



matt talbot

kitchen & outreach

FEBRUARY 2020 • VOLUME 7 • ISSUE 2

BOLD HOPE

MTKO Participates in “Point in Time” Count

The annual “Point in Time” count was conducted January 21st here in Lincoln and all across the nation. Matt Talbot’s Outreach Group volunteered to cover six of the specific areas. What is the “Point in Time” count? The count is an unduplicated count on a single night of the people in a community who are experiencing homelessness, that includes both sheltered and unsheltered populations. The count in Lincoln is coordinated by UNL Center on Children, Families, and the Law and several agencies of the Lincoln Homeless Coalition work together to canvas the streets and other areas of town to be sure each individual experiencing homelessness is identified and counted. The U.S. Department of Housing and Urban Development (HUD) requires that communities receiving federal funds from the McKinney-Vento Homeless Assistance Grant program conduct a count of all sheltered and unsheltered people in the last week of January annually. Thank you to all of the volunteers that helped with this important night!



MTKO Executive Director, Susanne Blue

Recognized by Institute for Children, Poverty and Homelessness



Our very own Susanne Blue, Executive Director of Matt Talbot Kitchen & Outreach was recently recognized at the Beyond Housing Conference held by the Institute for Children, Poverty, and Homelessness in New York City. The award highlights the extraordinary work of organizations and individuals alike who confront child and family homelessness. Over Susanne’s 21 years as Executive Director she has expanded MTKO’s organization scope from a hunger relief organization to one offering comprehensive housing, case management, substance abuse counseling, and nutrition programming for families and individuals experiencing homelessness or at risk of homelessness. Susanne also spearheaded MTKO’s Homeless Identification Project, assisting families and individuals experiencing homelessness with obtaining identification documents; its First HOPE program, providing permanent supportive housing ; and its citywide Homeless Diversion Program. Congratulations to Susanne and thank you to everything you do to give us Bold HOPE!

News from the Kitchen

By Sydne Wirrick-Knox
Kitchen Manager

Matt Talbot Kitchen & Outreach DOES NOT CLOSE when LPS is closed!

Please follow the "Snow Day Procedures" that were explained in our November, 2019 Newsletter if your team is not able to get to the Kitchen. You can also find these procedures on our website, www.MTKO.org, under the Hunger Relief Volunteers tab. The weekday phone number is 402-477-4116. The weekend pager number is 402-473-0447.

Thank you!

USDA Civil Rights Training

WE'VE ALMOST REACHED OUR GOAL OF 100% COMPLIANCE. Only 5 more teams need to complete the USDA Civil Rights Training and we will be there! All volunteers on teams using and/or serving USDA food anytime throughout the year will need to complete the 2019 training.

We have 22 teams of our required 27 teams who have submitted their certification forms.

That means we are at **81% compliance for the USDA requirements.**

Please contact Sydne at sydne.wirrick-knox@mtko.org or

402-817-0622 if you have any question.



MTKO Weekend Teams

You are welcome to unlock the front doors early when the weather conditions are extreme. Just remember that each team will need to supervise the guests in the dining room if the off-duty officer is not yet present.

The officers have also been notified that they are welcome to let our guests enjoy the comforts of the dining room.

If you are not aware where the front door key is located, please contact

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



Remember to return your 2019 "In-Kind" donation form!

Please return this form by February 15, 2020.

If you would prefer to complete your

In-Kind form online, you can find this information on the MTKO website,

www.MTKO.org. Go to "Relieving Hunger" and

click on "Hunger Relief Volunteers".

From there go to the "In-Kind Donation" bullet.



Thank You to Our January Hunger Relief Substitute Teams

Pius X Swim Team provided, prepared & served the evening meal 1/1,

Ashland/Greenwood High School provided, prepared, & served lunch 1/6,

Wesleyan Pre-Health Club served lunch 1/22

Thank You to Our January Group Volunteers

Aden Family – Salad 1/4, Luann Cao – Salad 1/9, Luann Cao – Salad 1/16, Ahlers Family – Fruit & Salad 1/19,

Campbell Family – Salad 1/19, Courtyard by Marriott – Salad 1/21, Luann Cao – Salad 1/23, Wolff Family – Salad 1/27,

FBLA – Desserts 1/28, Luann Cao – Salad 1/30

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."

Changing How We Feel by Changing What We Eat by Janet Buck, MS, RD, LMNT, Nutrition Coordinator

I recently “attended” a webinar with the above title. It was presented by Dr. Lisa Goehler, who is a neuroscientist. As I mentioned in my last newsletter article, a Mediterranean diet can help with preventing heart disease and cancer, but also with preventing depression. In her seminar, Dr. Goehler also discussed how diet can affect anxiety, sleep, and appetite, in addition to depression. She also implicated a highly inflammatory diet with fatigue, cognitive “fuzziness”, pain, gastrointestinal problems and some chronic diseases such as diabetes and autoimmune diseases. Chronic stress can also lead to inflammation and can be affected by diet as well. She suggested using techniques to manage stress such as exercise and meditation.

She also suggested limiting foods which are highly inflammatory, such as processed meats, refined carbohydrates and sugar, and fatty foods. The Mediterranean diet is mostly plant-based, with fresh vegetables, whole grains, dairy, and poultry or fish a couple of times a week. One to two glasses of red wine are enjoyed daily but sweets are only for treats. Specific foods which may help decrease inflammation include citrus fruits, berries, legumes, apples, soy, tea, red wine, garlic and foods in the onion family, walnuts, fish and other foods that contain omega-3 fats, such as chia, hemp and flax seeds, and kale and other green leafy vegetables. In addition, the spices turmeric and ginger seem to help fight inflammation.



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.

Landscaping Volunteers Needed

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





BOLD HOPE

PO Box 80935
Lincoln, NE 68501



If you come to Matt Talbot on the 2nd Monday of each month before dinner you're going to hear the radio rocking in the kitchen! That's J-Tech Construction preparing the evening meal. Jason, the owner of J-Tech, and his crew first started volunteering 3 years ago when a friend, Adam Leudtke with Contemplate, suggested volunteering at MTKO. They enjoyed their experience so much they made it a monthly thing. J-Tech loves getting out of the office/ jobsites and coming together to help folks in the community. They all agree it is a rewarding experience. Jason Olberding started J-Tech in 2004 with just a gutter machine and has since grown into three different locations., Lincoln, Grand Island and most recently, Omaha. J-Tech does a lot of fundraising/ sponsorships, but Matt Talbot is their favorite. Two employees they wanted to highlight are Tim Freerking and Jerry Kouba. Tim shows up early every month when they volunteer to prep and cook all the food. He really enjoys coming up with the menus and cooking something different every time. The guests love the variety! Jerry stays late every time we volunteer and cleans all of the dishes. These two love helping out and the rest of the crew wouldn't be able to do it every month without them. Thank you J-Tech for helping us bring Bold HOPE!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MTKO Weekend Pager Number: 402-473-0447						1 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
2 Lunch Madonna Sue Carraher Supper Family & Friends Peggy & Greg Dynek	3 Lunch Prairie Hill Learning Center Jason Nord Supper Super Supper Servers Sue Connolly	4 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	5 Lunch Wednesday Lunch Bunch Lisa Hayes Supper Seward United Methodist Youth Group Tonya Parra	6 Lunch Angel Helpers Mary Jo Bousek Supper St Joseph's #3 & AORN P/P/S	7 Lunch IANL Roli Saraf Supper Westminster Presbyterian Church Gary & Glenna Haller	8 Lunch First United Methodist Church Liz Zeff Supper 1st Plymouth Congregational Hollie Schmidt
9 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac + Talmage Lutheran Serve Supper Sub Team 1st Lutheran Youth Group	10 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	11 Lunch Swanson Russell Associates Serve Only Supper St Pat's Leah Bethune	12 Lunch Christ United Methodist Mary Woodard Supper St Peter's Godteens Sarah Hodge	13 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	14 Lunch Christ Lincoln Schools Joel Rodencal Supper Blessed Sacrament #1 MaryAnn Burda	15 Breakfast American Legion Mike Lunch St Katherine's Lunch Bunch Mark & Mai Linebaugh Supper Holy Savior Lutheran II Margaret Rasmussen
16 Lunch St Peter's Mary French Supper St Paul's Methodist Church Youth Group Mitch Connelly	17 Lunch Need Sub Team Supper St David's Episcopal Kathy Wilson	18 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	19 Lunch Blessed Sacrament Jr High Danielle Miller Supper St Teresa's #1 Rosie Polak	20 Lunch Christ United Methodist Maggie Bates Supper St E's Mission Integration Committee Pat Hoidal	21 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	22 Lunch St John's Talbot Lunch Bunch Tini Van-Oehlertz Supper CALL Cheryl Ferree
23 Lunch Light of the World Larry Kunc Supper The Servants of St Joseph Mary Bill	24 Lunch St Peter's/St Teresa's Circle Provide Nebraska Wesleyan Pre-Health Club Serve Only Supper Sysco Lincoln Elke Hesser	25 Lunch Women's Welcome Club Maril Freese Supper Southwood Lutheran Leigh Porter	26 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Teresa's Coffee Group Donna & Karen	27 Lunch Joseph B Louann Cao Supper St Francis & St Claire Janet Harrison	28 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	29 Lunch The Dangling Particles Mindy & Holly Supper Cathedral Godteens Michelle Heofener

USDA INVENTORY AS OF January 22, 2020

Canned, Frozen or Instant Vegetables

13 cases (24 #300 cans/case) Corn
5 ¼ cases (24 #300 cans/care) Red Kidney Beans
7 cases (24 #300 cans/case) Garbanzo Beans
7 ½ cases (24 #300 cans/case) Peas

Canned & Frozen Fruit

16 ½ cases (2 /#300 cans/case) Sliced Pears
7 cases (24 #300 cans/case) Peaches
4 cases (24 #300 cans/case) Applesauce

Pasta

4 ½ cases (20 1# boxes/case) Spaghetti
4 cases (12/1# bags/case) Egg Noodles

Frozen & Canned Meat

1 cases (20/2# bags) Pulled Pork

Soups

None

Miscellaneous

None

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



STRIVE Recipe of the Month

Firecracker Casserole

Recipe serves 150

30 pounds ground beef	50 (7 inch) flour tortillas
15 onions, chopped	15 (14.5 oz) cans diced tomatoes
15 (15 oz) cans black beans, drained & rinsed	15 (10.5 oz) cans cream of mushroom soup
1 ¾ cups + 2 tablespoons chili powder	15 cups shredded Cheddar cheese
¾ cups + 3 tablespoons ground cumin	

Directions:

1. Preheat oven to 325°. Spray pans with cooking spray.
2. Cook and stir the ground beef with the onion until completely browned; drain any excess fat. Stir the black beans, chili powder, and cumin into the beef mixture; cook and stir until hot. Pour the mixture into the prepared baking dishes. Arrange the tortillas on top of the beef mixture.
3. Mix the tomatoes with cream of mushroom soup in a bowl; spread over tortillas. Top with the Cheddar cheese.
4. Bake until cooked through and the cheese is melted completely; 25 to 30 minutes.

Calories: 244

Sodium: 504 mg