



# matt talbot

## kitchen & outreach

MARCH 2022 • VOLUME 9 • ISSUE 3

**BOLD HOPE**

### Housing and Outreach Welcomes New Staff Members



MTKO has two incredible staff member that have recently joined our team! We are excited to welcome Tamar Byron, our newest Outreach Specialist. Tamar likes to think of herself as a jack of all trades. She has held a few different licenses in her life, CNA, MA, but my favorite was her Barber license. In 2007 she worked for a company that relocated. Part of her severance was an opportunity to go to college, she accepted, so at the young of 40 Tamar went back to college! She says she has what she likes to all a starting line up, which consists of three daughters and two sons, then she has HER FAVORITE, THE BENCHWARMERS (grand kids) which consists of four lovely ladies and one handsome young man. She was born and raised in Lincoln NE, went to the only high school in town LNE. (LOL) She has been in the field for over 20 years, Tamar loves working with people. It fills her bucket. Tamar says, "she came to Matt Talbot to be a part of the amazing culture. When entering the building it's filled with a type of warmth and welcoming that is indescribable. I LOVE THIS PLACE!" Her favorite saying is "SLOW AND STEADY WINS THE RACE!" Well Tamar, we love you and your amazing energy you have brought to MTKO.

Our newest Rapid Rehousing Case Manager is Nick Harral, Nick joins us after working at the Lincoln Food Bank for the past 4 years. During that time Nick was coming into Matt Talbot and working with our guests to obtain their SNAP benefits. Nick is married, his wife Katie is a Psychologist and works at Morningstar counseling. They have a 2 year old daughter, Jasmine who keeps them busy and on their toes. Over the past few years Nick has witnessed how MTKO staff treats people coming in for help with respect, dignity, compassion and that had a big impact on him. He is excited to be a part of the team. We are excited to have him here too!

It is exciting to have new faces added to our staff and we are looking forward to them contributing to Matt Talbot bringing BOLD hope to Lincoln.



### You May Have Seen This Staff Member Before...



Matt Talbot is happy to announce we have hired Lola Wienman as our full-time Receptionist. Lola first came to Matt Talbot last year as temporary employee. After several months Lola received a new assignment and left us temporarily. She returned, and we are happy to say is now a MTKO staff member. She has worked in customer service for over ten years, after receiving her Bachelors in Business Administration. Lola has two children who love trying new things and like to be involved in the community. She spends her free time with her kids and friends, loves being outside and going to concerts when she can. When Lola was younger her church served a meal at Matt Talbot. She had no idea it had grown so much until she returned. She remembers sitting with guest and getting to talk to them and loving it. She's so happy to be back and serving our guests, this time as a staff member. We are thankful for Lola and all she does for our staff.

# 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](mailto: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.

### Is Raw Ground Beef OK If It's Turning Brown?

**Question:** I bought some ground beef yesterday and it was a bright red color. When I opened the package today, the center was more brownish-gray. It's been refrigerated the whole time. Is it still safe?

**Answer:** Your ground beef is probably fine.

As the U.S. Department of Agriculture points out, it's common for the inside portion of packaged ground beef to become more brown or gray in color, even while the outside remains red.

But that does not mean the meat has spoiled, adds the USDA.

The color difference you're noticing is usually caused by the lack of oxygen penetrating below the surface layer of the meat. When ground beef goes truly bad, on the other hand, other signs of spoilage are normally present, including an off odor, a sticky or tacky feel, or a slimy appearance.

Raw ground beef can be safely refrigerated for one to two days. For longer-term storage, you should freeze ground beef no later than two days after purchasing it.

## 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.

Thank you for your help regarding these policies.

## Phasing out bottled water effective March 1, 2022

With the cost of bottled water being so great and an effort to reduce waste going to our land fill, MTKO is phasing out our bottled water.

We have purchased 12 ounce paper cups that will take either hot or cold beverages. We encourage our hunger relief teams to instruct our guests to use a paper cup; filling it at the water faucet in the beverage area of the serving line. Those who want to take water or coffee to go are welcome to use the paper cups, however, MTKO will not supply lids for the cups.

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

While we have followed guidance issued by the Lincoln Lancaster County Health Department (LLCHD) and will continue to in most instances, we have opted to keep the mask mandate in effect until the risk dial moves to a more moderate/yellow risk before we make a decision. We serve a very vulnerable population and guidance by the National Alliance to End Homelessness is also something we have used in our decision making process. Please look for emails, check our website, or expect a call as we may change course sometime this month. **For now, masks will be required for staff, volunteers and guests at MTKO.**

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

**One-Time:** Lunch 4/4, Lunch 4/18, Lunch 4/20, Lunch 5/2, Lunch 5/16, Lunch 5/18, Lunch 5/30, Lunch 5/31 & Evening Meal 5/31.

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

Call Sydne at 402-817-0622 or email [Sydne.Wirrick-Knox@MTKO.org](mailto: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."

## Healthy STRIVE Recipes

### Baked Swiss Steak

#### Ingredients :

- 38 pounds beef round steak
- 37 green bell peppers, chopped
- 9 1/3 cups beef broth
- 1/3 cups seasoned salt (Lawry's)
- 19 cups chopped carrots
- 2 1/3 cups flour, as needed
- 9 cups chopped celery
- 9 1/3 cups vegetable oil
- 75 cloves garlic, minced
- 37 (14.5 oz) can tomatoes
- 2 1/3 cups cups flour
- 37 medium onions, chopped



#### Directions:

- Preheat oven to 350 ° F. Spray pans with cooking spray.
- Cut each 1 pound steak into 4 portions & pound to 1/4 inch thickness; season with seasoned salt and pepper.
- Coat meat evenly with flour.
- Heat oil in skillet over medium heat. Cook beef in hot oil until browned completely on both sides; transfer to prepared pans reserving drippings in skillet.
- To drippings, add tomatoes, onion, green bell peppers, beef broth, carrots, celery, garlic, 2 1/3 cups flour and Worcestershire sauce. Bring mixture to boil; cook and stir for 2 minutes.
- Pour mixture over the meat and cover pan with foil.
- Bake until beef is completely tender, about 90 minutes.

**Serves: 150 Calories: 313 per serving**



Thank you to the churches and organizations that have already turned in their collections for Souper Bowl of Caring. To date, we have received many donations of food, hygiene items and have exceeded \$3000 in cash donations . This fundraiser helps Matt Talbot Kitchen & Outreach provide Hunger Relief and Bold Hope.



### CLEANING & CLOSING PROCEDURES FOR THE KITCHEN & DINING ROOM

- Clear off tables. Clean tables and seats of each chair with spray sanitizing cleaner & clean towel.
- Stack chairs on carts (25 chairs per cart).
- Clean all countertops in food prep, drink and serving areas using spray sanitizing cleaner.
- Drain all three coffee carriers. If coffee is left in overnight it tends to leak out all over the floors.
- Empty all trash cans from the kitchen, dish washing room and dining room into the outside dumpster. Please be sure to re-line all garbage cans.
- Empty both blue recycle bins into the outside recycle dumpster.
- Break down all cardboard and place in the outside recycle dumpster.
- Sweep the kitchen floor.
- Place all used towels into the hamper.
- Check to make sure ALL APPLIANCES ARE OFF. (Detailed list on the back of daily report.)

For evening and weekend teams, check to be sure the exterior doors are locked.



**matt talbot**  
kitchen & outreach

**BOLD HOPE**

PO Box 80935  
Lincoln, NE 68501

### *Save the Date*

*MTKO 30th Anniversary*

*Feeding the Soul of the City*

*Thursday, June 9th*

*Country Club of Lincoln*

*More Detail to Follow*

## TRANSITIONS



Transitions certainly describes what is happening at Matt Talbot Kitchen & Outreach right now. This past year we had several long-tenured staff either retire or move on to other opportunities. Change is inevitable they say, and it can be hard, especially when we have had very few openings over the years, but it is also ripe with possibilities.

We now have several new team members and have been rearranging some of our organizational structure. New people bring new energy and cause you to look at old ways. They bring about opportunities for critical analysis which is always a good thing. The timing of these transitions is serendipitous in that we also are in a strategic planning season. Our 3 strategic priorities encompass strengthening our infrastructure, assessing our prevention efforts while enhancing partnerships to meet critical needs, and creating a strategic communication plan for internal and external communities.

It is an exciting season for Matt Talbot. Our organization will be celebrating a significant milestone, its 30th anniversary this year! All the changes we are experiencing now are part of the life cycle of a more mature organization. Yet there are some tensions moving from the past to the present, something like growing pains I'd guess. Thankfully we have our faith, a compassionate focus, and a tremendous amount of community support. These strengths will see us through to more solid ground.

To continue reading Susanne Blue's Blog go to: <https://www.mtko.org/news/blog.html/article/2022/02/08/transitions>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <b>Lunch</b> Family & Friends Mary Jo Bousek <b>Supper</b> Tuesday Dues Capital City Christian Church Joy Blythe	<b>2</b> <b>Lunch</b> Wednesday Lunch Bunch Lisa Hayes <b>Supper</b> Seward United Methodist Youth Group Tonya Parra	<b>3</b> <b>Lunch</b> Angel Helpers Mary Jo Bousek <b>Supper</b> St. Joseph's #3 Pat & Bill Lundak	<b>4</b> <b>Lunch</b> IANL Roli Saraf <b>Supper</b> St Mark's United Methodist Ann Heydt	<b>5</b> <b>Lunch</b> College View Something Else Class Vicki Biloff <b>Supper</b> Family & Friends Melanie Johnson
<b>6</b> <b>Lunch</b> Madonna Sue Carraher <b>Supper</b> Sub Team Pius X Cheer P/P/S	<b>7</b> <b>Lunch</b> Sub Team Kate Abendorf P/P/S <b>Supper</b> Super Supper Servers Sue Connolly	<b>8</b> <b>Lunch</b> MTKO P Community Corrections Center P/S <b>Supper</b> St Joseph's #1 Mary Love	<b>9</b> <b>Lunch</b> Christ United Methodist Mary Woodard <b>Supper</b> New Covenant ACTS Lee Johnson- Flowerday	<b>10</b> <b>Lunch</b> Country Neighbors Beaver Crossing Mike Stutzman <b>Supper</b> Blessed Sacrament #2 Mary Jo Bousek	<b>11</b> <b>Lunch</b> Christ Lincoln Schools Mark Lakamp <b>Supper</b> Spirit of Hope Lutheran Church Deb Bush & Dallas Kipper	<b>12</b> <b>Lunch</b> Second Saturday Smilers Janette Johnson <b>Supper</b> 1 <sup>st</sup> Plymouth Congregational Hollie Schmidt
<b>13</b> <b>Lunch</b> St Mary's Elmwood Ruth Ann Hlavac <b>Supper</b> Sub Team First Lutheran Church Youth P/P/S	<b>14</b> <b>Lunch</b> Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset <b>Supper</b> J-Tech Construction Jason Olberding	<b>15</b> <b>Lunch</b> First Lutheran Church Steve & Karen Lenzen <b>Supper</b> MTKO P/P Pius X Landscaping Serve Only	<b>16</b> <b>Lunch</b> Sub Team Prem Bansal P/P/S <b>Supper</b> St Teresa's #1 Rosie Polak	<b>17</b> <b>Lunch</b> Christ United Methodist Maggie Bates <b>Lunch</b> Living Faith Free Methodist Church Pastor Watson	<b>18</b> <b>Lunch</b> Second Baptist Elaine Pope <b>Supper</b> St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	<b>19</b> <b>Lunch</b> Edenton Christian Church Tonia Hunter <b>Supper</b> Holy Savior Lutheran III Sarah Fuller
<b>20</b> <b>Lunch</b> NE Heart Hospital Pharmacy Donna Brophy <b>Supper</b> St Paul's Methodist Church Youth Group Jed Linder	<b>21</b> <b>Lunch</b> Sub Team Perceptyx Sarah Baltensperger P/P/S <b>Supper</b> St. David's Episcopal Sharon Beachell	<b>22</b> <b>Lunch</b> Women's Welcome Club Maril Freese <b>Supper</b> Southwood Lutheran Leigh Porter	<b>23</b> <b>Lunch</b> Trinity Lutheran Church, Cordova Kim Due <b>Supper</b> St Teresa's Coffee Group Donna & Karen	<b>24</b> <b>Lunch</b> RE/MAX Concepts Reina Day <b>Supper</b> St Francis & St Clare Janet Harrison	<b>25</b> <b>Lunch</b> Sister Chicks Ursula McLaughlin <b>Supper</b> Sheridan Lutheran Grandma Sue	<b>26</b> <b>Lunch</b> Blessed Sacrament #5 Mary Woltemath <b>Supper</b> CALL Cheryl Ferree
<b>27</b> <b>Lunch</b> North American Martyrs Jen Wilson <b>Supper</b> The Servants of St Joseph Mary Bill	<b>28</b> <b>Lunch</b> Immanuel Church Vi Schroeder <b>Supper</b> SouthPointe Christian Church Lisa Gengenbach	<b>29</b> <b>Lunch</b> Scheels Olivia Rash- Mayfield <b>Supper</b> Sub Team Angela Moran P/P/S	<b>30</b> <b>Lunch</b> Orthodox Men of Lincoln Richard Leiter & Paul Barnes <b>Supper</b> St Peter's Becky Searcy	<b>31</b> <b>Lunch</b> St Paulinus Kay Kreifels <b>Supper</b> St James' Cortland Kassie Ebbers	<b>MTKO</b> <b>Weekend</b> <b>Pager Number:</b> <b>402-473-0447</b>	

## **USDA INVENTORY AS OF February 22, 2022**

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

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

### **Canned & Frozen Fruit**

7 cases (24/#300 cans/case) Sliced Pears  
14 ½ cases (24/#300 cans/case) Sliced Peaches  
2 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

### **Soups**

6 cases (24/#300 cans/case) Tomato Soup

### **Miscellaneous**

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