



Volume 3, Issue 9

November 2016

Do Big Good News!

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.

Celebrate **Twice Giving**
With **Double Donations**



Matt Talbot is excited to partner with Propelr and celebrate **#TwiceGiving** during the month of November where all donations are **DOUBLED**.

The Propelr Card, a product of Nelnet, is an easy-to-use VISA prepaid card that raises donations for organizations you care about when used at participating merchants **and there are lots of participating merchants.**

It is easy to sign up for, works like a debit card, and allows you to support Matt Talbot when you do your regular shopping.

And in November, your impact is DOUBLED!

So when you start that early holiday shopping at Scheels and spend \$100, Matt Talbot will receive \$10 (or 10% of your bill)! And when you gather ingredients for pumpkin pie at Super Saver, 4% of your bill will be donated to Matt Talbot! Grabbing dinner at Runza means a whopping 17% of your bill is donated to Matt Talbot.

Still wondering if you should sign up for Propelr? Here are some important things to know!

- Propelr guards your information with the highest security standards.
- Participating merchants donate generously (some up to 20%) to support Matt Talbot and other organizations.
- There are **no monthly fees** and no minimums. You can order additional cards on your account for kids

13 and older. Propelr's Kid Cards teach money management without additional fees.

Thank you for supporting Matt Talbot & Happy #twicegiving!



Welcome to Matt Talbot - Angela Hillman

Matt Talbot is excited to announce Angela Hillman has joined the staff as an intern. She is currently working on a Masters of Social Work degree with clinical concentration through the University of New England. Angela is the mother to two wonderful daughters, ages 20 and 8. She also has 2 dogs, 4 cats, and 5 chickens. Angela can usually be found studying or doing chores at home. Angela said, "I am very glad to be having my field practice at Matt Talbot and have already learned so much".

This that and other things...

Matt Talbot is running low on some personal care items, if you are able to donate the following items, we would truly appreciate it: razors; deodorant; feminine hygiene products; diapers size 3, 4, 5; and wash cloths.

Our volunteers at Matt Talbot are so awesome. And, they are quick on their feet to find solutions with something comes up. Matt Talbot has feeding teams who prepare lunch and dinner 365 days a year rain or shine. From time to time we have groups who would like to prepare a salad or dessert bar

to go along with the meal. We ask our teams to work with these groups changing up the normal routine for them. A Do Big Good Thank You to our feeding teams who welcome these extra groups with open arm and help make everything turn out, just right! Thank you to: Lincoln Stars Hockey Team who provided three dessert bars, Arnold Air Society, Lu Ann Coa, Lux Kiwanis Builders Club, Grand Lodge Assisted Living, Janette Johnson Family and Friends and the Ledgerwood Family. All these groups provided a salad or dessert bar in October.



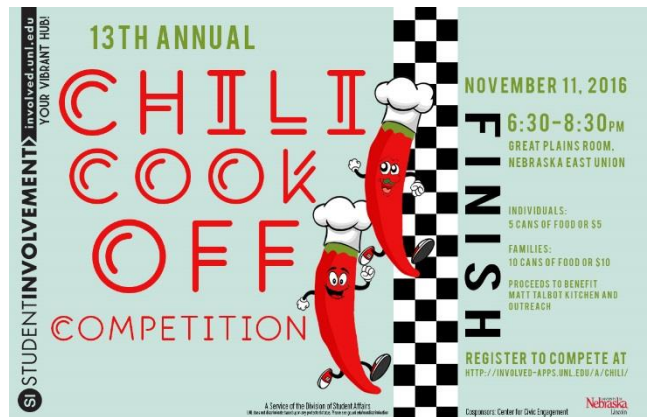
STRIVE Champion November 2016 **Sonia Chen**

This month we would like to recognize Sonia Chen, who has been a member of the STRIVE team, helping to improve the nutritional quality of MTKO meals. She, along with Deb Sitzman, Marylyde Kornfeld, and Susie Hughes, have helped Sydne Wirrick-Knox prepare delicious STRIVE meals.

Sonia has a fairly lengthy history here at Matt Talbot, having started by completing her service hours for her high school Government and Politics class. She helped by folding newsletters and preparing them for mailing. She took a hiatus while she was pregnant with her now two-year-old daughter Rilee. But, since she continued with her studies at UNL and needed more service hours for her Child, Youth, and Family Studies classes, she returned to MTKO. She did a variety of volunteer jobs but was soon recruited to help with meal preparation for the STRIVE project. The STRIVE meals take more time to prepare than others, since they are prepared from scratch. Sonia said she really enjoys the team and cooking the meals, as well as reviewing the meals' nutritional analyses. She also said she had fun taking a wild rice and chicken soup that the team prepared this year to the annual Food Bank's Empty Bowls fund raiser.

Sonia is quite a busy young lady, what with her daughter, her two cats and a dog, her studies, and her part-time job at Hy-Vee, as well as her volunteering at Matt Talbot. We are so grateful for the time she does give to us, as well as her

talents. She is indeed, a champion, and we are proud to acknowledge her contributions to the STRIVE team. Thank you, Sonia!



Can you smell the chili cooking! **November 11**

Join with us to celebrate the 13th Anniversary of The Annual Chili Competition at University of Nebraska – Lincoln. This premier event is hosted by Student Involvement East Campus. It will be held at the Nebraska East Union on November 11, 2016, 6:30pm until 8pm.

Each year competitors put their chili recipes to the test against the judges' and attendees' taste buds.

UNL students and community members are invited to Eat or Compete at the Chili Competition, as all proceeds will benefit Matt Talbot Kitchen and Outreach. Contact Reshell Ray,

Associate Director of Student Involvement, [402-472-8156](tel:402-472-8156) (Office) rray1@unl.edu.

Matt Talbot Volunteers have super powers – they volunteer! What's your super power?



Big Welcome to our Newest Team of Volunteers!
We appreciate your commitment to helping the homeless and near homeless in our community!

Stacy Fish
Margene Boyce
Joe Knower
Avery Freeman

In the Kitchen with Sydne

So Sad to Say Good-Bye

MTKO is saying good-bye to two long time Hunger Relief Teams in 2017; Bryan College of Health Sciences had two meal times (2nd Tuesday evening of the even months and 3rd Thursday evening of the odd months) and Friends of Matt Talbot on the 4th Thursday lunch. Both of these teams will be sadly missed. Thank you for your years of service to Lincoln's working poor and homeless.

I'm Back!

I'm back at work and trying to get into the swing of things again. Thank you all for being so patient in my absence. Also, thank you for the visits, cards, and special thoughts you sent my way. I will hopefully be back to my full time schedule around mid-November.

MTKO Hunger Relief Needs

MTKO needs three new Hunger Relief Teams for 2017:

2nd Tuesday Evening Meals of the Even Months (2/14, 4/11, 6/13, 8/8, 10/10 & 12/12) 3rd Thursday Evening Meals of the Odd Months (1/19, 3/16, 5/18, 7/20, 9/21 & 11/16) 4th Thursday Lunch of Every Month

Thank You to Our October Hunger Relief Substitute Teams:

Madhu Ayolo (October 10th) provided evening meal; J-Tech Construction (October 10th) served and cleaned up evening meal; Lakshmi Rau (October 11th) provided lunch; Bethlehem Lutheran Church Youth Group Wahoo, NE (October 12th) provided, prepared and served evening meal; LuAnn Cao (October 17th) provided, prepared and served lunch.

A Thanksgiving Parade

When did the first balloon character appear in the Macy's Thanksgiving Day Parade?

The Macy's Thanksgiving Day Parade began as an employee event in 1924 known as the Macy's Christmas Parade. Employees wore vibrant costumes and marched to the Macy's flagship location on 34th street with floats and animals borrowed from the Central Park Zoo. The parade was renamed the Macy's Thanksgiving Parade in 1927 and began to use inflated balloons instead of zoo animals. The first balloon character, Felix the Cat, appeared in the 1927 Macy's Thanksgiving Day Parade. In 2013, it was estimated that 3.5 million people watched the parade in New York City and over 50 million people viewed it on TV.



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. "



Weekend on Call Pager Number:
402-473-0447

"Do Big Good News" is prepared monthly
by staff at MTKO
2121 N 27th Street Lincoln, NE 68503
402-477-4116 mtkserves.org
www.facebook.com/mtko.serves



Sue J. Alby, Coordinator of Volunteers
402-817-0623
Sue.alby@mtkserves.org



Janet Buck, MS, RD, LMNT
Nutrition Coordinator
402-7817-0626
Janet.buck@mtkserves.org



Sydne.wirrick-knox@mtkserves.org
Sydne Wirrick-Knox, Kitchen Manager
402-817-0622



Matt Talbot Kitchen & Outreach
2121 N 27th St PO Box 80935
Lincoln NE 68501
402-477-4116 mtkserves.org
www.facebook.com/mtko.serves

Happy Veteran's Day, November 11
Thank you for your service



Matt Talbot Kitchen & Outreach was honored to participate in the 6th Annual Project Homeless Connect and Lincoln VA Stand Down event. Project Homeless Connect Lincoln is a one-day, one-stop event where individuals and families who are homeless can receive a wide variety of immediate, on-site services and support for unmet needs. The event was held October 20 at Pinnacle Bank Arena with over 500 people in attendance.





November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lunch Sub Team Resource Pro P/P/S Supper Tuesday Dues Capital City Christian Church Melanie	2 Lunch Wednesday Lunch Bunch Lisa & Michelle Supper Walmart Northeast Wal-walkers Cruz & Jessica	3 Lunch Angel Helpers Mary Jo Bousek Supper St. Joseph's #3 Pat & Bill Lundak	4 Lunch IANL Dr. Ram Bishu Supper SOS St Mark's United Methodist Ann Heydt	5 Lunch College View Something Else Class Vicki Biloff Supper 1 st Plymouth Congregational Hollie Schmidt
6 Lunch Madonna Sue Carraher Supper Sub Team CCCC Youth Group P/P/S Chris	7 Lunch LLC Health Dept Kings & Queens Gary Walsh Supper Super Supper Servers Sue Connolly	8 Lunch Sub Team Senator Fischer's Lincoln Office Serve Only Supper St Joseph's #1 Mary Love	9 Lunch Christ United Methodist Mary Woodard Supper New Covenant ACTS Lee Johnson- Flowerday	10 Lunch Country Neighbors Beaver Crossing Mike Stutzman & Annie Philyaw Supper Blessed Sacrament #2 Mary Jo Bousek	11 Lunch Christ Lutheran Church Middle School Ministries Megan Ockaden Supper Sub Team UNL East Campus Union P/P/S	12 Lunch First United Methodist Church Liz Zeff Supper Family & Friends Joyce Champoux
13 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac Supper Sub Team 1 st Lutheran Church Youth Heidi P/P/S	14 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset Supper Sub Team HBE CPAs Emily P/P/S	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 Lona Dearthmont Supper Bryan College of Health Sciences Brenda Neemann	18 Lunch Second Baptist Elaine Pope Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Cindy Seidl	19 Breakfast American Legion Mike & Cecelia Lunch Crestwood Christian Jeromy & Sherry Supper Holy Savior Lutheran I Sue Dawson
20 Lunch St. Peter's Cheri Hellem Supper Talent Plus Marilyn Buresh, Tosha Skinner & Brent Proulx	21 Lunch Sub Team Allied Systems Allison P/P/S Supper St. David's Episcopal Sharon Beachell	22 Lunch Women's Welcome Club Beth Griffing Supper Southwood Lutheran Leigh Porter	23 Lunch Residential Treatment Community NSP Marv Chauza Supper St Teresa's Coffee Group Norene Lackey	24 Lunch Thanksgiving No Lunch Supper St Francis & St Claire Janet Harrison	25 Lunch Sister Chicks Ursula McLaughlin Supper Sheridan Lutheran Sue Alby	26 Lunch Blessed Sacrament #5 Mary Woltemath Supper CALL Cheryl Ferree
27 Lunch North American Martyrs Christy Bousquet & Angie Korus Supper The Servants of St Joseph Mary Bill	28 Lunch Holiday Inn Lauren Folkerts Supper SouthPointe Christian Church Lisa Gengenbach	29 Lunch St Michael's Cheney Chloe Burianek Supper Agent Elise Hernandez	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 October 27, 2016

Canned, Frozen or Instant Vegetables

2 cases (12/2.5# bags/case) Frozen Diced Carrots
7 ¾ cases (24/#300 cans/case) Green Beans
6 cases (24/#300 cans/case) Corn
10 ¾ cases (24/#300 cans/case) Peas

Canned & Frozen Fruit

9 ½ cases (24/#300 cans/case) Applesauce
7 cases (24/#300 cans/case) Sliced Pears
¾ case (144/1.33 oz. boxes) Raisins
2 cases (24/#300 cans/case) Sliced Peaches

Pasta

2 ½ cases (20/1# boxes/case) Macaroni
10 cases (20/1# boxes/case) Spaghetti
8 cases (12/1# bag/case) Egg Noodles

Frozen & Canned Meat

None

Soups

1 case (12/22 oz. per case) Cream of Chicken Soup (not condensed)
4 cases (12/22 oz. per case) Cream of Mushroom Soup (not condensed)
1 case (24/#300 cans/case) Condensed Vegetable Soup

Miscellaneous

3 cases (24/#300 cans/case) Spaghetti Sauce
10 cases (3/46 oz bottles/case) Apple Juice

Other inventory available for hunger relief teams to use: canned diced tomatoes, frozen hams, and frozen ground turkey. None of these are USDA products.