

MATT TALBOT KITCHEN & OUTREACH NEWSLETTER

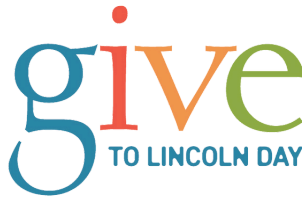
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THANK YOU!

Nearly \$250,000 was raised for Matt Talbot through the 13th annual Give to Lincoln Day, coordinated by the Lincoln Community Foundation. That amount will grow even more when the matching funds are distributed. We are so thankful for this generous community!



OPEN HOUSE CELEBRATES EXPANSION

Matt Talbot hosted an open house on May 30th from 5:30 pm – 6:30 to celebrate the recent completion of our facility expansion, the final phase of our relocation to North 27th Street which began in 2010. Staff provided tours of the facility and we all enjoyed a delicious meal cooked on the grill.

Our new spaces include a north addition to the existing facility and a 3-stall garage to store agency vehicles, donated furniture, mattresses, and household items for clients who are newly housed. All funds raised during last year's Give to Lincoln Day supported the facility expansion campaign.

"These new spaces strengthen our outreach efforts and allow us to help more people, more effectively," said Alynn Sampson, Executive Director. "So many in the community supported us last year during our Bold Hope Expands campaign and we loved celebrating how this expansion is changing lives and moving us closer to our bold vision of defeating hunger and homelessness."

MORE
NUTRITION.
SERVICES.
PEOPLE HOUSED.
SPACE.
COMPASSION.

MORE HOPE.



News FROM THE KITCHEN

A Change in How Meals are Served

Summer hasn't officially started, but it looks like it has in the dining room! We are seeing more guests for meals, and our numbers are rising to the point that we often aren't able to finish the first servings during the one-hour meal period.

After discussions with Alynn Sampson, our Executive Director, we decided to suspend second servings on a trial basis beginning June 3rd. This will be an adjustment for staff, volunteers, and guests, so everyone's assistance would be appreciated.

In addition, during the lunch hour, we are going to implement a cut-off time of 12:35/12:40. If a guest is in line for a first serving and the cut-off time has arrived, they can remain in line. To start, Alynn and I will be supervising the line explaining that lunch ends at 12:30. We will never turn away anyone from eating, but we do need to respect our Hunger Relief Team's time. We will make sure that there are sack lunches in the walk in cooler for distributing to individuals who missed lunch. This is not taking the place of seconds, it is only for individuals who missed the meal.

The multiple meal policy will remain the same. Guests will need to still check in with Outreach to receive a card for more than one meal to go. Guests will still have to wait until 12:00 or 6:00 to get those meals.



Please let me know if you have any questions or concerns. Thank you for all you do!

Sincerely,

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

Fresh Foods

by Emily Gratopp, MS, ACC, ACTC

Assoc Extension Educator, University of Nebraska-Lincoln

Summer is upon us and that means more access to healthy, fresh foods that are grown locally! Buying locally grown food not only tastes better and fresher, it also supports the local economy. These fresh, healthy, and delicious local foods can also be thought of as dignifying foods. Fresh, healthy foods communicate "Yum!" to the tastebuds while also communicating "Your body is of value" to the person and "You are valuable" to the soul.

Fresh fruits and vegetables are more affordable during the summer months, so now is a great time to explore new ways of adding these healthy foods into meals. Nebraska Extension has tons of ideas for keeping summer eating fresh. Check out the healthy summer recipes and fun ways to be active at <https://food.unl.edu/summer-fun>.

One of my favorite summer recipes includes all five MyPlate food groups into one snack (if you count whole wheat chips or crackers as the grain) and tastes delicious: Mango Tango Black Bean Salsa.

<https://food.unl.edu/recipe/mango-tango-black-bean-salsa>. I hope you will give it a try and share it with the guests at Matt Talbot so they can hear "I am valuable"!



WE ARE LOOKING FOR TEAMS TO SERVE ON:

- June 2 (lunch)
- June 7 (dinner)
- June 12 (dinner)
- June 18 (dinner)

We can provide and prepare the meal if needed.

Highlights from Maqy

Mental Health Awareness Month

May was Mental Health Awareness Month and we highlighted our partnership with ACT which allows Angie, a provisionally licensed mental health practitioner, to be on-site every Monday for our guests. Mental health is for everyone, and everyone deserves mental health support when they need it.



Hope Garden is Planted!

Thank you to the amazing volunteers who helped us get the garden planted. This year we have over 140 plants including tomatoes, cucumbers, bell peppers, jalapeno peppers, eggplant, melon, onions, and strawberries. Be sure to check it out next time you are at Matt Talbot!



Thank you Rick!

Rick Costello served on Matt Talbot's board of directors with compassion, commitment, and bold hope for the past nine years. His final board meeting was in May. We are so grateful for all of his contributions. Congratulations, Rick! Thank you for your service and enjoy retirement!



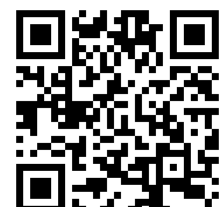
Empty Bowls

We were honored to be this year's featured agency partner for the Food Bank of Lincoln's annual Empty Bowls Luncheon. Steve's Keema Chole soup was a big hit!



What does more hope mean to you?

Check out this 30-second video of staff, volunteers, and guests sharing what more hope means to them on Give to Lincoln Day and every day. Point your smart phone camera at the QR code and click the link that pops up to see the video.



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matt talbot
kitchen & outreach

BOLD HOPE

First Harvest from Hope Garden!



RECIPE

Fire Cracker Casserole Serves 150

Ingredients:

- 30 pounds ground beef
- 15 onions, chopped
- 15 (15 ounce) cans black beans, drained and rinsed
- 1 7/8 cups chili powder
- 1 cup ground cumin
- 50 (7 inch) flour tortillas
- 15 (14.5 ounce) cans diced tomatoes
- 15 (10.5 ounce) cans cream of mushroom soup
- 15 cups shredded Cheddar cheese

Instructions:

1. Preheat oven to 350° F. Spray pans with cooking spray.
2. Cook and stir the ground beef with the onion until completely browned; drain any excess fat.
3. Stir the black beans, chili powder, and cumin into the beef mixture; cook and stir until hot.
4. Pour the mixture into the prepared baking dish. Arrange the tortillas on top of the beef mixture.
5. Mix the tomatoes with cream of mushroom soup in a bowl; spread over tortillas. Top with the Cheddar cheese.
6. Bake until cooked through and the cheese is melted completely; 25 to 30 minutes.

NOTES:

Calories: 244 | Sodium: 504 mg |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Lunch College View Church Supper Family & Friends
2 Lunch SUB TEAM Supper Dynek Friends & Family	3 Lunch Capital City Christian Church - Sub Team Supper Super Supper Server	4 Lunch Mary Jo Friends & Family Supper Tuesday Dues	5 Lunch Wednesday Lunch Bunch Supper Praise Temple Church	6 Lunch Leftover Queens Supper St. Joseph's	7 Lunch IANL Supper SUB TEAM	8 Lunch Second Saturday Smilers Supper 1 st Plymouth
9 Lunch St. Mary's Elmwood Supper Molly Brummond	10 Lunch Sacred Heart Beaver Crossing Supper J Tech	11 Lunch Community Corrections Supper St. Pat's	12 Lunch Christ United Methodist Supper SUB TEAM	13 Lunch Madhu -provide only Supper Blessed Sacrament #2	14 Lunch IAL Supper Blessed Sacrament #1	15 Lunch St. Katherine's Lunch Bunch Supper Holy Savior Lutheran Church III
16 Lunch St. Peter's Supper St Paul's Methodist Church	17 Lunch Perceptyx Supper St. David's Episcopal	18 Lunch First Lutheran Church Supper SUB TEAM	19 Lunch Smithfield Supper St. Teresa's #1	20 Lunch Christ United Methodist- Maggie Bates Supper St. E's Mission Integration Committee	21 Lunch Sccond Baptist Supper St. Mary's/NA Martyrs Mix	22 Lunch St. John's Talbot Lunch Bunch Supper CALL
23 Lunch Light of the World Supper Servants of Saint Joseph & Youth Ministry	24 Lunch Food Bank Managers Supper Sysco Lincoln	25 Lunch Women's Welcome Club Supper Southwood Lutheran Church	26 Lunch Trinity Lutheran-Cordova Supper SUB TEAM	27 Lunch Louann Cao Group Supper St Francis & St Clare	28 Lunch Sister Chicks Supper Sheridan Lutheran	29 Lunch The Dangling Particles Supper Reaching the World Outreach
30 Lunch Andre Barry Family and Friends Supper St. Patrick's Manley						

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.