



# matt talbot

## kitchen & outreach

MARCH 2020 • VOLUME 7 • ISSUE 3

**BOLD HOPE**

### FEEDING THE *Soul* OF THE CITY



Join us for a night of inspiration! Feeding the Soul of the City is Matt Talbot's annual spring fundraiser. The generosity of our sponsors, live and silent auction donors, and event guests enable us to serve Lincoln's working poor and homeless 365 days a year. Our event will be held at the Cornhusker Marriott Hotel at 333 S. 13th Street. The Social Hour and Silent Auction begin at 5:30 PM with the Gala Dinner beginning at 6:30 PM.

The highlight of Feeding the Soul of the City is the presentation of the Compassion in Action Awards. This year's Individual Award will honor John Turner. John has worked in homeless service and developed and implemented housing programs in our community for nearly 20 years. He is a longtime partner to MTKO since he worked for Community Action, Region V and now NIFA. The Team Compassion in Action Award will be presented to the St. Francis & St. Claire Hunger Relief Team. This team serves the 4th Thursday of every month and has been for 20 years since their dad, Cal Wells, started it. Now his wife, children and grandchildren have taken up the baton and kept it going since his passing. Our auction committee has done another amazing job gathering items for the Live and Silent Auctions, including a vacation package to sunny Arizona, a KC Chiefs Football Experience, and Private Craft Cocktail Lessons at the Venue. We will be using the online bidding program GalaBid again this year, so it will be easy to follow your favorite items and bid on them on your smart phones. We will have plenty of volunteers on hand to help you get registered or if you have any questions. Our auction website will be live by March 23 so you can see all the wonderful items and even bid from home. Visit [galabid.com/mtko2020](http://galabid.com/mtko2020) to see the items and register to start bidding.

We hope you can join us on March 26th! If you have any questions about the event, please contact Vicky Drozd at 402-817-0619 or [Vicky.drozd@mtko.org](mailto:Vicky.drozd@mtko.org).

### **Sara Sunderman, Outreach Coordinator, Attends the National Alliance to End Homelessness National Conference**

The 2020 Solutions for Individual Homeless Adults Conference convened stakeholders from across all sectors to examine what they know about people who are homeless without their families, and to discover new ways to help end their homelessness. The largest group of people experiencing homelessness is individuals living on their own. Yet, except for smaller subgroups such as veterans and people who are disabled, they are rarely prioritized and seldom receive housing assistance. This event explored emerging research, innovative strategies, and proven best practices to address homelessness among this key population. In addition to elevating and articulating a clear strategy for this group, the conference explored solutions for important subpopulations, including young adults, veterans, and those experiencing chronic homelessness. After the conference, we are happy to report MTKO is on the best practice track to do our part to end homelessness. Thank you Sara for representing Matt Talbot and helping us bring Bold Hope to our guests!



# News from the Kitchen

By Sydne Wirrick-Knox  
Kitchen Manager



## **Hunger Relief Team Volunteer Opportunities** **One Time Team Volunteer Opportunities to provide, prepare & serve in 2020**

- March 26<sup>th</sup> Evening Meal • July 15<sup>th</sup> Lunch
- May 25<sup>th</sup> Lunch • August 3<sup>rd</sup> Lunch
- May 28<sup>th</sup> Lunch • August 14<sup>th</sup> Lunch
- June 12<sup>th</sup> Lunch • August 19<sup>th</sup> Lunch
- June 17<sup>th</sup> Lunch • November 19<sup>th</sup> Evening Meal
- June 30<sup>th</sup> Lunch • December 29<sup>th</sup> Lunch
- July 10<sup>th</sup> Lunch • December 30<sup>th</sup> Evening Meal

Contact Sydne at [sydne.wirrick-knox@mtko.org](mailto:sydne.wirrick-knox@mtko.org) or call 402-817-0622 for details



### **Thank You to Our February** **Hunger Relief Substitute Teams**

AORN provided, prepared & served the evening meal 2/6,  
1<sup>st</sup> Lutheran Church Youth Group provided, prepared, & served  
evening meal 2/9, Spreetail served lunch 2/17

### **Thank You to Our February Group Volunteers**

Aden Family – Salad 2/1, Luann Cao – Salad 2/6,  
Luann Cao – Salad 2/13, Koopman Family – Salad 2/15,  
Luann Cao – Salad 2/20, Southwest HS National Honors Society  
– Salad 2/23, State Farm – Desserts & Salad 2/25,  
Luann Cao – Salad 2/27,  
Jenni Bruning Brown – Desserts 2/27,  
Southwest HS National Honors Society – Salad 2/27,  
Wolff Family – Salad 2/24

**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."

## Landscaping Volunteers Needed



Do you have a green thumb? Like to work outdoors? Well we have the perfect volunteer opportunity for you! Spring is around the corner and we are looking for ongoing volunteers to help us with our landscaping around the MTKO property. If interested please contact Victoria O'Neil at 402-817-0623 or [victoria.oneil@mtko.org](mailto:victoria.oneil@mtko.org)

## Volunteer Needs!

Do you have some spare time during the week or know someone who would like to volunteer at MTKO? We are looking for a weekly Monday morning Laundry/Shower person 8:30 AM to 12:30 PM. We are also looking for volunteers to substitute when needed. These would be random days, based on need and availability. If interested, please contact Victoria O'Neil at 402-817-0623 or [victoria.oneil@mtko.org](mailto:victoria.oneil@mtko.org) for further details.



## Thank you!

MTKO would like to say "THANK YOU" to everyone who collected during Souper Bowl of Caring. We've raised over \$5,500 so far! Donations can still be turned in.



**Please keep MTKO in mind when  
shopping locally and online.**



**amazon**smile  
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## Irish Cooking

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

Since March is the month of St. Patrick's Day, I thought it would be interesting to do a little research on traditional Irish cooking. Most of us know about Irish soda bread and corned beef and cabbage, as well as fish and chips. But there is much more to know about the cuisine of this island. Most of the cooking done there is reflective of the farming roots of the Irish people. Despite having an enormous coastline, seafood has not been a hugely prominent food in the Irish diet for various reasons, largely because it was associated with poverty. It is enjoying a resurgence in popularity recently. And, interestingly, seaweed has always been a part of the diet. Other common foods include the following:

- Dairy: butter, milk, buttermilk, cheese
- Grains: barley, oats, wheat
- Freshwater fish: pollan, trout, salmon, smoked salmon, smoked trout
- Seafood: mackerel, cod, hake, haddock, smoked haddock, mussels, oysters, lobster, crab
- Meat: beef, chicken, lamb, pork, turkey, goose, offal
- Vegetables: curly kale, potatoes, carrots, onions, cabbage, rhubarb
- Fruits: apple, pear, plum, blackberry, strawberry, raspberry, tomatoes



Other types of breads that are commonly eaten include brambrack, a currant-containing bread, and potato bread. Potatoes, of course, were, and still are, common. Potato dishes include boxty, a type of potato pancake; champ, mashed potatoes with scallions, milk and butter, and colcannon, mashed potatoes with cabbage or kale and butter. Other common dishes include bangers and mash (sausage with mashed potatoes), Irish stew containing lamb or mutton, and shepherd's pie.

We have made the colcannon below in cooking class here at Matt Talbot. It's a good way to use root vegetables that have been stored through the long winter.

#### **Colcannon—Diane's**

- |  |                           |
|--|---------------------------|
| 2 ½ lbs. (5 cups) potatoes, peeled and cubed |                           |
| 4 slices bacon                               | ½ cup milk                |
| ½ small head cabbage, chopped                | salt and pepper, to taste |
| 1 large onion, chopped                       | ¼ cup butter, melted      |

Place potatoes in a saucepan with enough water to cover. Bring to a boil and cook for 15-20 minutes, until tender. Place bacon in a large, deep skillet. Cook over medium heat until evenly brown. Drain, reserving drippings. Crumble and set aside. In the reserved drippings, sauté the cabbage and onion until soft and translucent. Drain the cooked potatoes, mash with milk and season with salt and pepper. Fold in the bacon, cabbage, and onions and transfer to a large serving bowl. Make a well in the center and pour in the melted butter. Serve immediately. 8 servings.

From AllRecipes.





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**BOLD HOPE**

PO Box 80935  
Lincoln, NE 68501

Please follow MTKO  
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Meet Erica Peterson Siemer, our March Spotlight Volunteer. Erica started volunteering at our old MTKO location with her church when she was 8 or 9 years old. She remembers the experience mostly because she enjoyed talking with our guests, this is what got her interested in doing more. When she was in high school in Waverly, Erica started collecting clothes and bringing them to MTKO. One night when Erica was in college she was walking home on a cold and snowy night and noticed some people sleeping under a bridge and she realized she needed to do more. This is when she started collecting blankets, gloves, scarves, etc. and donating it all to Matt Talbot. Once she went to Goodwill during one of their \$1 days with her Nana. They purchased cold weather wear for our guests at MTKO; that was her Christmas present from Nana. Erica said the looks that everyone gave her when she came in with coats and gloves made it worthwhile. A few years ago Erica came up with the idea of "Share a Stocking" program. Each year on Christmas Day they shower our guests with needed items along with some fun ornaments, hot cocoa and gifts. All of the donations come from the communities of Waverly and Lincoln. The value of her annual collection has reached \$2500! Erica also collects items throughout the year that our used by our Outreach Program. She enjoys that our staff can take them out to homeless individuals during street outreach. "I like the people at Matt Talbot Kitchen & Outreach. I get to know people's stories and they love to tell their stories. As long as someone will listen with an open heart and an open mind they are willing to talk to you. I chose Matt Talbot mainly because it's where my church started out. I've worked with other places and this is the only place that I feel I can make an impact." Thank you Erica for helping us give Bold Hope to so many!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 Lunch</b> Madonna Sue Carraher <b>Supper</b> Maranatha Dental Group Justin & Kerry Dworak	<b>2 Lunch</b> <b>Sub Team</b> <b>Prem Bansal</b> <b>&amp; Family</b> <b>P/P/S</b> <b>Supper</b> Super Supper Servers Sue Connolly	<b>3 Lunch</b> Family & Friends Mary Jo Bousek <b>Supper</b> Tuesday Dues Capital City Christian Church Joy Blythe	<b>4 Lunch</b> Wednesday Lunch Bunch Lisa Hayes <b>Supper</b> Seward United Methodist Youth Group Tonya Parra	<b>5 Lunch</b> Angel Helpers Mary Jo Bousek <b>Supper</b> St. Joseph's #3 Pat & Bill Lundak	<b>6 Lunch</b> IANL Roli Saraf <b>Supper</b> St Mark's United Methodist Ann Heydt	<b>7 Lunch</b> College View Something Else Class Vicki Biloff <b>Supper</b> Family & Friends Joyce Champoux
<b>8 Lunch</b> St Mary's Elmwood Les & Ruth Ann Hlavac + St John's Lutheran Seward Serve <b>Supper</b> P.K.'s & Friends Grace & Bryan Willnerd	<b>9 Lunch</b> Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset <b>Supper</b> J-Tech Construction Jason Olberding	<b>10 Lunch</b> <b>Swanson Russell</b> <b>Associates</b> <b>Serve Only</b> <b>Supper</b> St Joseph's #1 Mary Love	<b>11 Lunch</b> Christ United Methodist Mary Woodard <b>Supper</b> New Covenant ACTS Lee Johnson- Flowerday	<b>12 Lunch</b> Country Neighbors Beaver Crossing Mike Stutzman <b>Supper</b> Blessed Sacrament #2 Mary Jo Bousek	<b>13 Lunch</b> Christ Lincoln Schools Joel Rodencal <b>Supper</b> Blessed Sacrament #1 MaryAnn Burda	<b>14 Lunch</b> First United Methodist Church Liz Zeff <b>Supper</b> 1 <sup>st</sup> Plymouth Congregational Hollie Schmidt
<b>15 Lunch</b> NE Heart Hospital Pharmacy Donna Brophy <b>Supper</b> St Paul's Methodist Church Youth Group Mitch Connelly	<b>16 Lunch</b> <b>Lincoln Federal</b> <b>Savings Bank</b> <b>Lending Hands</b> <b>Serve Only</b> <b>Supper</b> St. David's Episcopal Sharon Beachell	<b>17 Lunch</b> First Lutheran Church Steve & Karen Lenzen <b>Supper</b> Crossbridge Christian Church Phil Berlie	<b>18 Lunch</b> Blessed Sacrament Jr. High Danielle Miller <b>Supper</b> St Teresa's #1 Rosie Polak	<b>19 Lunch</b> Christ United Methodist Maggie Bates <b>Lunch</b> Living Faith Free Methodist Church Pastor Watson	<b>20 Lunch</b> Second Baptist Elaine Pope <b>Supper</b> St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	<b>21 Breakfast</b> American Legion Mike <b>Lunch</b> Crestwood Christian Jeromy & Shari <b>Supper</b> Holy Savior Lutheran III Sarah Fuller
<b>22 Lunch</b> North American Martyrs Christy Bousquet & Jen Wilson <b>Supper</b> The Servants of St Joseph Mary Bill	<b>23 Lunch</b> Immanuel Church Vi Schroeder <b>Supper</b> SouthPointe Christian Church Lisa Gengenbach	<b>24 Lunch</b> Women's Welcome Club Maril Freese <b>Supper</b> Southwood Lutheran Leigh Porter	<b>25 Lunch</b> Trinity Lutheran Church, Cordova Kim Due <b>Supper</b> St Teresa's Coffee Group Donna & Karen	<b>26 Lunch</b> <b>Need Sub</b> <b>Team</b> <b>Supper</b> St Francis & St Claire Janet Harrison	<b>27 Lunch</b> Sister Chicks Ursula McLaughlin <b>Supper</b> Sheridan Lutheran Grandma Sue	<b>28 Lunch</b> Blessed Sacrament #5 Mary Woltemath <b>Supper</b> CALL Cheryl Ferree
<b>29 Lunch</b> Knights of Columbus Ken Polacek <b>Supper</b> St Patrick's- Manley Sherry Kunz	<b>30 Lunch</b> Lincoln Medical Alliance Shannon Cullan <b>Supper</b> St Michael's Cheney Lori & Michelle	<b>31 Lunch</b> SCHEELS Jenna Nasif <b>Supper</b> Friends Jan Meints				<b>MTKO</b> <b>Weekend</b> <b>Pager</b> <b>Number:</b> <b>402-473-0447</b>

## **USDA INVENTORY AS OF February 18, 2020**

### **Canned, Frozen or Instant Vegetables**

10 cases (24 #300 cans/case) Corn  
5 cases (24 #300 cans/case) Red Kidney Beans  
4 ½ cases (24 #300 cans/case) Garbanzo Beans  
6 ½ cases (24 #300 cans/case) Peas

### **Canned & Frozen Fruit**

14 ½ cases (2 /#300 cans/case) Sliced Pears  
15 ½ cases (24 #300 cans/case) Peaches  
4 cases (24 #300 cans/case) Applesauce

### **Pasta**

4 ½ cases (20 1# boxes/case) Spaghetti  
3 ½ cases (12/1# bags/case) Egg Noodles

### **Frozen & Canned Meat**

1 cases (20/2# bags) Pulled Pork  
10 cases (24 15 oz. cans/case) Canned Chicken

### **Soups**

None

### **Miscellaneous**

10 ½ cases (24 #300 cans/case) Spaghetti Sauce

We have several frozen turkeys, whole chickens and large hams for hunger relief teams to use. They would need to be reserved.



## **STRIVE Recipe of the Month**

### **Healthier Oven Roasted Potatoes** **Recipe serves 150**

2 1/3 cups olive oil	2 1/3 cups chopped parsley (or ¾ cups dried)
2 1/3 cups minced garlic	1/3 cups red pepper flakes
2 1/3 cups chopped basil (or ¾ cup dried)	1/3 cup salt
2 1/3 cups chopped rosemary (or ¾ cup dried)	150 large potatoes, cooked and cubed

#### **Directions:**

1. Preheat oven to 450°.
2. Combine oil, garlic, basil, rosemary, parsley, red pepper flakes, and salt in a large bowl. Toss in potatoes until evenly coated. Place potatoes in a single layer on a baking sheet that has been covered with parchment paper. Roast in preheated oven, turning occasionally, until potatoes are brown on all side, 20 to 30 minutes.

#### **Helpful Tips:**

This would be a great way to use leftover baked potatoes.

You may want to coat the potatoes in small batches. It may be easier to coat in oil first, then in spices. Great time to use minced garlic in a jar.

**Calories: 319**

**Sodium: 314 mg**