

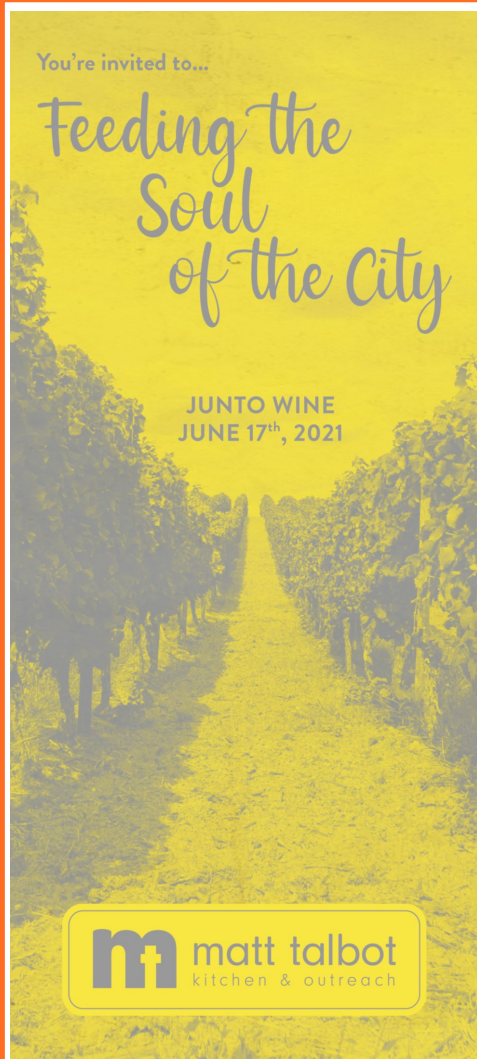


matt talbot

kitchen & outreach

JUNE 2021 • VOLUME 8 • ISSUE 6

BOLD HOPE



New Venue for Feeding the Soul of the City 2021!



Matt Talbot Kitchen & Outreach will honor the 2021 Compassion in Action Award recipients at the "Feeding the Soul of the City" fundraising event on June 17th at Junto Wine. This year's winners are John Turner and St. Francis & St. Clare Hunger Relief Teams.

John Turner is a longtime partner of Matt Talbot and has advocated for people experiencing homelessness for nearly thirty years. John's career includes positions with Community Action (formerly Lincoln Action Program), CenterPointe, Region V and now Nebraska Investment Finance Authority (NIFA) doing everything from intensive case management to overseeing state and federal grants that provide rental assistance to individuals with disabilities, mental health and substance use issues. He is a governor appointed commissioner on the Nebraska Commission on Housing and Homelessness, past chair of the Lincoln Homeless Coalition and remains active on other committees. John is a friend to Matt Talbot and goes above and beyond to address housing barriers for people who have experienced homelessness, substance abuse and mental health challenges. He is a leader, a collaborator, a forward thinker and an all-around great guy.

St. Francis & St. Clare Hunger Relief Team serves the 4th Thursday of every month and has been for 20 years since their dad, Cal Wells, started it. After Cal passed away, his wife, children and grandchildren have taken up the baton and kept it going. Not only do they serve faithfully every month, but they prepare a homemade, nutritious and thoughtful menu which is different each time. They also serve every Thanksgiving since that is when their regular meal falls and welcome others to their team on that special day to meet some of the many volunteer requests we receive. Their Thanksgiving meal is fit for kings and queens and they never skimp on flavor or love!

This multi-generational team brings so much joy and love to the kitchen every time they come. For their faithfulness, dedication and fun-loving spirit we are honored to present the St. Francis & St. Clare Hunger Relief Team with the 2021 Compassion in Action Award!

All are welcome to join us in celebrating these wonderful community partners. "Feeding the Soul of the City" starts at 6:00 pm with a social hour of wine and beer pairings, heavy hors d'oeuvres and live music performed by the Wildwoods. Our Program and Live Auction will begin at 7:00 pm. All money raised supports Matt Talbot's continued outreach and support of the homeless, near homeless and hungry in Lincoln.

News from the Kitchen

By Sydne Wirrick-Knox

Volunteer Opportunities both one-time ongoing monthly meals

One-Time: Evening Meal 6/2, Lunch 6/7, Lunch 6/16, and Lunch 6/21

Monthly Meals: 1st Monday lunch odd months, 4th Thursday lunch odd months, and 1st Wednesday evening meals in January, February, May, July, August, September, October and December.

Addition Ongoing Monthly Meals through the end of the 2020/2021 school year: 1st Monday lunch even months, 2nd Friday lunch all months, and 3rd Wednesday lunch all months

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

Meal Counts are on the RISE!

MTKO is seeing an increase in our meal counts for all meals. We may continue to see increases now that school is out for the summer and the weather is more inviting to our guests. Please plan according. You can go to our website to see the daily trends: MTKO.org; [Relieving Hunger](#); [Hunger Relief Volunteers](#); [Daily Meal Totals](#). These meal counts are updated twice each week. Thank you for all you do for Lincoln's working poor and homeless!

Meal Service Procedures for MTKO's Hunger Relief Teams **New Policy Effective June 1, 2021**

Following CDC and HUD recommendations for homeless shelters, masks are not required at Matt Talbot Kitchen & Outreach but are still strongly encouraged. However, Matt Talbot staff are required to continue mask use in the dining room during busy meal times. Masks will continue to be available to anyone who would like to wear one. All of these changes are for all meals including weekends.

All other procedures will remain in place:

Any of our MTKO guests can dine inside.

We are serving 2nd again. At 12:00 for lunches and 6:00 for evening meals, guests can leave the dining room through the east door and reenter through the front door. Teams can increase the number of volunteers up to 6. Of course each team will need to make that decision as to their comfort level with adding additional volunteers. We are open as a day shelter for our guests Monday through Friday. All meals are being served in takeout containers which are supplied by MTKO.

MTKO is providing bottle water and small cartons of milk.

M – F lunches 11:00 - 12:30, dinners 5:00 - 6:30; Weekend lunches 11:30 - 12:30, dinners 5:30 - 6:30

If you have questions please go to our website, MTKO.org and go to our COVID 19 Response Tab or call Sydne at 402-817-0622 (or email Sydne.Wirrick-Knox@MTKO.org).

Thank you all for the additional support and help through these unusual times.

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. "

Hope Garden Receives Vegetable Plant Donation



This year Hope Garden received a generous donation of vegetable plants from Gary Fehr, founder of Green School Farms, located in Raymond, Nebraska. Green School Farms grows sustainably raised food for area schools and the larger community. They also offer technical assistance to schools to help them source and promote healthy food to their students. The farm also sells produce through different channels like their website, CSA, farmer's markets, and wholesale. Green School Farms has been in production since 2015. Thank you for helping provide nutritional food to our guests! To learn more about Green School Farms please visit them at greenschoolfarms.com.



Nutrition Supplements—Who Needs Them?

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

Lately I have been asked questions about dietary nutrition supplements and whether they are necessary. The whole area of dietary supplements is complex. Many, many dietary supplements are on the market which include a myriad of ingredients. In this article I will only discuss the supplements that contain micronutrients, substances that we need in very small amounts in our diets, that is--vitamins and minerals.

The National Institutes of Health recommends that most of our micronutrients be obtained from our diet. Most healthy people are able to do that. That being said, a large number of people do not eat well, meaning that we consume energy-dense foods (those high in fat and calories) that are not nutrient-dense (not adequate in other nutrients, including vitamins and minerals). So many of us are not taking in the vitamins and minerals our bodies require. Walter Willett, M.D., Dr. P.H., a foremost nutrition researcher of the Harvard T.H. Chan School of Public Health and at the Harvard Medical School, says that taking a multivitamin/mineral supplement is a good insurance policy, even if you think you are eating a balanced diet. There can be gaps in intake of nutrients other than vitamin D, which people are often deficient in. There are also other life situations that may require the intake of a dietary supplement including women who are or might become pregnant, young children, those that eat a restricted or limited diet, are older than 50, have had gastric bypass surgery, and who have certain genetic or health conditions. Some of these conditions include inflammatory bowel diseases, celiac disease, cystic fibrosis, liver disease, cancer, autoimmune disorders like pernicious anemia, alcohol dependence, and dark skin. It is not a bad idea to have a blood test to determine your body's levels of vitamins and minerals.

Particular nutrients of concern that may be inadequately consumed in the general population include calcium, vitamin D, potassium, and fiber, according to the 2020-2025 Dietary Guidelines for Americans. Additional dietary components may be under consumed during specific life stages. For example, in people over 50 vitamins B12 and B6 and water can also become concerns.

There are some things to think about when you are considering whether to take a vitamin or mineral supplement. First of all, the Food and Drug Administration (FDA) does not regulate supplements the way it does prescription or over-the-counter medications. So just because a supplement is on the shelf does not mean that it contains what it says it does, that it doesn't contain other ingredients (like prescription drugs) that shouldn't be there, or that it is safe. Look for the USP, ConsumerLab.com, and NSF International seals of approval, which mean the product has had quality testing done on it. And, even though these seals indicate that the product was properly manufactured, contains the ingredients listed on the label and does not contain harmful levels of contaminants, they do not indicate that the product is safe or effective. Secondly, a supplement can interfere with the action of other medications or other supplements. Thirdly, "natural" does not necessarily mean safe. Some natural supplements can cause damage to the liver, for example. Lastly, because something is good for you does not mean that more is better. Especially if you are taking in some of the nutrient in your diet, by adding the amount in a supplement you may exceed the tolerable upper limit (UL), thus increasing the chance of experiencing side effects from that nutrient. Dr. Willett says, "I make an analogy with a car. You've got to have all these different parts, and they all need to be working for it to run. If any one of them falls out or isn't working, the whole thing may not work. But just adding another of the same part doesn't necessarily make it better. Adding a fifth wheel won't fix the problem and might make it worse."





BOLD HOPE

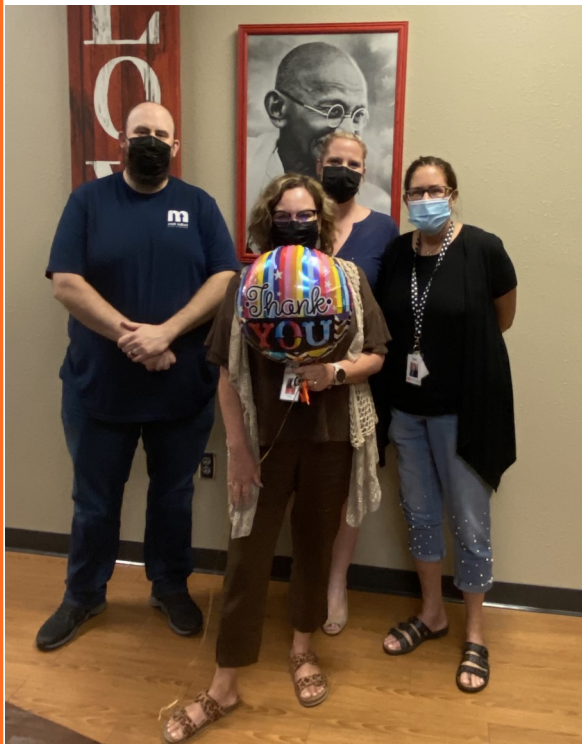
PO Box 80935
Lincoln, NE 68501



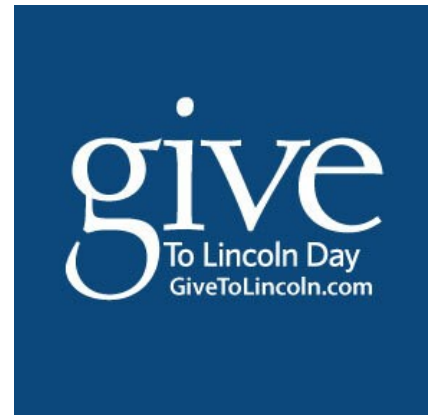
Bicycles needed for the men in our transitional housing program to help them get around town for errands, work, and recovery meetings. If you can help, please contact Clarence at 402-817-0614.

Thank you!

Thank you Lincoln!



Once again the city of Lincoln came out in full force to support the non-profits in our community. Thanks to your generosity Matt Talbot Kitchen & Outreach received \$200,000 plus in donations! The money received will help fulfill our mission 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. This is the 10th anniversary of Give to Lincoln Day and over seven million dollars was raised and coordinated through the Lincoln Community Foundation, in partnership with local nonprofit organizations. Every donation given made a bigger impact because nonprofits also received a proportional share of a \$500,000 challenge match fund. From the bottom of our bold hope hearts, thank you.



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 Need Sub Team	3 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	4 Lunch IANL Roli Saraf Supper Westminster Presbyterian Church GaryHaller	5 Lunch College View Something Else Class Vicki Biloff Supper Champoux Family & Friends Melanie
6 Lunch Madonna Sue Carraher Supper Family & Friends Peggy & Greg Dynek	7 Lunch Need Sub Team Supper Super Supper Servers Sue Connolly	8 Lunch Sub Team Uma Mehta P/P/S Supper St Pat's Leah Bethune	9 Lunch Christ United Methodist Mary Woodard Supper St Peter's Godteens Sarah Hodge	10 Lunch Country Neighbors Beaver Crossing Mike Stutzman Supper Blessed Sacrament #2 Mary Jo Bousek	11 Lunch Sub Team Compro P/P/S Supper Blessed Sacrament #1 MaryAnn Burda	12 Lunch Second Saturday Smilers Janette Johnson Supper 1 st Plymouth Congregational Church Hollie Schmidt
13 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac 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 Need Sub Team 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 Lunch St Katherine's Lunch Bunch Mark & Mai Linebaugh Supper Holy Savior Lutheran III Sarah Fuller
20 Lunch St. Peter's Mary French Supper St Paul's Methodist Church Youth Group Patty Bohart	21 Lunch Need Sub Team 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 Clare Janet Harrison	25 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Grandma Sue	26 Lunch St John's Talbot Lunch Bunch Tini Van-Oehlertz Supper CALL Cheryl Ferree
27 Lunch Light of the World Marron Keady 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 Sub Team Jerry Gamble Provide MTKO Serve Supper Friends Jan Meints	30 Lunch Orthodox Men of Lincoln Richard Leiter & Paul Barnes Supper St Peter's Becky Searcy			MTKO Weekend Pager Number: 402-473-0447

USDA INVENTORY AS OF May 17, 2021

Canned, Frozen or Instant Vegetables

4 ½ cases (24 #300 cans/case) Red Kidney Beans
4 ½ cases (24 #300 cans/case) Garbanzo Beans
14 ½ cases (24 #300 cans/case) Green Beans
2 cases (12 1# bags/case) Instant Mashed Potatoes

Canned & Frozen Fruit

18 cases (24/#300 cans/case) Sliced Pears
5 ½ cases (24/#300 cans/case) Sliced Peaches

Pasta

None

Frozen & Canned Meat

2 cases (6 5# packages/case) Pork Loins
3 ¾ cases (36/10 oz. pouches/case) Chicken Meat

Soups

2 ¾ cases (24/24oz pouches/case) Beef Stew

Miscellaneous

9 2/3 cases (24/#300 cans/case) Spaghetti Sauce