



matt talbot

kitchen & outreach

OCTOBER 2020 • VOLUME 7 • ISSUE 10

BOLD HOPE

Huskers Helping the Homeless Goes Virtual in October



We've switched our game plan this year and kicked off Huskers Helping the Homeless Virtually! Things may be running different this year, but you are still our starting team in providing the best defense against hunger and homelessness to help our guests stay in the game! Instead of hosting the event with hundreds of volunteers throughout Lincoln on a home-game weekend, we are asking volunteers of all ages to raise \$50 (or more!) virtually during the month of October. Online fundraising tools can be used and service hours are available if needed. Go to mtko.org/huskers to sign-up to volunteer. Interested in donating instead? Go to: mtko.org/huskersgive or by texting MTKO to 50155.

Donate at Sam's Club South during October



Sam's Club located at 8480 Andermatt Drive in Lincoln will be collecting donations on behalf of Matt Talbot Kitchen & Outreach during the month of October. Sam's Club usually allows volunteers to collect donations for Huskers Helping the Homeless, but due to Covid-19 we will not be able to do that this year. Please look for the collection container with our name and logo at the front of their store to donate.

Matt Talbot has Opening for Full-Time Housing Locator

MTKO is hiring for a new Housing Locator position. The Housing Locator will identify, create, and sustain effective and innovative relationships with housing partners. This position supports the Lincoln Continuum of Care by providing housing opportunities to CoC agencies. In this position you will collaboratively and strategically assess and expand current local housing stock to better support our community partner agencies providing Rapid Rehousing and Permanent Supportive Housing services. Applicants should have a degree in Business/Communication, Customer Relations or related field. Some exposure to human services/social sciences and/or working with indigent/at-risk populations is a plus. Experience in property management, housing management, fair housing is a plus. The position offers a full-time flexible schedule in a supportive team environment. Competitive wages and benefits are offered. Please submit an application (<http://www.mtko.org/about/employment-opportunities>), cover letter and resume to Retha Knapp at Retha.Knapp@mtko.org or mail to PO Box 80935, Lincoln, NE 68501.

News from the Kitchen

By Sydne Wirrick-Knox
Kitchen Manager



MTKO Welcomes New Kitchen Assistant

Matt Talbot Kitchen & Outreach welcomes Casey Beltran as our new Kitchen Assistant. Casey received a bachelor's degree in Information Systems Management from Doane University in 2015. She is the mother of three children: Ophelia, Henry, and Caleb. She devotes her free time to her children by playing karaoke, Magic the Gathering, planning movie nights, and cooking together. She enjoys writing poetry and literary fiction. She appreciates reading Amish fiction written by Amy Clipston, Wanda Brustetter, and Linda Castillo; as well as literary authors such as Toni Morrison, Charlotte Bronte, and Harper Lee. Please join the MTKO staff in extending a heartfelt welcome to Casey as she begins her journey at Matt Talbot Kitchen & Outreach.

Volunteer Teams needed for both one-time opportunities and ongoing monthly meals available.

One-Time: Friday lunch 10/9, Tuesday lunch 10/13, Monday lunch 10/19 and Wednesday lunch 10/21

Ongoing Monthly Meals: 1st Monday lunch, 2nd Friday lunch, 3rd Wednesday lunch

Call Sydne at 402-817-0622 or email sydne.wirrick-knox@mtko.org

Update on our COVID 19 Response for MTKO Hunger Relief Teams

Our meal numbers increased again in September, we are especially seeing an increase in our weekend meals. Remember that you can [review the meal count on our website](#) (updated twice a week) to help you track the trends and plan accordingly.

We have increased the number of volunteers allowed in the kitchen to five. The same protocols will remain in place with each volunteer required to wear a mask and gloves, follow social distancing guidelines, and do a temperature check when entering the building.

I will continue to keep each team captain updated as to the status of our hunger relief program on a monthly basis.

Thank you all for the additional support and help through these unusual times. As always, contact me with any questions (402-817-0622 or 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. "

Thai Peanut Butter and Pumpkin Soup

Janet Buck, MS, RD, LMNT, Nutrition Coordinator

Here is a recipe for a pumpkin soup that also uses peanut butter. This recipe also happens to be vegan. People eat vegan for a variety of reasons, including health benefits, helping sustain the environment and for humane animal treatment. Pumpkins are plentiful this time of year and I love trying foods from different cultures. You might want to omit the Sriracha sauce and lighten up on the Thai red curry paste if you are wimp about hot foods, like I am. But it's a good way to use up some of the pumpkins you might have on hand. And pumpkins are a great source of Vitamin A, as you can see from the nutrition information below.

10-Minute Thai Peanut Butter & Pumpkin Soup

Author: [Sam Turnbull • It Doesn't Taste Like Chicken](#)

Ingredients

- 2 tablespoons Thai red curry paste
- 1 L vegetable broth (4 cups)
- 1 796ml can pumpkin purée (3 1/2 Cups)
- 1/4 cup natural peanut butter
- 1 cup coconut milk
- 2 tablespoons soy sauce (or to taste)
- 2 tablespoons agave or maple syrup
- 2 tablespoons Sriracha (optional)
- Lime, cilantro, coconut milk, or more Sriracha for garnish



Directions

1. Heat a big pot over medium-high heat. Add the Thai red curry paste, and stir or whisk as it's heating up. After about 1 minute it will stick to the pan and become fragrant.
2. Then add all of the remaining ingredients: vegetable broth, pumpkin, peanut butter, coconut milk, soy sauce, agave, and sriracha. Whisk well to combine. Cook until it's completely heated through.
3. Garnish with a wedge of lime, some cilantro, sriracha, a drizzle of coconut milk, or enjoy just as it is.

Nutrition

Calories: 132kcal | Carbohydrates: 8g | Protein: 3g | Fat: 10g | Saturated Fat: 6g | Sodium: 878mg | Potassium: 128mg | Sugar: 5g | Vitamin A: 875 IU | Vitamin C: 3.1mg | Calcium: 14mg | Iron: 1.3mg

*In the September article a section was accidentally omitted from the article. We've included the missing information for you to read. Thank you.

Most everyone is familiar with the common green zucchini. But did you know that zucchini come in varieties like yellow (or golden), Costata Romanesco, and round (or eight ball) as well? The yellow are a bit sweeter than the green variety. The Costata Romanesco has pale green ridges and darker green valleys. The eight balls are little spheres. It is best to harvest them when they are softball sized. Because of their unique shape, it is fun to stuff them and serve them that way.



BOLD HOPE

PO Box 80935
Lincoln, NE 68501

Jet Splash Host Charity Haunted Tunnel Carwash



OCTOBER 28-30 | 7-9 PM | \$15 PER CAR (Includes \$20 wash)

With Trick or Treat up in the air this year, how about a fun alternative! Jet Splash at 84th & Hwy 2 will be hosting a Haunted Tunnel carwash fundraiser October 28-30. All proceeds will go to your designated charity. Please inform them that you would like your donation to go to **Matt Talbot Kitchen & Outreach**. It will be a treat for the kids and you will receive their \$20 carwash while your family is getting spooked!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MTKO Weekend Pager Number: 402-473-0447				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 & Glenna 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 Prairie Hill Learning Center Jason Nord 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 UPS Provide MTKO Serve	8 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	9 Lunch Need Sub Team Supper Blessed Sacrament #1 MaryAnn Burda	10 Lunch First United Methodist Church Liz Zeff Supper 1 st Plymouth Congregational Hollie Schmidt
10 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac + Malcolm Student Council 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 Need Sub Team 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 Chopsticks Chinese Restaurant Provide St. David's Episcopal Serve	20 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	21 Lunch Need Sub Team 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 St John's Talbot Lunch Bunch Tini Van-Oehlertz Supper CALL Cheryl Ferree
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 Ebbers	30 Lunch Christ United Methodist Rochelle Dyer Supper Southwood Lutheran Leigh Porter	31 Lunch The Dangling Particles Mindy & Holly Supper Cathedral Godteens Michelle Heofener

Mission Statement: The mission of Matt Talbot Kitchen & Outreach is to serve the physical, emotional and spiritual needs of Lincoln's working poor and homeless through outreach, advocacy, education and the provision of food and shelter.

USDA INVENTORY AS OF September 18, 2020

Canned, Frozen or Instant Vegetables

5 cases (24 #300 cans/case) Red Kidney Beans
1/3 case (24 #300 cans/case) Black Beans
4 ½ cases (24 #300 cans/case) Garbanzo Beans
2 cases (24 #300 cans/case) Corn

Canned & Frozen Fruit

8 ½ cases (2 /#300 cans/case) Sliced Pears
7cases (24 #300 cans/case) Peaches
2 cases (24 #300 cans/case) Mixed Fruit

Pasta

3 cases (20 1# boxes/case) Spaghetti

Frozen & Canned Meat

3 cases (6 5# packages/case) Pork Loins
1 cases (24 24 oz. cans/case) Canned Beef

Soups

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

Miscellaneous

2 ¼ cases (24 #300 cans/case) Spaghetti Sauce

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