

## Quarterly Nutrition Classes at Matt Talbot

Starting this month, Matt Talbot will be hosting nutrition classes for our Hunger Relief teams. The first will take place on Thursday, February 16 from 1-2:30pm. These classes are intended to provide education about health and nutrition, which is a focus for our Hunger Relief program. At least one representative from each hunger relief team is strongly encouraged to attend. There will be a gift card raffle for teams to use towards their meals.

Emily Gratopp, MS, ASCM-CPT from the University of Nebraska-Lincoln will be teaching the class. She is the coordinator of the Expanded Food and Nutrition Education Program (EFNEP) in Lancaster County.

The topic will be "Why does health matter? What does healthy eating mean?"

Please let Victoria O'Neil know who from your hunger relief team will be attending at 402-817-0623 or [victoria.oneil@mtko.org](mailto:victoria.oneil@mtko.org).

## Take Part in Souper Bowl of Caring!

What if everyone in Lincoln watching the BIG GAME on Sunday, February 12 donated \$1 or 1 can of food to Matt Talbot Kitchen & Outreach? Souper Bowl of Caring is an annual event that inspires people to give locally and make a collective impact on hunger. Last year, many organizations, businesses, schools, churches, and individuals collected donations on behalf of Souper Bowl of Caring and Matt Talbot.

Participation is easy! Select a drop-off spot and organize a collection on or before Super Bowl Sunday, which is February 12, 2023. Donations of canned goods, cash, hand & foot warmers, and men's large winter gloves are all welcome.

Please visit [mtko.org](http://mtko.org) to let us know you will be participating. If you have questions, please contact Jenn Boettcher at 402-817-0615 or [jenn.boettcher@mtko.org](mailto:jenn.boettcher@mtko.org).



## Hidden in Plain Sight a blog by Susanne Blue

"Every year the last week of January Matt Talbot participates in a national and local point-in-time count for those experiencing homelessness. The data that comes from that guides our efforts and informs our community leaders on what the needs are for this unique group of people. We'll get a report with statistics, but will we truly see the individuals we encounter? When I rush through a busy day will I stop and visit with the many guests in the dining room? I'm going to try. We share a common humanity, we all need to be seen, to know someone cares. This is the beauty of Matt Talbot Kitchen & Outreach. It allows us to see those hidden each and every day."

Read more from our Executive Director's blog at [mtko.org/news](http://mtko.org/news).

# News FROM THE KITCHEN

**\*All kitchen inquiries should be directed to Victoria O'Neil at 402-817-0623 or [victoria.oneil@mtko.org](mailto:victoria.oneil@mtko.org) until further notice.\***  
**If teams know of any dates they cannot volunteer, please let Victoria know as soon as possible.**

## Announcements

Our first nutrition class is in February. At least one representative from each team is highly encouraged to attend. Please see the first page for more details.

Please use the blue plates for second servings. For new teams or members this is what we did prior to COVID-19.

We have some meat in the freezer. If you need some for your meals please reach out to Victoria.

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.

We have 2 cases of paper dinner napkins we can't use in our dispensers. If there is a school or church that can use them please contact Victoria.

We have approximately 750 stainless steel dinner knives available to donate. Please contact Victoria if interested.

## Important Reminders

Please make sure to complete daily reports. They are outside of the Kitchen Manager's office.

In-Kind Donation forms need to be turned in as soon as possible. They can be found at [mtko.org](http://mtko.org) or at Matt Talbot.

We are still using to go containers for guests that choose not to dine in. These containers are very costly and we would like to minimize the amount we are using.

Please use food prep gloves at all times when cooking meals.

Doors should never be propped open.

Matt Talbot is still providing milk for our guests.

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.

## Volunteer Opportunities

Volunteers needed to provide, prepare, and serve lunch on February 6 and March 15.

Volunteers needed for weekend scanning for lunch and dinner on Saturdays and Sundays.

Lunch is 11:30 to 12:30 and dinner is 5:30 to 6:30.

Volunteers needed for Laundry/Shower Tuesday and Wednesday mornings, from 8:30 to 12:30.

Please contact Victoria if interested.

## 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. However, if weather is severe and the officer is not there yet, you can open the dining room if someone is able to monitor the dining room from your team. Safety is our main concern. Thank you for your cooperation.

# More New Faces at Matt Talbot!



Angie Ward is our new Human Resource Manager! Angie grew up in Central Illinois and relocated to Lincoln in 2016 when she accepted a promotion to Regional Operations Manager for a regional janitorial/industrial services company. She lives with her fiancé, Jon, and their two adopted kittens, Michelle (Obama) and Betty (White). Angie has seven grown children and three grandchildren, with two more on the way in early 2023! In her free time, Angie enjoys riding bikes, attending baseball and hockey games (Go Stars!), and traveling to the mountains to go ziplining. We're so excited to have Angie on the team!



Our newest Alcohol & Drug Counselor is Rachel Knutson! She moved to Lincoln from Wenatchee, Washington in 2020 with her fiancé and children. Rachel has four boys and is extremely proud of all of them! They have one dog, Boomer, and a turtle named Teeto (a.k.a Michael Angelo). She went to Southeast Community College where she graduated with an AAS in Human Services and a certificate in Alcohol and Drug Counseling with distinction. During her last semester at SCC, Rachel interned at Matt Talbot and fell in love with the organization and our mission. After the internship ended, Rachel was determined to be the next Alcohol & Drug Counselor at Matt Talbot, and here she is! Rachel is currently attending UNL to obtain her BA in psychology. Please help Rachel feel welcomed when you see her around!



Michelle is our full-time receptionist! She went to Northeast High School and now lives in Crete, Nebraska with her husband and five kids. Before coming to Matt Talbot, Michelle worked at the Center for People in Need, Mercy Housing, and a retirement community. She loves working at nonprofits and being able to help people, even if it's something small. In her free time, Michelle and her family enjoy camping, hiking, biking, and anything outdoors! We're so happy to have Michelle at Matt Talbot!

---

## We need your NOMINATION!

Please vote for Matt Talbot Kitchen & Outreach in this year's Lincoln's Choice Awards. Nominations are open from January 24-February 12.

To nominate please scan the QR code or visit <https://journalstar.com/contests/lincolns-choice-awards-2023/>.

Matt Talbot is located in the Lifestyle & Entertainment category under Charity/Nonprofit.

THANK YOU!





**BOLD HOPE**

PO Box 80935  
Lincoln, NE 68501

# RECIPE



## Easy Mac and Cheese Veggie Chicken Casserole for big crowds

### INGREDIENTS:

- 6 1/4 cups Country Crock® Spread, melted, divided
- 25 cups milk
- 12 1/4 pounds dry rotini pasta, cooked & drained
- 50 cups diced cooked chicken (can use canned)
- 4 large onions, chopped
- 6 green bell peppers, chopped
- 100 cups assorted frozen vegetables, thawed
- 56 cups finely shredded Cheddar cheese
- 6 1/4 cups plain dry bread crumbs
- 1 1/3 cups grated Parmesan cheese

### INSTRUCTIONS:

1. Preheat oven to 375° F. Combine 4 1/2 cups Country Crock® Spread, milk, rotini, chicken, onions, peppers, vegetables and Cheddar cheese and place in large baking pans. This should fill 6 pans.
2. Combine bread crumbs, Parmesan cheese and remaining Spread; sprinkle over top of casseroles.
3. Bake until heated through and crumbs are toasted, about 30 to 45 minutes.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>Lunch</b> Wednesday Lunch Bunch <b>Supper</b> Express Employment	<b>2</b> <b>Lunch</b> Angel Helpers <b>Supper</b> St Joseph's	<b>3</b> <b>Lunch</b> IANL <b>Supper</b> Westminster Presbyterian	<b>4</b> <b>Lunch</b> College View Church <b>Supper</b> Champoux Family & Friends
<b>5</b> <b>Lunch</b> Madonna <b>Supper</b> Family & Friends	<b>6</b> <b>Lunch</b> Tanner Parde <b>Supper</b> Super Supper Servers	<b>7</b> <b>Lunch</b> Mary Jo Friends & Family <b>Supper</b> Tuesday Dues	<b>8</b> <b>Lunch</b> Christ United Methodist Church <b>Supper</b> St. Peter's Godteens	<b>9</b> <b>Lunch</b> Country Neighbors <b>Supper</b> Bousek Family & Friends	<b>10</b> <b>Lunch</b> Christ Lincoln Schools <b>Supper</b> Blessed Sacrament #1	<b>11</b> <b>Lunch</b> Second Saturday Smilers <b>Supper</b> 1 <sup>st</sup> Plymouth Congregational
<b>12</b> <b>Lunch</b> St. Mary's Elmwood <b>Supper</b> Molly Brummond	<b>13</b> <b>Lunch</b> Sacred Heart Beaver Crossing <b>Supper</b> J Tech Construction	<b>14</b> <b>Lunch</b> Community Corrections <b>Supper</b> St. Patrick's	<b>15</b> <b>Lunch</b> Arbor Day <b>Supper</b> St. Teresa's #1	<b>16</b> <b>Lunch</b> Christ United Methodist <b>Supper</b> St. Elizabeth's Mission Integration Committee	<b>17</b> <b>Lunch</b> Second Baptist <b>Supper</b> St. Mary's/NA Martyrs Mix	<b>18</b> <b>Lunch</b> St. Katherine's Lunch Bunch <b>Supper</b> Holy Savior Lutheran II
<b>19</b> <b>Lunch</b> St. Peter's <b>Supper</b> St. Paul's Methodist Church	<b>20</b> <b>Lunch</b> Nelnet <b>Supper</b> St. David's Episcopal	<b>21</b> <b>Lunch</b> First Lutheran Church <b>Supper</b> Nebraska Pulmonary Specialist	<b>22</b> <b>Lunch</b> Trinity Lutheran Cordova <b>Supper</b> St Teresa's Coffee Group	<b>23</b> <b>Lunch</b> Louaunn Cao <b>Supper</b> St. Francis & St Clare	<b>24</b> <b>Lunch</b> Sister Chicks <b>Supper</b> Sheridan Lutheran	<b>25</b> <b>Lunch</b> St. John's Talbot Lunch Bunch <b>Supper</b> CALL
<b>26</b> <b>Lunch</b> Light of the World <b>Supper</b> Servants of Saint Joseph & Youth Ministry	<b>27</b> <b>Lunch</b> Company Cam <b>Supper</b> Sysco Lincoln	<b>28</b> <b>Lunch</b> Women's Welcome Club <b>Supper</b> Southwood Lutheran Church				<b>MTKO</b> <b>Weekend</b> <b>Answering</b> <b>Service:</b> <b>402-473-2828</b>

**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.