



matt talbot

kitchen & outreach

DECEMBER 2019 • VOLUME 6 • ISSUE 12

BOLD HOPE



Season's Greetings!



Matt Talbot provides a welcoming and safe refuge year round for those who face poverty, homelessness and addiction. During the holidays this space becomes even more important for guests who find themselves alone and without a home. For many of our guests searching for acceptance, structure and a supportive community, Matt Talbot is like home. Your gift to Matt Talbot will provide comfort, joy and bold hope to people who really need it this Christmas and throughout the New Year. Please give generously.

God Bless You and Merry Christmas!

Matt Talbot Kitchen & Outreach Earns Sixth Consecutive 4 Star Rating

Matt Talbot Kitchen & Outreach's strong financial health and commitment to accountability and transparency have earned it a 4-star rating from Charity Navigator, America's largest independent charity evaluator. This is the sixth consecutive year that Matt Talbot has earned this top distinction. Only 9% of charities evaluated by Charity Navigator have received at least six consecutive 4-star evaluations, indicating that Matt Talbot is among the top charities in America in adhering to sector best practices and executing its mission in a financially efficient way.

"Matt Talbot Kitchen & Outreach's exceptional 4-star rating sets it apart from its peers and demonstrates its trustworthiness to the public," according to Michael Thatcher, President & CEO of Charity Navigator. "We want to share this news with our generous community to affirm that we are using their donations wisely to defeat hunger and homelessness," said Susanne Blue, Executive Director. "Our 4-star Charity Navigator rating demonstrates to our supporters our good governance and financial accountability."

Matt Talbot Kitchen & Outreach Receives \$10,000 Grant from Nebraska Presbyterian



Nebraska Presbyterian Foundation

Matt Talbot Kitchen & Outreach recently received a \$10,000 grant from the Nebraska Presbyterian Foundation for support of our Hunger Relief Program for the homeless and near homeless in Lincoln. The foundation envisions a world where every person has the opportunities, the knowledge, the courage and the support to be the best version of themselves. The Foundation supports many agencies throughout the Lincoln Community through providing grants. They hope that their energy, their time and their resources are investments that will help bridge that gap between idea and reality.

News from the Kitchen

By Sydne Wirrick-Knox
Kitchen Manager

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 only have 7 teams of our required 27 teams who have submitted their certification forms.** That means we have only **26% compliance for the USDA requirements.** Please contact Sydne at sydne.wirrick-knox@mtko.org or 402-817-0622 if you have any question.

Watch your mailbox for the 2019 In-Kind Donation Forms!

The In-Kind Donation Forms will be mailed from MTKO mid-month in December, 2019 and need to be returned no later than February 15, 2020.

Thank you for all you do!



A Big MTKO "Thank You" to Janet & Greg Harrison and their family for providing, preparing & serving another amazing Thanksgiving Feast for our MTKO guests. Thanks also to all the teams that sacrificed some of their time with family to prepare and serve during the long Thanksgiving weekend.

Eleven additions to our Hunger Relief STRIVE Program

MTKO would like to recognize 11 additional Hunger Relief Teams that qualified in 2019 as STRIVE Teams: Tuesday Dues (1st Tuesday evening), Wednesday Lunch Bunch (1st Wednesday lunch), Ceresco Covenant Church (1st Wednesday evening Aug, Oct & Dec), Powderhook (1st Wednesday evening April & June), IANL (1st Friday lunch), Christ United Methodist Church (2nd Wednesday lunch), The Graduate Lincoln (4th Monday lunch Jan, July & Nov), Immanuel Church (4th Monday lunch March & Sept and 5th Monday lunch July & Dec), Joseph B (4th Thursday lunch Feb, April, June, Aug & Oct), St. Michael's Church, Cheney (5th Monday evening), and SCHEELS (5th Tuesday lunch).

These teams have joined the original twelve STRIVE teams in providing healthier meals for our MTKO guests. They have met the goals by using lean meats, half of the plate being fruits and veggies, whole grain breads, and keeping their menus low in sodium.

Thank you ALL!

Thank You to Our November Hunger Relief Substitute Teams

Bethlehem Lutheran Church Youth Group Wahoo provided, prepared, & served evening meal 11/13, Zion International Ministries provided, prepared & served lunch 11/21, St Pat's School provided, prepared & served lunch 11/26, Cattle Bank provided, prepared & served lunch 11/27

Thank You to Our November Group Volunteers

Aden Family – Salad 11/2, UNL - Desserts & Salad 11/3, Pius Sophomore NHS - Salad 11/7, Peru State College – Salad & Desserts 11/8, Capital Soccer – Desserts & Salad 11/12, Luann Cao – Salad 11/14, Ahlers Family – Salad 11/17, Cassie Green – Desserts & Salad 11/18, Girl Scout Group – Salad & Desserts 11/19, Nebraska Hospital Association 11/20, Luann Cao – Salad 11/21, Wolff Family – Salad 11/22



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."

Mindfulness and Eating at the Holidays

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

Michelle May is a physician turned coach whose mission is to help people take charge of their lives and end chronic dieting and overeating without feeling deprivation and guilt. Her authenticity and passion for mindful eating stems from her own personal struggle with food and body image. After years of ineffective yo-yo dieting, she developed a mindful, non-diet approach to food, movement, and self-care.

Dr. May founded **Am I Hungry?**® Mindful Eating Programs and Training in 1999 to share this compassionate, constructive, and life-changing approach through health and wellness professionals, corporate wellness programs, and community-based programs. **Am I Hungry? Mindful Eating Programs** are available through hundreds of licensed **Am I Hungry?** facilitators, coaches, therapists, and instructors worldwide.

Michelle is the award-winning author of the book series, **Eat What You Love, Love What You Eat** that teaches mindful eating for various audiences and situations.

Dr. May asked some of her blog readers what their triggers for overeating at this time of year and summarized them as follows:

- The sheer presence, abundance, and variety of food everywhere
- Special holiday foods, compounded by feelings of scarcity
- Nostalgia, memories, and associations (both positive and negative)
- Food “pushers” (your word, not mine; more on that below.)
- Stress, fatigue, self-imposed expectations, and perfectionism
- Stressful family dynamics

What makes these triggers even more challenging is that they interact with one another, magnifying their effect.

In one of her books, **Eat What You Love, Love What You Eat for Binge Eating**, Dr. May shared three helpful options involving reprogramming your mind, for dealing with your triggers: reduce them, rethink them, and recreate them. Here's a quick overview of these three strategies.

Reduce Them

One way to handle certain triggers is to reduce your exposure to that person, place, event, or other trigger. In this way, you prevent the thoughts from coming up in the first place. For example, if people bring a lot of holiday foods to the office, you could decide, *I'll wait until I'm hungry to go to the break room.*

However, it is impossible—and undesirable—to permanently eliminate every conceivable trigger, especially during the holidays. If you tried, your life would become very small! That brings us to our next option.

Rethink Them

Fortunately, it is possible to reprogram your mind so you don't have to live in fear of encountering a trigger. When you recognize one of your triggers and watch the automatic thoughts that follow, you'll discover that you have many options. Replacing automatic thoughts with new, more effective thoughts disrupts the old pattern. For example, if you notice scarcity thoughts like, *I love Grandma's cookies! I'll get my fill now since I won't have them again until next year!* Cultivate abundance thinking instead: *These holiday cookies will be back before I know it! or I can make turkey and mashed potatoes anytime I want.*

Recreate Them

In this strategy, you turn a trigger for overeating into a trigger for self-care. This creates an entirely new pattern for yourself. For example, if you notice yourself thinking, *I'll have a little bit more; it's a special occasion!* you could think, *If this occasion is so special, why would I want to ruin it by eating until I feel uncomfortable?*

You can read more about these strategies, which are so different from the usual ones you hear, at <https://amihungry.com/articles/three-ways-handle-triggers-holiday-overeating/>. Dr. May's approach is so different than the usual common advice about using your will power, etc., to avoid overeating. Hope it is helpful to you as well.

Please remember Matt Talbot Kitchen & Outreach
during Giving Tuesday. Donations accepted at
mtko.org



Super Bowl of Caring is a national event that is celebrating its 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

MTKO's Countdown to Christmas...

23 12 45 10

Days Hours Minutes Seconds

When shopping this holiday season please consider using these apps or websites that give back and consider selecting **MTKO** as your designated charity.



amazonsmile
You shop. Amazon gives.

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.



In the
Spotlight

Happy 95th Birthday to Mary Merritt, Sister Chicks. Mary, her team and the MTKO staff helped celebrate this momentous occasion during a recent lunch. Mary is an original member of the team which started with us in 1999! Hope you had a wonderful birthday Mary! (Mary is to the left of her birthday cake)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lunch Madonna Sue Carraher Supper Family & Friends Peggy & Greg Dynek	2 Lunch Prairie Hill Learning Center Jason Nord Supper Super Supper Servers Sue Connolly	3 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	4 Lunch Wednesday Lunch Bunch Lisa Hayes Supper Ceresco Covenant Church Marsha Rogers	5 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	6 Lunch IANL Roli Saraf Supper Westminster Presbyterian Church Gary & Glenna Haller	7 Lunch College View Something Else Class Vicki Biloff Supper Sub Team No Greater Love Church P/P/S
8 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac Supper Sub Team Bethlehem Lutheran Wahoo P/P/S	9 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	10 Lunch Swanson Russell Serve Only Supper St Pat's Leah Bethune	11 Lunch Christ United Methodist Mary Woodard Supper St Peter's Godteens Sarah Hodge	12 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	13 Lunch Christ Lincoln Schools Joel Rodencal Supper Blessed Sacrament #1 MaryAnn Burda	14 Lunch First United Methodist Church Liz Zeff Supper 1 st Plymouth Congregational Hollie Schmidt
15 Lunch St. Peter's Mary French Supper St Paul's Methodist Church Youth Group Mitch Connelly	16 Lunch Lincoln Federal Savings Bank Lending Hands Serve Only Supper St. David's Episcopal Kathy Wilson	17 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	18 Lunch Blessed Sacrament Jr High Danielle Miller Supper St Teresa's #1 Rosie Polak	19 Lunch HOLIDAY FIESTA Supper St E's Mission Integration Committee Julie Fuller	20 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	21 Breakfast American Legion Mike & Cecelia Lunch St Katherine's Lunch Bunch Mark/Mai Linebaugh Supper Holy Savior Lutheran III Sarah Fuller
22 Lunch Light of the World Larry Kunc Supper The Servants of St Joseph Mary Bill	23 Lunch St Peter's Provide Nebraska Wesleyan Pre- Health Club Provide/Serve Supper Sysco Lincoln Elke Hesser	24 Lunch Sub Team Pariset Family P/P/S Supper Sub Team MTKO P/P Staff Serve	25 Lunch Sub Team St. Michael's Casey P/P/S Supper Sub Team Northeast Kiwanis Club P/P/S	26 Lunch Sub Team Trinity Lutheran Kim Due P/P/S Supper St Francis & St Claire Janet Harrison	27 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	28 Lunch St John's Talbot Lunch Bunch Tini Van-Oehlertz Supper CALL Cheryl Ferree
29 Lunch Knights of Columbus Ken Polacek Supper St Patrick's- Manley Sherry Kunz	30 Lunch Immanuel Church Vi Schroeder Supper St Michael's Cheney Lori & Michelle	31 Lunch Sub Team Gentle Shepard Baptist P/P/S Supper Friends Jan Meints				MTKO Weekend Pager Number: 402-473-0447

USDA INVENTORY AS OF November 20, 2019

Canned, Frozen or Instant Vegetables

2/3 case (12 1# boxes/case) Instant Potatoes
14 ¾ cases (24 #300 cans/case) Corn
7 1/3 cases (24 #300 cans/case) Green Beans
6 cases (24 #300 cans/case) Red Kidney Beans
7 ½ cases (24 #300 cans/case) Garbanzo Beans

Canned & Frozen Fruit

8 cases (2 / #300 cans/case) Sliced Pears
14 ¾ 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
7 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 300 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

No Sodium Taco Seasoning Recipe makes 3 cups

1 1/8 cups Chili Powder	1 ½ Tablespoons Red Pepper, flakes or crushed
1 ½ Tablespoons Garlic Powder	3 Tablespoons Paprika
1 ½ Tablespoons Onion Powder	9 Tablespoons Cumin Seed or Powder
1 ½ Tablespoons Oregano	9 Tablespoons Black Pepper

Directions:

1. Mix all ingredients together and store in air tight container.

Notes:

- Using this recipe is a GREAT way to reduce the sodium in our favorite Mexican recipes. Most packaged Taco Seasoning has between 360 and 470 mg of sodium per serving.

Calories: 3

Sodium: 22 mg