



matt talbot

kitchen & outreach

OCTOBER 2019 • VOLUME 6 • ISSUE 10

BOLD HOPE

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2019 Huskers Helping the Homeless was action packed! The whole city was buzzing and ready to tailgate in true Nebraska fashion. Adding to the excitement was our annual Huskers Helping the Homeless fundraiser which brought more than 800 volunteers out to support Matt Talbot Kitchen & Outreach. For four days MTKO had volunteers all over Lincoln, including Sam's Club, SouthPointe, Russ's Market, Walmart, Super Saver and Downtown Lincoln. We're still working on our totals and will let everyone know ASAP.

A Big Bold Hope THANK YOU to all our volunteers and event sponsors for a successful event!



Matt Talbot Awarded Grant for Landlord Liaison Project

We are excited to announce that the Lincoln Community Foundation has awarded Matt Talbot a grant of \$10,000 to support the Landlord Liaison Project (LLP). The LLP forms partnerships between property managers, consumers and case managers to address the critical need of finding quality affordable housing for people experiencing homelessness. This type of program is considered a best practice for ending homelessness and has been successfully implemented in other parts of the United States. Matt Talbot's LLP started in 2016.

To date, 119 individuals (representing 67 households) have been assisted through the LLP and we have a network of 35 engaged landlords. Of the 119 people housed through the LLP, 95 are still housed (80% retention rate).

"When individuals and families are stably housed, they are in a much better position to address the matters that may have contributed to their homelessness such as health concerns, substance use and employment," said Susanne Blue, Executive Director. "The LLP has proven to be a key component in our efforts to defeat homelessness in Lincoln and we are very grateful for the Lincoln Community Foundation's support of this critical program."

News from the Kitchen

By Sydne Wirrick-Knox
Kitchen Manager

Great ways to increase the amount of fresh veggies to your MTKO meals with a little magic!



- Make pasta dishes go green. When spaghetti with meat sauce's on the menu, add a load of extra veggies like spinach, summer squash or mushrooms.
- Remember herbs are leafy greens too. Add fresh herbs to any rice, pasta or grain dish.
- Get fancy with mac and cheese. Spinach, tomatoes, peas, and broccoli make awesome additions.
- Mix the potatoes. Sweet and regular mashed potatoes are perennial favorites. To add some extra nutritional value, mix the two types 1 to 1 in a mash.
- Sneak them in casseroles. Shredded zucchini or summer squash can be added to virtually any casserole without changing taste or texture.
- Add veggies to grilled cheese. Melted cheese between two slices of bread doesn't have much green value. Add a few layers of veggies. Spinach or arugula, tomato, and avocado make awesome additions.
- Try adding carrot purée or chopped mushrooms to ground beef recipes. From hamburgers to meatloaf, a few steamed and puréed veggies (or a mix of carrot and sweet potato) go a long way.

Thank You to Our September Hunger Relief Substitute Teams

Prem Bansal provided, prepared, & served lunch 9/16,
Collegeview School provided, prepared & served lunch 9/26

Thank You to Our September Group Volunteers

UNL Women's Softball Team – Desserts 9/2, Luann Cao – Salad 9/5,
Aden Family – Salad 9/7, Luann Cao – Salad 9/12,
UNL Women's Basketball Team – Ice Cream Sundaes 9/12,
UNL Women's Basketball Team – Ice Cream Sundaes 9/13,
Luann Cao – Salad 9/19, Jenni Bruning Brown – Desserts 9/19,
Luann Cao – Salad 9/26

thank
you!

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 Meal Planning Tips

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

There are lots of great ideas on the website for **"Have a Plant: Fruits and Vegetables for Better Health"**. And who doesn't want help with meal planning ideas, especially when it is late afternoon and you have no idea what to have for supper? So, rather than run to a fast food restaurant, they have ideas for before shopping, while shopping and after shopping so that you don't have those last-minute crises of having no idea what to prepare for your evening meal. Plus, their ideas contain how to include the recommended daily amounts of fruits and vegetables to help ensure good health.

The single best idea they suggest is to make a weekly menu and shopping list. Then, before you go shopping they suggest looking at the weekly ads, choosing recipes and making a list. This will help you choose foods that are good bargains and to not veer from the planned meals. Choosing foods that are in season will save you money and give you the best quality of produce.

While you are shopping, you can look for unadvertised sales, check the brands and check the prices. The off brands are often of the same quality as the name brands. Larger packages of items are not always the best prices. Look at or calculate the unit prices of foods. Taking your children with you can help them learn valuable lessons about how to do these things themselves.



After you have shopped, plan to use perishable fresh fruits and vegetables soon after shopping so they do not spoil. Use canned, frozen or dried items later as they will not spoil and be wasted. Preparing items ahead of time, such as peeling and chopping produce, will save you time at the busy meal time. Plan the use of leftovers. Cook twice as much and use it for two dishes. For example, bake a chicken and serve the chicken at one meal and use the leftovers to make a casserole the next. Take the leftovers for lunches. Have a "leftovers night" and serve the leftovers you have in your fridge.

You can go to their website for additional information. <https://fruitsandveggies.org/stories/meal-planning-guide/> Happy meal planning!



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Please follow Matt Talbot Kitchen & Outreach on Facebook and Instagram. We  our followers  and when you share our stories with your friends and family. Spread #BoldHope!

MTKO Receives Allstate Foundation Helping Hands Grant

Thank you to Venky Nithyanandan for empowering people and our community. Venky gave her time and helped us to receive a \$500 Allstate Foundation Helping Hands Grant. The Allstate Foundation supports the causes that Allstate agency owners, financial specialists and employees care about most by providing Allstate Foundation Helping Hands Grants to nonprofits where they volunteer their time to help communities thrive. Thanks again Venky for helping give Bold Hope!



BOLD HOPE

PO Box 80935
Lincoln, NE 68501

Food For Thought



"It is so clean and safe at Matt Talbot. We appreciate all the help we are receiving, but especially the moral support."

A new family experiencing homelessness has been in our dining room recently. They came to Lincoln from a near-by small town after an accident left one of the parents unable to work and with mounting medical needs and expenses. Outreach staff is helping the family access the support they need to get back on track, including assisting with obtaining the vital identification documents needed to register their 2 children (5 and 10 years old) for school.



Our October Volunteer Spotlight is on the ILC volunteers that come in weekly and help out at Matt Talbot Kitchen & Outreach. ILC stands for Integrated Life Choices and is an agency that provides innovative support to people throughout their lives. ILC is dedicated to improving the quality of life for people with developmental disabilities. Several teams come in throughout the week and help clean the dining room after lunch. In addition 8-10 volunteers come twice a month on Thursdays to help with special projects. It's a great way for the group to help out in the community and get to interact with our guests. This year a group even volunteered for Huskers Helping the Homeless. Thank you ILC for your help and for bringing Bold Hope to our guests!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lunch Family & Friends Mary Jo Bousek Supper Tuesday Dues Capital City Christian Church Joy Blythe	2 Lunch Wednesday Lunch Bunch Lisa Hayes Supper Ceresco Covenant Church Marsha Rogers	3 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	4 Lunch IANL Roli Saraf Supper Westminster Presbyterian Church Gary & Glenna Haller	5 Lunch College View Something Else Class Vicki Biloff Supper Family & Friends Joyce Champoux
6 Lunch Madonna Sue Carraher Supper Family & Friends Peggy & Greg Dynek	7 Lunch Prairie Hill Learning Center Jason Nord Supper Super Supper Servers Sue Connolly	8 Lunch Swanson Russell Serve Only Supper St Pat's Leah Bethune	9 Lunch Christ United Methodist Mary Woodard Supper Sub Team Bethlehem Lutheran Wahoo	10 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	11 Lunch Christ Lincoln Schools Joel Rodencal Supper Blessed Sacrament #1 MaryAnn Burda	12 Lunch First United Methodist Church Liz Zeff Supper CALL Cheryl Ferree
13 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac + Malcolm Student Council Supper P.K.'s & Friends Grace & Bryan Willnerd	14 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper J-Tech Construction Jason Olberding	15 Lunch First Lutheran Church Steve & Karen Lenzen Supper Crossbridge Christian Church Phil Berlie	16 Lunch Blessed Sacrament Jr High Danielle Miller Supper St Teresa's #1 Rosie Polak	17 Lunch Christ United Methodist Maggie Bates Supper St E's Mission Integration Committee Julie Fuller	18 Lunch Second Baptist & Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	19 Breakfast American Legion Mike & Cecelia Lunch St Katherine's Lunch Bunch Mark/Mai Linebaugh Supper Holy Savior Lutheran I Andrea Lewis
20 Lunch St. Peter's Mary French Supper Talent Plus Christian Zoucha	21 Lunch Lincoln Federal Savings Bank Lending Hands Serve Only Supper St. David's Episcopal Kathy Wilson	22 Lunch Women's Welcome Club Maril Freese Supper Southwood Lutheran Leigh Porter	23 Lunch Trinity Lutheran Church, Cordova Kim Due Supper St Teresa's Coffee Group Donna & Karen	24 Lunch Louann Cao Joseph B Supper St Francis & St Claire Janet Harrison	25 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	26 Lunch 1st Plymouth Congregational Hollie Schmidt Supper 1st Plymouth Congregational Hollie Schmidt
27 Lunch Light of the World Larry Kunc Supper The Servants of St Joseph Mary Bill	28 Lunch St Peter's Provide Nebraska Wesleyan Pre- Health Club Provide/Serve Supper Sysco Lincoln Elke Hesser	29 Lunch SCHEELS Jenna Nasif Supper Friends Jan Meints	30 Lunch Orthodox Men of Lincoln Richard Leiter & Paul Barnes Supper St Peter's Becky Searcy	31 Lunch St Paulinus Kay Kreifels Supper St James' Cortland Kassie Ebbbers	MTKO Weekend Pager Number: 402-473-0447	

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, 2019

Canned, Frozen or Instant Vegetables

1 cases (12 1# boxes/case) Instant Potatoes
8 cases (24 #300 cans/case) Corn
14 ½ cases (24 #300 cans/case) Green Beans
5 cases (24 #300 cans/care) Red Kidney Beans

Canned & Frozen Fruit

5 cases (2 /#300 cans/case) Sliced Pears
8 ¾ cases (24 #300 cans/case) Peaches
4 cases (23 #300 cans/case) Mixed Fruit

Pasta

5 cases (20 1# boxes/case) Spaghetti

Frozen & Canned Meat

6 ½ cases (40/1# tubes) Ground Beef
2 cases (20/2# bags) Pork Taco Meat (seasoned)
2 cases (20/2# bags) Pulled Pork

Soups

None

Miscellaneous

None



STRIVE Recipe of the Month

Herbed Chicken & Fettuccine

Recipe serves 150

21 pounds dry fettuccine pasta	75 cloves garlic, minced
2 1/3 cups olive oil	18 ¾ cups low sodium chicken broth
38 pounds skinless, boneless chicken breasts	4 2/3 cups cider vinegar
37 red onions, sliced	Salt & pepper to taste – go light on the salt
37 julienned yellow bell peppers	17 ½ pounds Greek yogurt
	½ cup fresh chives, chopped

Directions:

1. Cook pasta as per package directions until al dente; drain.
2. Heat oil in skillet. Sauté chicken and onions 3 minutes. Add yellow pepper and continue cooking until chicken is no longer pink and vegetables are crisp-tender. Add garlic, chicken broth, cider vinegar, salt and pepper. Cook just until hot. Blend in Greek yogurt and chives, and heat through. Do not allow to boil.
3. Combine chicken mixture with hot pasta.

Notes:

- You could use garlic from a jar to save lots of time.
- You can easily substitute canned chicken for the cubed cooked chicken. Make sure you drain the chicken. Add to onion and bell pepper mixture once veggies are cooked.

Calories: 549

Sodium: 530 mg