

MATT TALBOT KITCHEN & OUTREACH NEWSLETTER

SEPTEMBER 2024

VOLUME 13 | ISSUE 9



HUSKERS helping THE HOMELESS

THURSDAY
9-19-24

FRIDAY
9-20-24
GAME DAY

SATURDAY
9-21-24



BE A GAME CHANGER! JOIN THE HUSKERS HELPING THE HOMELESS TEAM

We are huddled up and strategizing our game plan to have the best defense against hunger and homelessness during the 28th annual Huskers Helping the Homeless event on the weekend of September 20th. A critical part of our strategy is putting together a strong roster of event volunteers. And we want you on our team!

We are seeing more guests come to us for help and the needs are growing. We are hoping you (and your friends and family!) will suit up and get in the game with us! There are volunteer opportunities downtown before the Husker game on September 20th or at local grocery stores throughout Lincoln all three days.

Your involvement at any level will be a game-changer for our guests and our community. Learn more and sign up at mtko.org.

Please reach out to Jenn Boettcher (402.817.0615, jenn.boettcher@mtko.org) or Victoria O'Neil (402.817.0623, victoria.oneil@mtko.org) with questions.

Thank you and GO BIG RED!

*Save
THE
Date*

**Join us for a Fundraiser at Freddy's
on September 18th!**

Grab dinner or some ice cream (or both!) at the 57th & O Street store from 4 - 8 pm. Enjoy your Freddy's favorites while supporting Matt Talbot!

IN-STORE

Say "I'm here for the fundraiser" at checkout

ONLINE OR MOBILE APP

Use Promo code:
GIVEBACK

Freddy's[®]

**IS PROUD TO
CONTRIBUTE**

15%

OF EVENT SALES

News FROM THE KITCHEN

Updates from Victoria

Volunteers are the backbone of Matt Talbot Kitchen & Outreach. Whether it is purchasing ingredients, preparing food, serving a meal, helping at the reception desk, working in the garden, or hosting a donation drive or special event – we appreciate your investment of time and resources and want to be available to assist you in any way we can. Here are the updates I want to highlight this month:

1 Second Servings

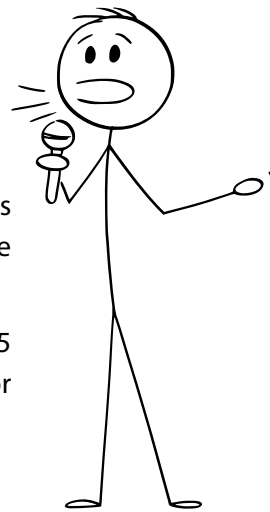
We continually assess programs and make changes to improve the experiences of both volunteers and guests. Last June we changed our policy to no longer provide second servings to accommodate the large number of guests and ensure that everyone receives a meal during the 1-hour serving period.

Overall, guests and volunteers follow this new policy with no issues. Unfortunately, there continue to be occasions where guests come through the line for a second meal. If you are here during the week and encounter a guest who is upset about not receiving a second serving, please ask a staff member to talk with the guest. To address this concern for weekend teams, the officer will stand by the scanner to be additional support for volunteers and help deter guests from getting in line for the second time. We appreciate everyone's feedback on this policy and will continue to be available to answer any questions or concerns.

2 Announcements or Prayers before a Meal

Hunger relief teams can offer short announcements or prayers before serving a meal but it is not necessary. If your team would like to speak to dining room guests before beginning your meal service, we have two guidelines:

- If you are here Monday – Friday, use our microphone (a staff member will get it for you). This helps promote a calm environment and reduces the chances of anyone raising their voice. Guests have the choice of engaging with your communication or continuing to talk quietly and not engaging.
- Offer your announcement or prayer at least 5 minutes before meal service starts (11:25 am or 5:25 pm) to ensure we comply with USDA rules that specifically state we cannot delay meal service or require guests to participate in religious activities (such as prayer).



3 Daily Reports

Please make sure your team is filling out daily reports for every meal. We would appreciate everyone including their email address so we can enter your volunteer hours in our new Volunteer Database.

4 Food Stored in Pantry

We are having problems with food missing from the team's shelves in the walk-in pantry as well as the walk-in cooler. Please make sure you are only taking items from your team's marked shelf as well as looking at food to make sure that it does not have a save sticker and team name on it. The team that brought in that food is counting on using it for their meals and has to scramble to find an alternative when it comes up missing. If you are not sure if the food is available please ask Victoria or Anthony.

As always, I am available to answer any questions or concerns you have about these updates or any of our policies or programs. Thanks for all you do!



Victoria

Victoria O'Neil
Director of Hunger Relief and Volunteerism
victoria.oneil@mtko.org, 402-817-0623

This institution is an equal opportunity employer.

Highlights from August

A Safe Place to Sleep

Last month we housed someone who had been sleeping on the streets. When asked if he was looking forward to sleeping in a bed, he said he didn't mind sleeping outside except when it got so hot. As he got settled in his new place he wasn't sure if he could untuck the blankets on his bed, so he put his sleeping bag on top of the bed and laid down. He fell asleep at 2 pm and slept until 6 am the next day. Sixteen hours of sleep. Safe. In a bed. In a quiet and cool place.

This work is hard, impactful, and hopeful. And we are here for it, for as long as we are needed. Thank you for your partnership. Together we are changing lives.



A Gift from a Guest: Cash and Courage

A guest struggling with alcohol met with one of our counselors last month to get help setting up services for treatment. Before leaving the guest gave the counselor all his cash - \$11 - as a donation to Matt Talbot so he wouldn't use it to buy alcohol and "ruin this opportunity". Receiving this donation and witnessing his courage are incredible gifts. The first appointment on his recovery journey was the next morning and he is on his way.



Bold Hope for the Future

August was National Make-a-Will Month and we celebrated by sharing our partnership with FreeWill which allows anyone to create a legally valid will or trust in 20 minutes at no cost. This tool can be used on its own or to document your wishes before finalizing plans with an attorney. Including Matt Talbot in your estate plan, as Janet did, ensures we stay a consistent source of hope and support to individuals and families in Lincoln for generations to come. Contact Lori Wellman (lori.wellman@mtko.org or 402-817-0621) with questions.

“ I volunteer because I want to give back to my community.

I made a Matt Talbot legacy donation to leave the world a better place with the promise of more bold hope.

Janet, Matt Talbot Volunteer and Donor ”

September is Hunger Action Month

by Emily Gratopp, MS, ACC, ACTC
Assoc Extension Educator, University of Nebraska-Lincoln

During Hunger Action Month, people are asked to wear the color orange. I offer another challenge: to include orange in each meal prepared for those experiencing food insecurity. A common phrase used in nutrition education is: 'eat a rainbow'. Eating a rainbow helps ensure a person consumes all of the vitamins and nutrients needed for bodies to thrive and orange is not a color to skimp on! The orange color in food is full of carotenoids, which includes lutein, lycopene, zeaxanthin, and alpha and beta carotene. These are all fancy words to describe the powerful, rich content found in the color orange in food. The body converts the color orange to Vitamin A and all of these nutrients are commonly referred to as antioxidants. Antioxidants reduce the risk of cancer, heart disease, and stroke. Everyone needs the color orange in their diet, even those who are food insecure. Focus on making tasty dishes with pumpkin, squash, carrots, sweet potatoes, oranges, mangos, apricots and orange peppers this September. Find recipe ideas on our website!





matt talbot
kitchen & outreach

BOLD HOPE

SEPTEMBER IS HUNGER ACTION MONTH SERVING OPPORTUNITIES



- Monday, September 9 - Dinner
- Sunday, September 15 - Lunch
- Thursday, September 19 - Lunch
- Wednesday, September 25 - Dinner
- Tuesday, October 15 - Dinner
- Tuesday, October 29 - Dinner
- Friday, November 1 - Dinner
- Sunday, November 3 - Dinner



**Volunteer Teams Needed to serve
Christmas Day - Lunch and Dinner**

Please contact Victoria if you can help with any of these meals. Thank you!



RECIPE

Stuffed Peppers
Serves 120

Ingredients:

- Bell peppers (60 whole peppers, cut in half)
- Olive oil
- Ground beef or turkey (30lbs)
- Onion
- Cooked Rice (60 1-cup servings)
- Tomato Sauce
- Worcestershire Sauce
- Italian Seasoning, garlic powder, onion powder, kosher salt and ground black pepper
- Sugar
- Sharp Cheddar Cheese and Monterey Jack

Instructions:

1. Microwave peppers until they begin to soften, about 3 minutes
2. Cook the ground beef and rice filling
3. Season the peppers with salt and pepper, then stuff the filling into the peppers
4. Drizzle with oil
5. Cover and bake in a 350F oven for 35 minutes
6. Remove the cover, top with cheese, and return to oven for about 10 more minutes
7. Garnish with chopped fresh parsley or basil



September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lunch Melinda Stanton and Friends Supper SUB TEAM	2 Lunch SUB TEAM: UNL FOOTBALL TEAM Supper Super Supper Servers	3 Lunch Mary Jo Friends & Family Supper Tuesday Dues	4 Lunch Wednesday Lunch Bunch Supper Praise Temple Church	5 Lunch Leftover Queens Supper St. Joseph's	6 Lunch IANL Supper SUB TEAM: Horizon's Community Church Octagons	7 Lunch College View Church Supper Family & Friends
8 Lunch St. Mary's Elmwood Supper Joe Duggan	9 Lunch Sacred Heart Beaver Crossing Supper SUB TEAM	10 Lunch Community Corrections Supper St. Joseph's #1	11 Lunch Christ United Methodist Supper New Covenant ACTS	12 Lunch SUB TEAM: RBC Supper Blessed Sacrament #2	13 Lunch Christ Schools Supper Spirit of Hope Lutheran Church	14 Lunch Second Saturday Smilers Supper 1 st Plymouth
15 Lunch SUB TEAM Supper St. Paul's Methodist Church	16 Lunch SUB TEAM: UNL FOOTBALL TEAM Supper St. David's Episcopal	17 Lunch First Lutheran Church Supper SUB TEAM	18 Lunch Skyview Learning Academy Supper St. Teresa's #1	19 Lunch SUB TEAM Supper Living Faith Free Methodist Church.	20 Lunch Second Baptist Supper St. Mary's/NA Martyrs Mix	21 Lunch Edenton Christian Church Supper Holy Savior Lutheran
22 Lunch North American Martyrs Supper Servants of Saint Joseph & Youth Ministry	23 Lunch Immanuel Church Supper Southpoint Christian Church	24 Lunch Women's Welcome Club Supper Southwood Lutheran	25 Lunch Trinity Lutheran-Cordova Supper SUB TEAM	26 Lunch SUB TEAM: RBC Supper St Francis & St Clare	27 Lunch Sister Chicks Supper Sheridan Lutheran	28 Lunch Blessed Sacrament #5 Supper CALL
29 Lunch Andy Barry Family & Friends Supper St. Patrick's - Manly	30 Lunch SUB TEAM: RBC Supper St. Michael's Cheney					

MTKO Answering Service: 402-473-2828

Mission Statement:

To relieve hunger, overcome homelessness, address addiction, and provide outreach and advocacy in Lincoln.

USDA Nondiscrimination Statement:

This institution is an equal opportunity provider.