



matt talbot

kitchen & outreach

JANUARY 2020 • VOLUME 7 • ISSUE 1

BOLD HOPE

Providing Outreach outside of Matt Talbot



As temperatures plunge across the country, not everyone has access to staying indoors and warm is not always an option. 449 people are experiencing homelessness in Lincoln according to the last point in time count done by the Lincoln Homeless Coalition. That's 449 people who may have to brave the frigid temperatures without shelter this winter. That's why MTKO sends our teams out to hit the streets to help this most vulnerable population. The team goes out armed with personal care items, hats, gloves, hand warmers, blankets, long johns and socks and hand them out to anyone they run into. In addition to the Street Outreach the team also makes a stop inside Bennett Martin Public Library located in downtown Lincoln. Dozens of people may take shelter on any given day at the library. The Matt Talbot team visits with the people seeking shelter and finds out if they have any needs and helps with resources if needed. If you are interested in donating cold weather items the Outreach team suggests sub zero rated hats and gloves, and hand and foot warmers. Donations can be dropped off at Matt Talbot Kitchen & Outreach Monday thru Friday, 8:30 AM to 6:30 PM. Thank you for helping provide Bold Hope during this winter season.

Matt Talbot Partners with Lancaster County

Matt Talbot's Transitional Housing Program is expanding to include a 6-bedroom transitions house specifically for young men in the Lancaster County Community Corrections Sentence Conversion – Reentry Program. The house has been remodeled and will open to participants in late December. Community partners and neighbors attended an Open House that was held on Thursday, December 12th.

Matt Talbot currently has a 4-bed men's transitions house and a 5-bed women's transitions house. To be eligible, participants must be homeless. Each participant has weekly counseling and case management sessions with an alcohol and drug counselor at Matt Talbot, pays a \$20.00 monthly program fee and volunteers one hour per week at Matt Talbot. Participant goals include abstaining from substances, working a program of recovery, gaining employment, saving money and transitioning to independent permanent housing. Participants can stay at the house a minimum of 6 months or up to two years, depending on their circumstances. Learn more about Matt Talbot at mtko.org.



News from the Kitchen

By Sydne Wirrick-Knox
Kitchen Manager

THANK YOU to La Paz Restaurant for donating our 2019 Holiday Fiesta meal which was held on December 19th. Please remember to visit La Paz at 321 North Cotner Blvd. Stop by and "Thank" Jonas and Andy in person for their support each year of Lincoln's working poor and homeless.

Thank You

THANK YOU to the groups that provided, prepared and served during the Christmas Holiday: The Pariset Family, The Flynn & Drozd Families, Casey Otte and St. Michael's Cheney, and The Northeast Kiwanis Club.



USDA Civil Rights Training

All volunteers on teams using and/or serving USDA food anytime throughout the year will need to complete the 2019 training. Once all of our teams complete this training, MTKO will comply with the USDA requirements and be able to continue receiving USDA food from the Food Bank of Lincoln.

We have 13 teams of our required 27 teams who have submitted their certification forms.

That means we are close to **50% compliance for the USDA requirements.**

Please contact Sydne at sydne.wirrick-knox@mtko.org or 402-817-0622 if you have any questions.

Remember to return your 2019 "In-Kind" donation form!

This form is **very important** for our statistical reporting for funding requirements & auditing purposes. Our deadline is February 15, 2020. Please note that individual volunteers may choose to use the receipt as a basis for a charitable donation for income tax purposes. Original forms will be sent to team captains only. We would be happy to provide a receipt to any team member upon request. If you would prefer to complete your In-Kind form online, you can find this information on the MTKO website, www.MTKO.org.



- Go to "Relieving Hunger" and click on "Hunger Relief Volunteers".
- Next go to the "In-Kind Donation" bullet.

Thank You to Our December Hunger Relief Substitute Teams

No Greater Love Church provided, prepared & served the evening meal 12/7,
Bethlehem Lutheran Church High School Youth Group Wahoo provided, prepared, & served evening meal 12/8,
MTKO Board of Directors served lunch 12/19, The Pariset Family provided, prepared & served lunch 12/24,
The Flynn & Drozd Families served the evening meal on 12/24, St. Michael's Cheney provided, prepared & served lunch 12/25,
The Northeast Kiwanis Club provided, prepared & served the evening meal 12/25,
Trinity Lutheran Church Cordova provided, prepared & served lunch 12/26,
and Gentle Shepard Baptist Church provided, prepared & served lunch on 12/31

Thank You to Our December Group Volunteers

Danielle Runnebaum Family – Salad 12/4, Luann Cao – Salad 12/5, Grindstone Media – Salad & Desserts – 12/6, Aden Family – Salad 12/7,
Nikki – Salad 12/8, Firespring – Salad 12/10, Luann Cao – Salad 12/12, Briggs Family – Desserts 12/13,
St. John's Catholic Girls Club – Salad 12/14, Wagner Family – Salad 12/15, Olsen Family – Salad 12/18, Luann Cao – Salad 12/19,
Luann Cao – Salad 12/26, Brown Law – Desserts 12/26,
Nikki Bauman Family – Salad & Desserts 12/27

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."

Nutrition and Mental Health

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

We all know that what we eat can affect our physical health but can it affect our mental health as well? Growing scientific evidence does point to the fact that it can indeed. After all, our brain is just another organ in our body and it makes sense that what we are feeding our body can affect the health of all our organs, including our brain, and thus, our mental health. It seems that a Mediterranean type diet not only can help prevent heart disease and cancer and lead to longer life expectancies, but it can help prevent depression. A Mediterranean diet is high in plant-based foods, including vegetables, both fresh and dried fruits, whole-grain cereals, nuts, legumes and small amounts of wine. The primary protein source is seafood, with other meats eaten sparingly. Goat and sheep milk cheeses and yogurts are also consumed by people in these cultures. They limit sugary and high-fat processed foods.

Specific nutrients that are plentiful in this diet include the B vitamins folate, vitamin B6 and B12, iron, zinc, magnesium, chromium, vitamin D and omega-3 fatty acids. All of these nutrients have been shown to help prevent depression. Broccoli, asparagus, orange juice and bran flakes are good dietary sources of folate. Vitamin B6 can be found in chickpeas, chicken and ground beef, as well as bananas, spinach and red bell peppers. Vitamin B12 is found in foods of animal origin, plus in fortified cereals. Iron is found in meats, dried beans, dried apricots and raisins, potatoes with the skin, and, again, fortified cereals. Zinc is found in higher levels in meats and dairy, with some also found in various fruits and vegetables, cereals and wheat germ. Legumes, grains, fruits, vegetables and dairy are good sources of magnesium. Chromium is plentiful in broccoli, grape juice, and meat, as well as some being found in other fruits, vegetables and grains. Vitamin D is found in fatty fish as well as fortified products and omega-3 fatty acids are found mainly in seafood.

So, for a New Year's resolution and better health, both physically and mentally, you might consider eating more similarly to how those folks in the Mediterranean regions do. Cheers for an upcoming healthy year!



Mortech Donates Generously to First Hope Families

Mortech, a mortgage technology software company located in Lincoln helped make the holidays special for several families that participate in our First Hope program recently. The staff at Mortech form teams and create beautiful baskets that contain much needed household



items for the families.

This is the second year in row that Mortech has donated these wonderful baskets. In addition to the baskets, Mortech has been a sponsor for Feeding the Soul of the City and Huskers Helping the Homeless. Thank you for helping give Bold Hope.



Super Bowl of Caring is a national event that is celebrating it's 30th year in 2020. The event was started to empower youth and unite communities to tackle hunger using the energy of the big game. If your church, youth group or organization is interested in helping Matt Talbot tackle hunger please reach out to Vicky Drozd at vicky.drozd@mtko.org or 402-817-0619.





BOLD HOPE

PO Box 80935
Lincoln, NE 68501

feeding the *soul* of the city

SILENT AUCTION ITEMS NEEDED!



Staff and volunteers are busy planning for our annual spring event, Feeding the Soul of the City. We need YOUR help! We are looking for gift baskets, gift cards, theatre and sports tickets. If you are interested in donating a new silent auction item contact Vicky.Drozd@mtko.org or 402-817-0619.

Compassion In Action Award Nominations 2020

Please nominate an individual or group who you feel exemplifies compassion in action and dedication to the mission of Matt Talbot Kitchen & Outreach. This individual or group can serve Matt Talbot through a variety of ways. Please indicate role of nominee, length of involvement, reason for exemplary service, and anything you feel will strengthen this nomination.

Completed nominations are due by Monday, February 3, 2020. Award recipients will be honored at Feeding the Soul of the City on March 26.

Please go to the website below for nomination forms.

<https://www.mtko.org/fsoc/compassion-in-action-award.html>



Do you recognize this smiling face? It's Sue Kemp, our January Volunteer Spotlight. Sue is our Friday lunch scanning volunteer. She

has been with Matt Talbot for 5 years. Sue came to volunteer with MTKO because she just wanted to give back and hopefully bring a smile to a person's face. Sue is an Associate Professor in Special Education at UNL. She oversees the student's Field Experiences and supervises students in the school. Sue's favorite thing about volunteering is the people and talking with them. Thank you Sue for volunteering!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Lunch Wednesday Lunch Bunch Lisa Hayes Supper Sub Team Pius X Swim Team P/P/S	2 Lunch Angel Helpers Mary Jo Bousek Supper St Joseph's #3 Pat & Bill Lundak	3 Lunch IANL Roli Saraf Supper St Mark's United Methodist Ann Heydt	4 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
5 Lunch Madonna Sue Carraher Supper Maranatha Dental Group Justin & Kerry Dworak	6 Lunch Sub Team Ashland Greenwood High School P/P/S Supper Super Supper Servers Sue Connolly	7 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	8 Lunch Christ United Methodist Mary Woodard Supper New Covenant ACTS Lee Johnson- Flowerday	9 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	10 Lunch Christ Lincoln Schools Joel Rodencal Supper Spirit of Hope Lutheran Church Deb Bush & Dallas Kipper	11 Lunch First United Methodist Church Liz Zeff Supper 1 st Plymouth Congregational Hollie Schmidt
12 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac + St John's Lutheran, Seward Serve Supper P.K.'s & Friends Grace & Bryan Willnerd	13 Lunch The Graduate Lincoln Lauren Folkerts Supper J-Tech Construction Jason Olberding	14 Lunch Lincoln Federal Savings Bank- Lending Hands Serve Only Supper St Joseph's #1 Mary Love	15 Lunch Blessed Sacrament Jr High Danielle Miller Supper St Teresa's #1 Rosie Polak	16 Lunch Christ United Methodist Maggie Bates Lunch Living Faith Free Methodist Church Pastor Watson	17 Lunch Second Baptist Elaine Pope Supper St Mary's NA Martyrs Mix Carol Ruskamp & Cindy Seidl	18 Breakfast American Legion Mike Lunch Crestwood Christian Jeremy & Sherry Supper Holy Savior Lutheran I Andrea Lewis
19 Lunch St Peter's Joni Richter & Virginia Donovan Supper Talent Plus Christian Zoucha	20 Lunch Swanson Russell Associates Serve Only Supper St David's Episcopal Sharon Beachell	21 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	22 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Teresa's Coffee Group Donna & Karen	23 Lunch Need Sub Team Supper St Francis & St Claire Janet Harrison	24 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	25 Lunch Blessed Sacrament #5 Mary Woltemath Supper CALL Cheryl Ferree
26 Lunch North American Martyrs Christy Bousquet & Angie Korus Supper The Servants of St Joseph Mary Bill	27 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper SouthPointe Christian Church Lisa Gengenbach	28 Lunch Women's Welcome Club Maril Freese Supper Southwood Lutheran Leigh Porter	29 Lunch Orthodox Men of Lincoln Richard Leiter & Paul Barnes Supper St Peter's Becky Searcy	30 Lunch St Paulinus Kay Kreifels Supper St James' Cortland Kassie Ebbbers	31 Lunch Christ United Methodist Rochelle Dyer Supper Southwood Lutheran Leigh Porter	MTKO Weekend Pager Number: 402-473-0447

USDA INVENTORY AS OF December 11, 2019

Canned, Frozen or Instant Vegetables

20 ¼ cases (24 #300 cans/case) Corn
3 ½ cases (24 #300 cans/case) Green Beans
6 ¼ cases (24 #300 cans/case) Red Kidney Beans
6 ½ cases (24 #300 cans/case) Garbanzo Beans

Canned & Frozen Fruit

3 ¾ cases (2 /#300 cans/case) Sliced Pears
19 cases (24 #300 cans/case) Peaches
1 case (23 #300 cans/case) Mixed Fruit
6 cases (24 #300 cans/case) Applesauce

Pasta

6 cases (20 1# boxes/case) Spaghetti
6 cases (12/1# bags/case) Egg Noodles

Frozen & Canned Meat

2 cases (20/2# bags) Pulled Pork

Soups

None

Miscellaneous

None

We do have approximately 250 pounds of ground beef which was donated by Del Gould for hunger relief teams to use. It needs to be reserved.



STRIVE Recipe of the Month

Sloppy Joe Casserole **Recipe serves 150**

19 pounds ground beef
19 small onions, chopped
19 green bell peppers, chopped
19 red bell peppers, chopped
19 cloves garlic, chopped
19 (14.5 oz.) cans diced tomatoes
19 cups ketchup

1 cup and 3 tablespoons brown sugar
1/3 cup and 1 tablespoon yellow mustard
Ground black pepper to taste
37 cups frozen whole-kernel corn
19 (16 oz.) packages penne pasta
28 cups shredded Colby-Jack cheese

Directions:

1. Preheat oven to 325°.
2. Brown ground beef in large pan and drain off excess fat.
3. Add onions, green bell peppers, red bell peppers and garlic and cook 5 to 7 minutes.
4. Mix together tomatoes, ketchup, brown sugar, mustard and pepper. Stir mixture into ground beef; reduce heat and simmer until heated through, about 10 minutes.
5. Cook corn as directed. Or used canned corn to save time. If you use canned corn, drain and rinse before adding to recipe.
6. Cook pasta as directed.
7. Mix corn, pasta, and Colby-Jack cheese into ground beef mixture and pour into large pans.
8. Bake in the preheated oven until heated through and cheese is melted, about 30 to 45 minutes.

Calories: 388

Sodium: 525 mg