



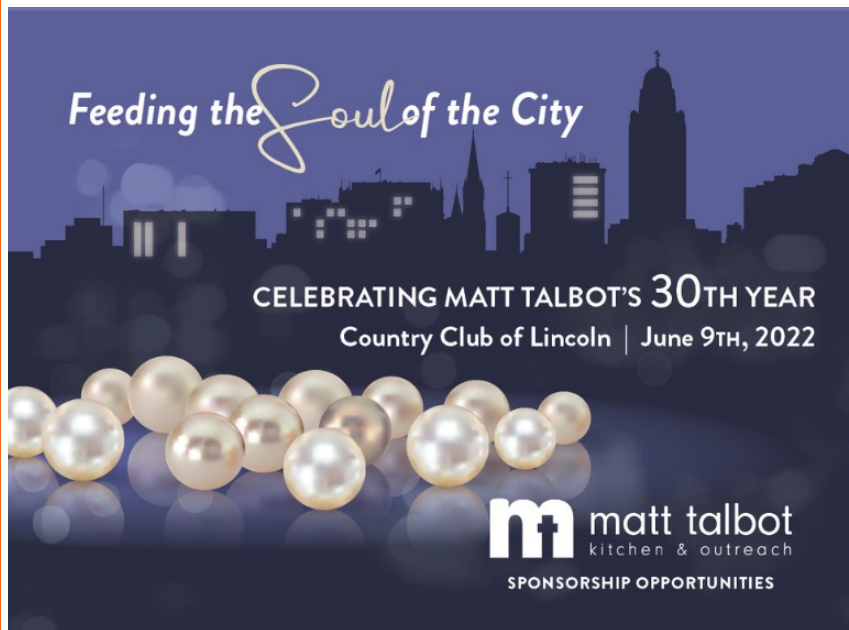
ARIL 2022 • VOLUME 9 • ISSUE 4

matt talbot

kitchen & outreach

BOLD HOPE

Celebrating Matt Talbot's 30th Year, Feeding the Soul of the City



Our annual Feeding the Soul of the City fundraising dinner on June 9th at the Country Club of Lincoln is a time for us to celebrate and recognize our volunteers that go above and beyond through Compassion in Action awards!

There are a variety of event sponsorship options available, which allow Matt Talbot to continue feeding the souls of hundreds of individuals and families challenged with homelessness and poverty who pass through our open doors every day.

To find out more about this event and sponsorship options please visit mtko.org/events or contact Jenn Boettcher at jenn.boettcher@mtko.org or 402.817.0615.

Interested in Making A Difference? We're Hiring

Matt Talbot Kitchen & Outreach has several positions available in our Outreach and Housing Department for immediate hiring. Do you have a passion for interacting with the community? Our **Outreach Monitor** may be the position for you. As the Outreach Monitor you would be responsible for monitoring the onsite activities of guests at Matt Talbot and to ensure compliance with policies on conduct and expectations. He/she is also responsible for assisting with the safety of guests, staff and volunteers. The Outreach Monitor will offer homeless or near homeless individuals and families on-going support, advocacy, referral information, compassion, and guidance. The Outreach Monitor will serve to link homeless or near homeless individuals and families with community resources equipped to address their many needs. Our **Housing First Case Manager** position is responsible for providing outreach to homeless individuals and families at Matt Talbot and case managing specific households through the Housing First Program. The position provides a broad array of services including crisis intervention, advocacy and case management using a Housing First philosophy. The Case Manager must recognize the multiple and serious needs of persons who are homeless, the various subgroups within that population, and the need for multiple and holistic interventions. Our final position is our **Housing Specialist** who is responsible for increasing access to both private and public rental markets for those moving from homelessness to permanent housing. The Housing Specialist will build relationships with landlords and create incentives for landlords to relax screening criteria for people experiencing homelessness who have barriers to accessing permanent housing. Incentives include a rapid response to concerns, tenant case-management, rental deposits, and a contingency/damage fund. To find out more about these positions and their qualifications please log onto mtko.org. Please submit an application, cover letter and resume to Amber.Dean@mtko.org or mail to PO Box 80935, Lincoln, NE 68501.

News from the Kitchen

By Sydne Wirrick-Knox
Kitchen Manager



Questions Heard Around the MTKO Kitchen about Food Safety

If you have questions about food safety, please email Sydne at Sydne.Wirrick-Knox@MTKO.org. If I don't know the answer, I will do some research and send my reply through the monthly newsletter.

Question: Can you freeze cabbage?

Answer: You can if you make coleslaw. Below is a recipe for freezer slaw:

Sassy Freezer Slaw - Serves 12

Coleslaw made up and put in the freezer. Easy to take out and thaw when you need it in a hurry. It does have a crunch to it and a sweet-sour vinegar based dressing. Freeze for up to two months. Chopped onions and bell peppers are an option to add in if you like them.

Ingredients:

2 pounds shredded cabbage	1/4 cup water
1 tablespoon salt	1 teaspoon celery seed
2 cups white sugar	1 cup apple cider vinegar
1 teaspoon dry mustard	2 large carrots, shredded

Directions:

Mix shredded cabbage and salt together in a colander; drain for 1 hour. Squeeze moisture from cabbage. Stir carrots into cabbage and divide cabbage mixture between pint containers.

Whisk sugar, vinegar, water, celery seed, and dry mustard together in saucepan over medium high heat; bring to a boil for 1 minute. Cool. Pour cooled vinegar dressing mixture over cabbage mixture, cover containers, and freeze. Thaw before serving.

The pager number for weekend teams is no longer available.

Effective April 1 we are changing our weekend on-call from our old pager system to an answering service. All you need to do is contact the service number and they will forward your message to the on-call MTKO staff member.

The new number effective 4/1/22 is 402-473-2828.



Policy Reminders for Hunger Relief Teams

"One Meal per Person". If guests ask for additional meals, remind them they can come back for seconds at 12:00 (noon) and 6:00 PM. Guests must be present to receive a meal.

All silverware, plastic ware, salt, pepper, cream, and sugar must be handled by volunteers only. Guests cannot help themselves.

MTKO is still providing small milk containers (only one per meal) and takeout containers. Remember no bottled water.

Thank you for your help regarding these policies.

COVID Protocol Update for staff, volunteers, & guests at MTKO

We continue to follow guidance issued by the Lincoln Lancaster County Health Department (LLCHD) to reduce the spread of the virus and its variants. **You are not required to wear a mask while at the facility, but feel free if you wish.**

Volunteer Opportunities: One-time meals & On-going monthly meals

One-Time: Evening Meal 4/2, Lunch 4/4, Lunch 4/18, Lunch 4/25, Lunch 5/2, Lunch 5/18, Lunch 5/30, Evening Meal 5/30, Lunch 5/31 & Evening Meal 5/31.

Ongoing Monthly Meals: 1st Monday lunch odd months, 1st Wednesday evening meals every month except March & November, 3rd Monday lunch, 3rd Tuesday evening meals, 3rd Wednesday lunch, 4th Monday lunch, and 5th Tuesday evening meals.

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

MTKO Weekend Answering Service Number: 402-473-2828

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."

Black Bean and Corn Pasta with Chicken

Ingredients

- 19 (16 ounce) packages pasta shells
- 19 cups fresh corn (if canned is used, rinse & drain)
- 19 (15 ounces) cans black beans, rinsed & drained
- 19 (14.5 ounce) cans diced tomatoes w/juice
- 38 boneless chicken breasts halves, cooked & cut into bite-sized pieces.
- 2 1/4 teaspoon Worcestershire sauce
- 2 1/4 teaspoon hot pepper sauce
- Salt & Pepper to taste

Directions:

Cook pasta until al dente; drain.

Over low heat, cook corn and black beans for 2 minutes. Stir in the tomatoes, reserving their juice. Season with salt and pepper and cook 2 minutes more. Pour in enough tomato juice to cover and season with hot pepper sauce and worcestershire.

Increase heat slightly, stir in chicken, and heat through, 3 to 5 minutes.

Spoon over cooked pasta.

Serves: 150 Calories: 341 Sodium : 309 mg



Looking for Scouts!



Are you a scout leader or know someone who has a child in a scout group?

MTKO is looking for scout groups to help with a few outdoor projects this spring. Is your group creative? We would love to have a group create decorative vegetable markers for our garden. Does your group love to build? We have a couple small building project for your group. In addition, this spring we are expanding our garden by two vegetable beds. We are looking for a group to help break ground and build new brick vegetable beds. Interested? Please contact Victoria O'Neil at 402-817-0623 or victoria.oneil@mtko.org.



Food Waste in the United States

As the United States, you would think that we have enough food for all of our residents, right? The answer is yes, but did you know that there are still 38 million who face hunger in the United States. Each year, 108 billion pounds of food is wasted in the United States. That is nearly 40% of all food in America. Here at Matt Talbot Kitchen & Outreach we are doing our part to help with local food waste. We are partnering with several local restaurants and grocery stores to help distribute high quality food that otherwise would be thrown away. Some of our local partners are Chick-fil-A, Panera, Mercato, Costco, and Whole Foods. By receiving this food and distributing it to our guest and using it in our Hunger Relief Program we have been able to provide thousands of additional meals to our guests. In the month of March alone, we have been able to provide over 8000 additional meals on top of what we provide from our Hunger Relief Program. We hope to continue to grow and partner with other local resources in 2022. If you know any local restaurants or stores who would be interested in partnering with MTKO please contact Victoria O'Neil at 402-817-0623 or victoria.oneil@mtko.org. (Source: feedingamerica.org)



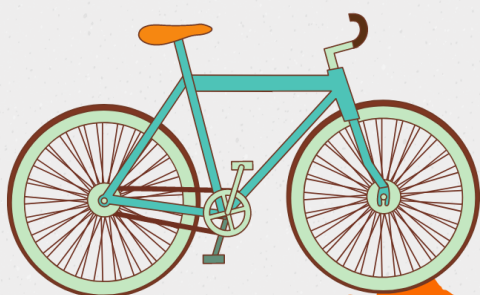
matt talbot
kitchen & outreach

BOLD HOPE

PO Box 80935
Lincoln, NE 68501



30 years
of serving lincoln



WE ARE IN NEED OF

Bikes & Bike locks

PLEASE CONTACT VICTORIA AT [VICTORIA.ONEIL@MTKO.ORG](mailto:victoria.oneil@mtko.org)

Do you have a bike you no longer use? Matt Talbot is in need of bikes and bike locks for our guests and transition houses. If you're looking for a place to donate a bike or bike locks you've found it! Please contact Victoria at victoria.oneil@mtko.org or 402-817-0623. Thank you in advance for your generous donation and support!

Garden Volunteers Needed

Garden season is fast approaching and we are working hard to have our vegetable beds ready for planting. Are you interested in helping with our community garden? We are expanding our garden this year by two beds, making a total of 14! Vegetables that are grown at MTKO will be offered to our Hunger Relief Teams to use in their meals as well as given to our guests. We will need ongoing volunteers to help with daily weeding and watering. Interested? Please contact victoria.oneil@mtko.org or 402-817-0623.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MTKO Weekend Answering Service Number: 402-473-2828					1 Lunch IANL Roli Saraf Supper Westminster Presbyterian Church Gary Haller	2 Lunch College View Something Else Class Vicki Biloff Supper Need Sub Team
3 Lunch Madonna Sue Carraher Supper Family & Friends Peggy & Greg Dynek	4 Lunch Sub Team Lakshmi Rau P/P MTKO Serve Supper Super Supper Servers Sue Connolly	5 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	6 Lunch Wednesday Lunch Bunch Lisa Hayes Supper Sub Team Randi Nelson	7 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	8 Lunch Christ Lincoln Schools Mark Lakamp Supper Blessed Sacrament #1 Maureen Mattern	9 Lunch Second Saturday Smilers Janette Johnson Supper 1 st Plymouth Congregational Hollie Schmidt
10 Lunch St Mary's Elmwood Ruth Ann Hlavac Supper Molly Brummond	11 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	12 Lunch MTKO P Community Corrections Center P/S Supper St Pat's Leah Bethune	13 Lunch Christ United Methodist Mary Woodard Supper St Peter's Godteens Sarah Hodge	14 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	15 Lunch Second Baptist Elaine Pope Supper St Mary's NA Martyrs Mix Carol Ruskamp & Cindy Seidl	16 Lunch St Katherine's Lunch Bunch Mark & Mai Linebaugh Supper Holy Savior Lutheran I Andrea Lewis
17 Lunch St Peter's Mary French Supper Talent Plus Cydney Koukol	18 Lunch Sub Team St Joe's Kids Sara Racicot P/P/S Supper St. David's Episcopal Kathy Wilson	19 Lunch First Lutheran Church Steve & Karen Lenzen Supper MTKO P/P Pius X Landscaping Serve Only	20 Lunch Sub Team Applied Systems Ali Ritter P/P/S Supper St Teresa's #1 Rosie Polak	21 Lunch Christ United Methodist Maggie Bates Supper St E's Mission Integration Committee Julie Fuller	22 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	23 Lunch St John's Talbot Lunch Bunch Tini Van-Oehlert Supper CALL Cheryl Ferree
24 Lunch Light of the World Marron Keady Supper The Servants of St Joseph Mary Bill	25 Lunch Sub Team MTKO P/P Villa Marie Serve Only Supper Sysco Lincoln Elke Hesser	26 Lunch Women's Welcome Club Maril Freese Supper Southwood Lutheran Leigh Porter	27 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Teresa's Coffee Group Donna & Karen	28 Lunch Joseph B Louann Cao Supper St Francis & St Clare Janet Harrison	29 Lunch Christ United Methodist Rochelle Dyer Supper Southwood Lutheran Leigh Porter	30 Lunch The Dangling Particles Holly Tracy Supper Cathedral Godteens Renee DeVilliers

USDA INVENTORY AS OF March 18, 2022

Canned, Frozen or Instant Vegetables

2 cases (24 #300 cans/case) Red Kidney Beans
3 ½ cases (24 #300 cans/case) Garbanzo Beans
12 ½ cases (24 #300 cans/case) Green Beans
5 ½ cases (24 #300 cans/case) Corn

Canned & Frozen Fruit

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

Pasta

None

Frozen & Canned Meat

4 cases (36/10 oz. pouches/case) Chicken Meat
½ cases (24/24 oz. cans/case) Canned Beef
13 ½ cases (24/12 oz. cans/case) Canned Tuna
3 ¼ cases (24/5 oz. cans/case) Canned Chicken
4 cases (24/12.5 oz. cans/case) Canned Chicken

Soups

6 cases (24/#300 cans/case) Tomato Soup
3 cases (24/24 oz. pouches/case) Beef Stew

Miscellaneous

4 cases (24/#300 cans/case) Refried Beans