



matt talbot

kitchen & outreach

APRIL 2021 • VOLUME 8 • ISSUE 4

BOLD HOPE

Volunteer Appreciation, thanks a *latte*



What a year 2020 was for our volunteers! Covid—19 hit and you all stepped up. Words can not express how proud and blessed we are for our volunteers and how in awe we are of your dedication. Thank you for sharing your skills and knowledge to help us through this past year. You continued to work with us through all of our changes to accommodate the working poor and homeless of Lincoln. From Hunger Relief Teams still showing up with meals and preparing them “To Go”, to the many volunteers who sewed masks for our guest. We received hundreds of phone calls asking us what you could do to help us during this turbulent time. The staff at Matt Talbot Kitchen & Outreach would like to thank all of our volunteers that help us continue to bring Bold Hope to all in need. ❤️

HOPE Garden Needs Volunteers

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 garden and landscaping around the MTKO property. If interested please contact Victoria O’Neil at 402-817-0623 or victoria.oneil@mtko.org.



MTKO’s Welcomes

New Receptionist/Outreach

If you’ve been inside Matt Talbot lately you may have noticed we have a new staff member! Traci Christman joined MTKO in November 2020 with a background in Media Communications, receiving her degree from Brooks Institute of Photography in Santa Barbara, California. She has previously worked as a freelance journalist and photographer. She owns three senior dogs and has been actively involved in canine rescue and rehabilitation for nearly 20 years. Traci is from Lincoln, Nebraska and has traveled extensively, enjoying outdoor adventures and welcoming new experiences. Having volunteered at MTKO in the past, she was eager to join an organization that serves the community while providing meaningful employment, and loves working here.



News from the Kitchen

By Sydne Wirrick-Knox
Kitchen Manager

Updated Meal Service Procedures for MTKO's Hunger Relief Teams

We are taking some steps forward to get back to our pre-COVID way of life at MTKO.

All of these changes are for all meals including weekends.

The new procedures are:

- Any of our MTKO guests can dine inside. We do still have dividers up at all the tables and are limiting the number of guests in the dining room to 40. Each guest is required to wear a mask and wash their hands before picking up a meal. Each guest dining in will also have to have their temperature taken. Once at the tables, masks can be removed while eating but must be reapplied before leaving the table.
- Starting March 15th, we have been serving 2^{nds} again. At 12:00 for lunches and 6:00 for evening meals, guests can leave the dining room through the east door and reenter through the front door. They can then pick up a 2nd meal. So, each team will need to adjust their amount of food accordingly.
- Starting April 1st, we are able to increase the number of volunteers on each team up to 6. Of course each team will need to make that decision as to their comfort level with adding additional volunteers.

All other procedures for meal serving have not change:

- We are open as a day shelter for our guests Monday through Friday.
- All meals are being served in takeout containers.
- MTKO is providing bottled water and small cartons of milk.

If you have questions please go to our website, MTKO.org and go to our COVID 19 Response Tab or call Sydne at 402-817-0622 (or email Sydne.Wirrick-Knox@MTKO.org).

Thank you all for the additional support and help through these unusual times.

Please remember to fill out your Daily Report with the names of your volunteers and the number of meals you served.

Without the names of volunteers on the daily report, we have no idea how many volunteers are helping with hunger relief. Also, we do count meals with our Clarity Cards, however, it's always great to have the teams' meal count to fall back on in case our scanning of cards doesn't work. This would be very helpful for the weekends also.

Volunteer Opportunities both one-time and ongoing monthly meals

One-Time: Monday Lunch 4/5 and Monday Lunch 4/19

Monthly Meals: 1st Monday lunch odd months, and 4th Thursday lunch odd months.

Addition Ongoing Monthly Meals through the end of the 2020/2021 school year:

1st Monday lunch even months,

2nd Friday lunch all months, and 3rd Wednesday lunch all months

Call Sydne at 402-817-0622 or email Sydne.Wirrick-Knox@MTKO.org.

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."

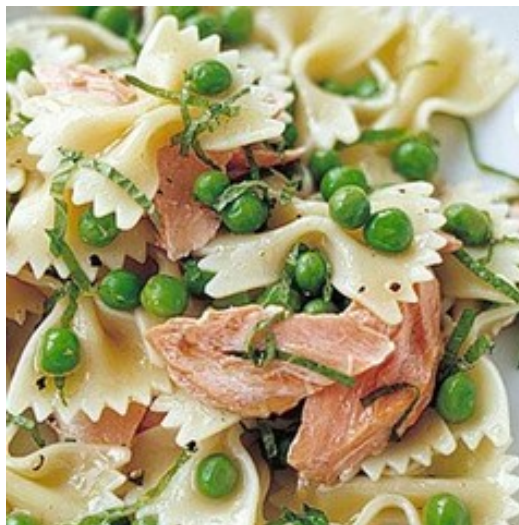
Farfalle Pasta with Salmon and Cream Cheese

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

Welcome, spring! One of my clients has been working hard at eating more healthfully and following a meal plan. She developed a meal plan on her own the last time I saw her and had made this dish as part of it. It is so fresh and bright, especially with the asparagus and spinach she added to it. We have also been talking about eating well to support your immunity. This recipe has ingredients that are full of immune-boosting nutrients. The salmon is a good source of zinc, vitamins B6 and B12, and selenium. Pasta provides folate, vitamin B6, selenium and iron. Spinach contains vitamin A, folate, vitamin B6 and zinc and asparagus is also a good source of folate, should you decide to add these veggies to this dish. The antioxidant quercetin is abundant in onions and garlic. Not only is this dish delicious, but it is a powerhouse of great nutrition as well.

Farfalle Pasta with Salmon and Cream Cheese

- 12 ounces farfalle (bow-tie) pasta
- ¼ cup fresh dill, coarsely chopped, or 1 tsp. dried dill weed
- Coarse salt and ground pepper
- 1 small red onion, quartered and thinly sliced
- 2 Tbsp. capers, drained and rinsed
- 2 ounces bar cream cheese, cut into small pcs
- 4 ounces smoked salmon, cut into bite-sized pieces



Instructions

Step 1

Cook pasta in a large pot of boiling salted water until al dente, according to package instructions. Add onion to pot, mix into pasta; immediately drain pasta mixture, retaining ½ cup of pasta water. Return to pot.

Step 2

Add cream cheese, dill, capers, and salmon to pasta. Toss, adding reserved pasta water a little at a time to create a thin sauce that coats farfalle (you may not need all the water). Season lightly with salt and pepper. Serve.

This recipe is from marthastewart.com and is so versatile. You can add various other ingredients to jazz up the flavor and add more nutrition to this dish. For instance, you could add a little lemon juice and/or garlic to the cream cheese mixture for additional flavor. I would lightly sauté the onions and garlic in a small amount of oil before adding them to the pasta, for a mellower flavor. In order to add more fiber, you could use whole grain pasta. To decrease fat and calories, you could use light cream cheese (or Neufchatel). You could add some steamed green peas, asparagus, and/or fresh or barely steamed spinach at the end for some more nutrition, flavor, and a food from the vegetable food group. And, finally, you could sprinkle a little shredded Parmesan or Fontina or whatever kind of cheese you like over the top of this yummy dish.

Spring and Summer Outreach Needs





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BOLD HOPE

PO Box 80935
Lincoln, NE 68501



You can give even more **BOLD HOPE** on Give to Lincoln Day!



By supporting Matt Talbot on Give to Lincoln Day, your gift will receive a portion of the Lincoln Community Foundation's matching fund so you can connect even **more** people with **more** life-changing services.

....**more** hungry people fed

....**more** homeless people housed

....**more** people who struggle with addiction getting the help they need

Here is how it works:

- **Give online anytime May 1 to May 25 at givetolincoln.com**
- Your check, made payable to "Lincoln Community Foundation" with MTKO in the memo line, can be mailed to (P.O.Box 80935, Lincoln NE. 68501) or dropped off at Matt Talbot. We must receive it by 4 p.m. on May 25!

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	2 Lunch IANL Roli Saraf Supper Westminster Presbyterian Church Gary Haller	3 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
4 Lunch Madonna Sue Carraher Supper Family & Friends Peggy & Greg Dynek	5 Lunch Need Sub Team Supper Super Supper Servers Sue Connolly	6 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	7 Lunch Wednesday Lunch Bunch Lisa Hayes Supper Sub Team Alison Ritter P/P/S	8 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	9 Lunch Sub Team Untapped Potential Stanford P/P/S Supper Blessed Sacrament #1 Maureen Mattern	10 Lunch Second Saturday Smilers Janette Johnson Supper CALL Cheryl Ferree
11 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac Supper P.K.'s & Friends Grace & Bryan Willnerd	12 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	13 Lunch Sub Team Jitender & Ravinder Deogen P/P/S Supper St Pat's Leah Bethune	14 Lunch Christ United Methodist Mary Woodard Supper St Peter's Godteens Sarah Hodge	15 Lunch Christ United Methodist Maggie Bates Supper St E's Mission Integration Committee Julie Fuller	16 Lunch Second Baptist Elaine Pope Supper St Mary's NA Martyrs Mix Carol Ruskamp & Cindy Seidl	17 Lunch St Katherine's Lunch Bunch Mark & Mai Linebaugh Supper Holy Savior Lutheran I Andrea Lewis
18 Lunch St Peter's Mary French Supper Talent Plus Christian Zoucha	19 Lunch Need Sub Team Supper St. David's Episcopal Kathy Wilson	20 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	21 Lunch Sub Team Alison Ritter P/P/S Supper St Teresa's #1 Rosie Polak	22 Lunch Louann Cao Joseph B Supper St Francis & St Clare Janet Harrison	23 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	24 Lunch 1st Plymouth Congregational Hollie Schmidt Supper 1st Plymouth Congregational Hollie Schmidt
25 Lunch Light of the World Larry Kunc Supper The Servants of St Joseph Mary Bill	26 Lunch St Peter's Provide Nebraska Wesleyan Pre- Health Club Provide/Serve Supper Sysco Lincoln Elke Hesser	27 Lunch Women's Welcome Club Maril Freese Supper Southwood Lutheran Leigh Porter	28 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Teresa's Coffee Group Donna & Karen	29 Lunch St Paulinus Kay Kreifels Supper St James' Cortland Kassie Ebberts	30 Lunch Christ United Methodist Rochelle Dyer Supper Southwood Lutheran Leigh Porter	MTKO Weekend Pager Number: 402-473-0447

USDA INVENTORY AS OF March 22, 2021

Canned, Frozen or Instant Vegetables

4 1/2 cases (24 #300 cans/case) Red Kidney Beans

4 1/2 cases (24 #300 cans/case) Garbanzo Beans

Canned & Frozen Fruit

2 1/3 cases (24/#300 cans/case) Sliced Pears

2 cases (24/#300 cans/case) Sliced Peaches

Pasta

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

Frozen & Canned Meat

3 cases (6 5# packages/case) Pork Loins

Soups

6 cases (24/24oz pouches/case) Beef Stew

Miscellaneous

None