley
50 cloves of minced garlic	2 tablespoons red pepper flakes
1 ½ cups capers (optional)	50 (5 ounce) cans tuna, drained
25 (14.5 ounce) cans crushed tomatoes	25 (16 ounce) packages dried pasta

Directions:

1. In large pan, heat oil over low heat. Add onion and garlic; cook and stir until onion is tender. Stir in capers, tomatoes, lemon juice, and parsley. Season with red pepper flakes to taste. Simmer gently for 3 minutes to thicken sauce.
2. Fold in tuna and heat through.
3. Cook and drain pasta.
4. Toss pasta with sauce and serve.

Notes:

- You could use garlic from a jar to save lots of time.
- If you choose to not use capers, you may need to add salt to taste.

Calories: 384

Sodium: 174 mg