



matt talbot
kitchen & outreach

VOLUME 13

ISSUE 11

NOVEMBER 2024

bold hope. bold hope. bold hope. bold hope. bold hope.

Meet Louann Cao's Team!

The November Freshen Your Plate team of the month shares how they pack nutrition into every meal.



NEWSLETTER

News From the Kitchen

Victoria introduces the newest member of our team, shares important updates on volunteer procedures, and more!

A Note from the Staff

Guests Camping Near Matt Talbot: The Reality of Homelessness

A Letter From Emily

Changing your recipes along with the seasons.



Meet Ben!

Originally hailing from Omaha, new nutrition intern Ben Quinlan is a born and raised Nebraskan. Ben was introduced to Matt Talbot as one of our volunteers and said he felt a hospitable and welcoming environment from the Matt Talbot team immediately. That experience made him confident that he would be in good hands, so applying for our nutrition intern position "was a no brainer" for him! Finishing up his last semester at UNL, Ben is excited to put his education to the test as part of our new Freshen Your Plate program. We are so excited to have him as a part of our team and cannot wait to show you the amazing work he's doing to help us get the Freshen Your Plate ball rolling!

For Volunteers

USDA Canned Fruits and Vegetables Availability

We are currently unable to receive USDA canned fruits and vegetables. If you have any questions about the food we have in stock, please contact Anthony at 402-817-0622 or via email at anthony.bailous@mtko.org.

Open Volunteer Positions

We are looking for volunteers to fill the following positions:

- **Scanner:** Saturdays from 11:30 AM to 12:30 PM
- **Laundry/Shower Volunteer:** Wednesdays from 12:30 PM until the last shower, typically around 4:30/5:00 PM

If you are interested in volunteering, please reach out to Victoria at 402-817-0623 or victoria.oneil@mtko.org.

2025 Hunger Relief Calendar Team Sign-ups

It's time for us to start scheduling teams for the 2025 Hunger Relief Calendar! If you're interested in forming a new team, we have various options available. Please contact Victoria at 402-817-0623 or victoria.oneil@mtko.org for more information.

Important Notice

It is absolutely essential for all volunteers to complete the Hunger Relief Daily Report form thoroughly. The highlighted sections to the right are of utmost importance and must be filled out in detail. This information is not only crucial for our internal records but also vital for our reporting obligations to the USDA. Incomplete sections can jeopardize our ability to meet these requirements. Your cooperation in this matter is not just appreciated—it's essential for the success of our mission. Thank you for your unwavering commitment to our mission. We are endlessly thankful for our volunteers!



Victoria

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

Hunger Relief Daily Report
Please fill out this form before you begin your shift. This information is necessary for reporting to other agencies and tracking service hours. Your cooperation is required. Thank you!

Date: _____ Meal Served: lunch dinner
Serving Team: _____
Team Captain: _____

Team Members:
Please list all volunteers present on your team. Note that all volunteers must sign the Volunteer Waiver of Liability form, which can be found outside of the kitchen manager's office.

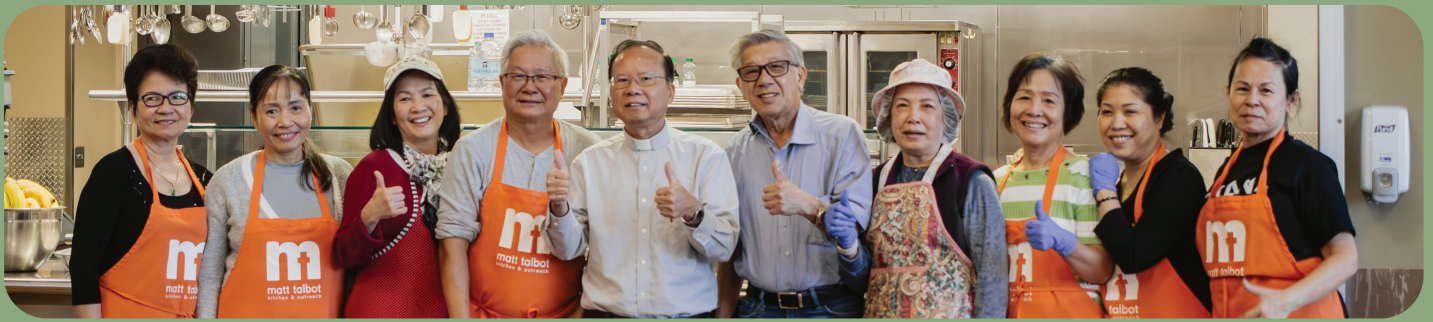
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Meal Info:
What was on the menu? _____
What fresh fruits/vegetables were served? _____

Meal Count:
Tray Count: _____
To-go Count: _____
Total meals served: _____

Was USDA food used? Yes No
If yes, what food was used? _____

matt talbot kitchen & outreach
Our Mission: To relieve hunger, overcome homelessness, address addiction, and provide outreach and advocacy in Lincoln.
Please Review closing and cleaning procedures on the back. →



Freshen Your Plate Volunteers of the Month

This November, we are excited to highlight Louann Cao and her amazing team as our Freshen Your Plate Volunteers of the Month! Since February 2015, this group has been bringing joy and nutritious meals to Matt Talbot, and we are incredibly thankful for the positive impact their dedication and enthusiasm have made in our community.

On October 24, the team came in to serve lunch, featuring fried rice with chicken, ham, fresh peas, and carrots. They also treated us to their fan-favorite egg rolls, a hearty lentil salad, bananas, and carrot cake—everything made from scratch!

Louann and her team prioritize using lean meats while incorporating plenty of vegetables and protein into their dishes, ensuring our guests receive balanced and nutritious meals. Their commitment to quality and health shines through in every meal they prepare.

Beyond the wonderful food, their warm smiles and positive energy truly brighten our dining room. We are so incredibly grateful for the happiness and dedication they bring each time they volunteer!

Thank you, Louann Cao and your fantastic team, for your continued support in helping us nourish our community!

a note from the staff

Guests Camping Near Matt Talbot: The Reality of Homelessness

Our mission is to relieve hunger, overcome homelessness, address addiction, and provide outreach and advocacy in Lincoln. Even as we strive to solve homelessness, a quick look around the dining room and grounds tells us that many in our community do not have their basic human need for shelter met.

There are unsheltered people in Lincoln living in cars, parking garages, or outside in encampments. You will see many of those people at Matt Talbot getting a meal, signing up for shower and laundry services, picking up mail, or getting some respite from the elements. The most recent Point in Time count estimated there are approximately 45 unsheltered people in Lincoln on any given day.

Matt Talbot's policies do not allow camping or sleeping on our grounds, but you may notice some guests setting up camp near our property. These guests trust Matt Talbot and like being close to our services. We engage with those camping as much as we can, helping as much as the guests will allow. For their safety and to be good neighbors to nearby businesses and residences, we provide trash bags and encourage those camping to clean up after themselves. Guests who camp on city property are trespassing and can be ticketed. However, the city is focused on collaborating with the community to find solutions to homelessness and tries to avoid issuing citations, recognizing that would further marginalize people experiencing homelessness. The Transportation and Utilities Department will respond when people camp and assess how safe and hygienic the campsite is. Often city officials will work with Matt Talbot staff to provide a five-day notice to guests who are camping, but there are situations when guests are asked to leave immediately.

When you see guests camping on city property while you are at Matt Talbot, know that staff are doing everything they can to assist with finding safe shelter. If you have any questions or concerns about what you see on our grounds or nearby, please contact Victoria. Housing is a need that everyone shares. Matt Talbot will continue to lead with our values of dignity, integrity, empowerment, compassion, inclusion, and diversity to offer outreach and services so that - no matter our background, race, gender, or income- we all have a roof over our heads.

monthly recipe:

Healthi(er) Pirozhkis

150 Servings



Ingredients

- 300 frozen dough dinner roll balls
- 25 pound ground beef
- 13 yellow onion chopped
- 50 cups green cabbage chopped
- 6 teaspoon salt
- 6 teaspoon garlic powder
- 13 teaspoon black pepper

Directions

1. Let frozen rolls rise on a baking sheet for 3-5hrs.
2. Preheat oven to 375 degrees.
3. Cook ground beef and chopped onion over medium-high heat until fully cooked (7-10 minutes).
4. Add chopped cabbage. Cook for an additional 5-7 minutes or until the cabbage softens.
5. Add salt, garlic powder, and black pepper.
6. Reduce heat to medium-low, stirring occasionally.
7. Roll out dinner rolls until they reach ¼ inch in thickness.
8. Add ½ cup of ground beef mixture to the center of one roll and fold a second roll over the top, pinching the two rolls together all the way around the edges.
9. Place on a greased baking sheet and spray tops of rolls with nonstick cooking spray.
10. Let rise for 10-15 minutes.
11. Bake for 15-20 minutes or until golden brown.

Embracing Autumn

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

The seasons are changing with a breathtaking display of color. The vibrant color-changes of the leaves and grasses makes autumn a perfect time to practice gratitude and awe. Take a moment to pause, breathe in the crisp air, count the many shades of red, orange and yellow in nature, and be in awe at the details of all that shifts with each new season. The change of seasons also means there will be changes to the foods that will be freshest (and typically also the most cost-effective because food costs less when in season). Embrace the taste of autumn by adding bright oranges, yellows, and reds into meals. In addition to increasing the aesthetics of the plate, these colors also increase essential vitamins and minerals like Vitamins A & C, Calcium and Potassium! Here are some simple ways to add delicious color to meals: swap out yellow potatoes for sweet potatoes, roast butternut squash as a side dish, make a comfort soup using winter squash as the creamy base, or swap noodles for bright yellow spaghetti squash. Lastly, the iconic vegetable of the season - pumpkin - can be added to many dishes! Find recipes and ideas using many of these seasonal vegetables on Nebraska Extension's Seasonal Produce page, especially the page for Winter Squash.



November 2024

SERVING TEAM CALENDAR

lunch: 11:30am - 12:30pm | dinner: 5:30pm - 6:30pm



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|--|--|
| | | | | | 1 lunch IANL dinner SUB TEAM NEEDED | 2 lunch College View Church dinner Family & Friends |
| 3 lunch Melinda Stanton & Friends dinner SUB TEAM East HS DECA/Girl Scouts | 4 lunch SUB TEAM Lancaster Medical Alliance dinner Super Supper Servers | 5 lunch Mary Jo Friends & Family dinner Tuesday Dues | 6 lunch Wednesday Lunch Bunch dinner Seward United Methodist Youth | 7 lunch Leftover Queens dinner St. Joseph's | 8 lunch Christ School dinner Spirit of Hope Lutheran Church | 9 lunch Second Saturday Smilers dinner First Plymouth |
| 10 lunch St. Mary's Elmwood dinner Joe Duggan | 11 lunch Sacred Heart Beaver Crossing dinner SUB TEAM Standing Bear Baseball Team | 12 lunch Community Corrections dinner SUB TEAM Delta Gamma Gamma | 13 lunch Christ United Methodist Church dinner New Covenant ACTS | 14 lunch SUB TEAM Haleon dinner Blessed Sacrament #2 | 15 lunch Second Baptist dinner St. Mary's/ NA Martyrs Mix | 16 lunch Edenton Christian Church dinner Reaching the World Outreach |
| 17 lunch NE Heart Hospital Pharmacy dinner St. Paul's Methodist Church | 18 lunch SUB TEAM Smithfield dinner St. David's Episcopal | 19 lunch First Lutheran Church dinner SUB TEAM Bethlehem Lutheran | 20 lunch SUB TEAM Hudl dinner SUB TEAM FCLA | 21 lunch Christ United Methodist-Maggie Bates dinner SUB TEAM Cleverly Family | 22 lunch Sister Chicks dinner Sheridan Lutheran | 23 lunch Sister Chicks dinner Sheridan Lutheran |
| 24 lunch North American Martyrs dinner Servants of Saint Joseph & Youth Ministry | 25 lunch Immanuel Church dinner Southpoint Christian Church | 26 lunch Women's Welcome Club dinner Southwood Lutheran Church | 27 lunch First Lutheran Church dinner SUB TEAM Bethlehem Lutheran | 28 lunch Closed dinner St. Francis & St. Clare | 29 lunch Christ United Methodist Church dinner Southwood Lutheran Church | 30 lunch Dangling Particles dinner NEED SUB TEAM |

Matt Talbot Answering Service: 402.473.2823

This institution is an equal opportunity employer.

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