

# MATT TALBOT KITCHEN & OUTREACH NEWSLETTER

JULY 2024

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*This season....*

## BE A GAME CHANGER!

**HUSKERS**  
*helping*  
**THE HOMELESS**

The first Husker football game is months away - but we are huddled up strategizing our game plan to have the best defense against hunger and homelessness during the 28th annual Huskers Helping the Homeless event 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!**

As you know, we are seeing more guests come to us for help and the needs are growing. We are asking you (and your friends and family!) to 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 weekend.

Whether as an event volunteer or sponsor - your involvement at any level will be a game-changer for our guests and our community. Thank you!

**GO BIG RED!**



## THE BEST DEFENSE AGAINST HUNGER!

# News FROM THE KITCHEN

## Farewell and New Beginnings

After a year and a half filled with unforgettable experiences and cherished relationships, I announce my departure from Matt Talbot with a mixture of sadness and excitement. Starting in July, I will become the Food and Beverage Operations Manager at the Lincoln Children's Zoo.

My time at Matt Talbot has been transformative. Working alongside dedicated staff, passionate volunteers, and inspiring volunteer teams, I have learned the true meaning of community and compassion. Every meal served, every hand extended, and every story shared has left an indelible mark on my heart. The support and camaraderie I have experienced here are unparalleled, and I will always treasure the connections I have made.

As I embark on this new journey, I carry with me the lessons and memories from Matt Talbot. While my role will change, my commitment to service and community remains steadfast. I am excited about the opportunities ahead and look forward to contributing to the Zoo with the same dedication and passion.



Thank you to everyone at Matt Talbot Kitchen and Outreach for the incredible journey. Your support, friendship, and unwavering dedication to our mission have been truly inspiring. Though I will miss you all, I am confident that our paths will cross again in this vibrant community. With heartfelt gratitude,

Stephen Engel, Kitchen Manager

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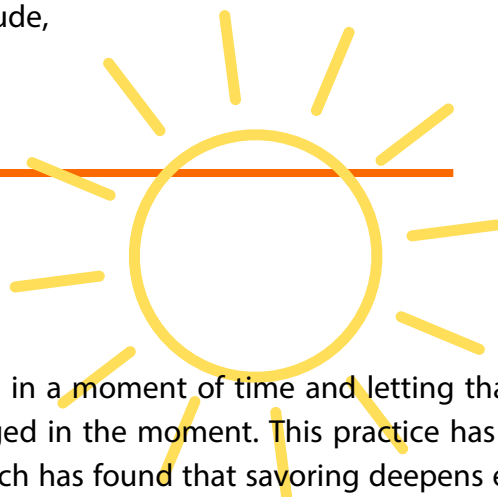
## Savor Summer

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

Savoring is the practice of being fully present and absorbed in a moment of time and letting that moment linger. It allows for the body's senses to become fully engaged in the moment. This practice has long been associated with positive mental health and resilience. Research has found that savoring deepens enjoyment, well-being, and bolsters moods by emphasizing positive and pleasant experiences. There are many ways to practice savoring in the summer - from fully feeling the sun and breeze on one's face and deeply hearing sounds of nature, to tasting the freshness of food only available in the summer season in Nebraska.

A popular food that is perfect for savoring in the summer is sweet corn. Sweet corn can be abundant in Nebraska in the summer months and is an excellent source of fiber which aids in digestive function. Try to secure some fresh sweet corn for yourself and Matt Talbot guests this July and practice savoring it. Fresh sweet corn's tasty aroma can be savored along with the juicy pop and crunch, which is more pronounced than store-bought canned and frozen corn.

There are many ways to prepare corn on the cob and even more ways to eat it - from directly on the cob to cutting it off the cob to mix into a variety of dishes. Find more information about the best ways to select, store, and use corn on the cob at <https://food.unl.edu/article/sweet-corn>. A favorite recipe is the Three Sister's Salad from the Indigenous community that includes three vegetables that are planted together because they support each other's needs and successful growth: corn, zucchini and beans: <https://food.unl.edu/recipe/three-sisters-salad>.



ENJOY  
SAVORING  
SUMMER!

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# Highlights from June

## Matt Talbot Offers Outreach at First Presbyterian Church

We are now offering outreach services at First Presbyterian Church (840 S. 17th St.) on the second (2 - 4 pm) and fourth (9 - 11 am) Thursdays of the month. The goal of the outreach is to assist community members who have a hard time getting to our facility on North 27th Street. While at the church, we can help with accessing food pantries, hygiene items, and other community resources. All are welcome. No appointment is needed!



## Summer is Our Busiest Time!



If you've been to Matt Talbot lately you might have noticed that the number of meals served is higher than normal and that the number of people in the dining room has increased.

Summer is hands down the busiest time of year at Matt Talbot where we see more new faces and more families. We are working hard to be a welcoming and safe respite for our guests during these busy, hot days. We are so grateful for the volunteers who help with hunger relief, outreach services, and keeping our garden and grounds looking great.

We appreciate your partnership!



## Town Hall Meeting

We hosted a town hall meeting with guests on June 24th. These meetings will be held quarterly going forward and are an opportunity for staff to introduce themselves, review the rules in the dining room, provide information about programs offered at Matt Talbot, and answer questions. We had a great turn out and the raffle prizes given out at the end were a big hit!



**This institution is an equal opportunity employer.**



**matt talbot**  
kitchen & outreach

**BOLD HOPE**

## SUMMER MEAL SERVING OPPORTUNITIES

- July 12, 17, and 29 (lunch)
- July 5, 8, 14, and 16 (dinner)
- August 4, 5, 9, 17, 19, and 26 (dinner)
- August 28 (dinner)

**We provide the main dish and teams provide fresh fruit and/or a green salad.**



# RECIPE

**Chicken and Broccoli Pasta**  
Serves 150

### Ingredients:

- 1/2 cup olive oil
- 20 to 25 pounds canned chicken, drained
- 1 1/4 cups chopped onions
- 3/4 cups chopped garlic (or 1/4 cup granulated garlic)
- 38 (14.5 ounce) cans diced tomatoes
- 37 cups fresh or frozen broccoli
- Salt & pepper to taste
- 1 tablespoon dried oregano
- 2 cups dried basil
- 25 pounds dry penne pasta
- 3 cups grated Parmesan cheese

### Instructions:

1. Preheat oven to 350° and coat pans with cooking spray.
2. Heat oil in skillet and add onions and garlic (unless using dried garlic). Cook for about 5 minutes until onions are translucent.
3. Add chicken, garlic granules (if using), tomatoes, broccoli, salt, pepper, oregano, and basil; stir well and bring to a boil. Cover and turn down heat to simmer for about 10 minutes.
4. Cook pasta, drain and pour into chicken sauce; mix well.
5. Put casserole into baking pans. Sprinkle with Parmesan cheese and bake at 350° for 30 minutes or until the sauce bubbles.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>Lunch</b> Capital City Christian Church <b>Supper</b> Super Supper Servers	<b>2</b> <b>Lunch</b> Mary Jo Friends & Family <b>Supper</b> Tuesday Dues	<b>3</b> <b>Lunch</b> Wednesday Lunch Bunch <b>Supper</b> Praise Temple Church	<b>4</b> <b>Lunch</b> Leftover Queens <b>Supper</b> St. Joseph's	<b>5</b> <b>Lunch</b> IANL <b>Supper</b> <b>SUB TEAM</b>	<b>6</b> <b>Lunch</b> College View Church <b>Supper</b> Family & Friends
<b>7</b> <b>Lunch</b> IAL <b>Supper</b> Westminster Presbyterian	<b>8</b> <b>Lunch</b> Sacred Heart Beaver Crossing <b>Supper</b> <b>SUB TEAM</b>	<b>9</b> <b>Lunch</b> Community Corrections <b>Supper</b> St. Joseph #1	<b>10</b> <b>Lunch</b> Christ United Methodist <b>Supper</b> New Covenant	<b>11</b> <b>Lunch</b> <b>SUB TEAM:</b> <b>SERVE BOLDLY</b> <b>OMAHA</b> <b>Supper</b> Blessed Sacrament #2	<b>12</b> <b>Lunch</b> <b>SUB TEAM</b> <b>Supper</b> Spirit of Hope Lutheran Church	<b>13</b> <b>Lunch</b> Second Saturday Smilers <b>Supper</b> 1 <sup>st</sup> Plymouth
<b>14</b> <b>Lunch</b> St. Mary's Elmwood <b>Supper</b> <b>SUB TEAM</b>	<b>15</b> <b>Lunch</b> <b>SUB TEAM:</b> <b>NRECA</b> <b>Supper</b> St. David's Episcopal	<b>16</b> <b>Lunch</b> First Lutheran Church <b>Supper</b> <b>SUB TEAM</b>	<b>17</b> <b>Lunch</b> <b>SUB TEAM</b> <b>Supper</b> St. Teresa's #1	<b>18</b> <b>Lunch</b> Christ United Methodist- Maggie Bates <b>Supper</b> Living Faith Free Methodist	<b>19</b> <b>Lunch</b> Second Baptist <b>Supper</b> St. Mary's/NA Martyrs Mix	<b>20</b> <b>Lunch</b> Edenton Christian Church <b>Supper</b> Holy Savior Lutheran Church I
<b>21</b> <b>Lunch</b> NE Heart Hospital <b>Supper</b> Reaching the World Outreach	<b>22</b> <b>Lunch</b> <b>SUB TEAM:</b> <b>Smithfield</b> <b>Supper</b> Southpointe Christian Church	<b>23</b> <b>Lunch</b> Women's Welcome Club <b>Supper</b> Southwood Lutheran Church	<b>24</b> <b>Lunch</b> Trinity Lutheran- Cordova <b>Supper</b> <b>SUB TEAM:</b> <b>Capital City</b> <b>Christian Church</b> <b>Youth</b>	<b>25</b> <b>Lunch</b> <b>SUB TEAM: India</b> <b>TSN Community</b> <b>Supper</b> St Francis & St Clare	<b>26</b> <b>Lunch</b> Sister Chicks <b>Supper</b> Sheridan Lutheran	<b>27</b> <b>Lunch</b> Blessed Sacrament #5 <b>Supper</b> CALL
<b>28</b> <b>Lunch</b> North American Martyrs <b>Supper</b> Servants of Saint Joseph & Youth Ministry	<b>29</b> <b>Lunch</b> <b>SUB TEAM</b> <b>Supper</b> St. Michaels Cheney	<b>30</b> <b>Lunch</b> <b>SUB TEAM:</b> <b>Compro</b> <b>Supper</b> <b>SUB TEAM</b>	<b>31</b> <b>Lunch</b> Orthodox Men of Lincoln <b>Supper</b> St. Peter's			

**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.