



VOLUNTEER NEWS

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COORDINATOR OF VOLUNTEERS & OPERATIONS

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Weekend On-Call Staff Pager # 473-0447

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www.mtkserves.org

[Information about the MTKO USDA Inventory and Other House Keeping Items](#)

By Sydne Wirrick-Knox, Coordinator of Volunteers & Operations



Now that we are adjusting to our new surroundings and feeling much at home, there are a few morsels of information that I feel I need to share with the MTKO army of volunteers.

1. The MTKO USDA inventory. These items are received from the Food Bank of Lincoln at no charge. With our increased storage space, we are now able to carry a larger inventory which we can make available to our Hunger Relief Teams. This inventory will be included with each monthly newsletter. You will find it as the last page of your newsletter, behind the monthly volunteer calendar. Please let me know as soon as you can if your team would be interested in using any of these items. It will be a first come, first serve situation. Once you have notified me of items you can use, I will mark them "SAVE" and can store them for you at our location. Or, if you would prefer, you can set up a time to pick up your food.

2. The Food Bank of Lincoln Ordering Procedures. The Food Bank of Lincoln does have other USDA items along with a large inventory that is available for as little as 14 cents per pound. If you don't find items that interest you on the USDA inventory, please let me know what you are looking for and I can check the entire Food Bank inventory. In this case I do need a couple of weeks advance notice so I have time to do the shopping. Below you will find the **MTKO Food Bank Ordering Procedures:**

- Food Bank items can be ordered through MTKO. You can speak to Sydne Wirrick-Knox, Coordinator of Volunteers & Operations, when placing a Food Bank order.
- MTKO main phone # is 477-4116 or email sydnemtko@windstream.net.
- Please call or email **two weeks** ahead to place your order with Sydne.
- MTKO Staff & Food Bank volunteers have no control over food availability. You may have to settle for something other than what you ordered.
- You may pay for any non USDA Food Bank order by check or cash to Matt Talbot Kitchen & Outreach. Sydne will have the total amount of your order once it has been collected from the Food Bank. Please write **Food Bank Order** in the memo section of your check.

3. Please mark all food placed in the reach-in or walk-in refrigerator. There are "Day" stickers available for dating and identifying all food items being stored. Please make sure you use these stickers for all of your left over food and for any food donations that come in during your time at the Kitchen. If we find items not dated, they have to be destroyed due to food safety issues. Also, if you use left over food, what is not served at your meal should be thrown out. It should not be put back into the refrigerator. This is a matter of food safety.

4. Evening and Weekend teams. Remember that we do not have paid staff to help with dishes in the evenings and on weekends. With our more spacious dish washing area, you may want to recruit a couple of more people to help with the dishwashing. If you need additional volunteers, please contact me. I frequently have people wishing to join teams and this would be a great opportunity.

5. Caring for the new kitchen. We are all so blessed to have a beautiful new kitchen with many wonderful pieces of equipment that makes our meal preparation easier and so much more fun. However, the MTKO staff and volunteers have noticed some of the equipment is not be cared for in a "loving" way. So, here are a few helpful hints that will help all of us care for our new kitchen.

PLEASE:

- Do not put food down any of the sink drains in the kitchen area. These drains **do not have** garbage disposals and they drain directly to our sewer system. Just like at home, too much food down the drains can cause the sewer to back up.
- You can put food particles down the sink at the dish washing machine. Or you can use the north sink in the 4 sink compartment in the dish washing room. These 2 sinks do have garbage disposals. Please remember to **not put large amounts** or **large pieces** of waste through the garbage disposals.
- We have pulled numerous pieces of silverware out of both of the garbage disposals. Please be careful that only food goes down these disposals.
- We have had to contact our plumber twice in one week to repair the faucet that is located by the braising pan. This faucet is there to make your clean up easy. Somehow it had been bent down so it would no longer swing in and out of the pan. **PLEASE BE SURE THE WATER FAUCET IS MOVED OUT OF THE WAY WHEN CLOSING THE LID TO THE BRAISING PAN OR WHEN TILTING THE BRAISING PAN WHILE CLEANING.**
- I have placed the "Cleaning & Closing Procedures for the Kitchen & Dining Room" on the back of our Daily Report Forms. If you have any questions about these procedures, please ask a staff member.

Thank you so much for all of your many volunteer hours and acts of compassion. MTKO would have a tough go if we didn't have our dedicated army of volunteers. Please remember that treating our beautiful new kitchen with "loving" care is also an act of compassion and that act is very helpful to the MTKO daily operating expenses.

ADDITIONAL VOLUNTEER OPPORTUNITY!

We are looking for some interested individuals that would like to be a part of the Fundraising Committee here at MTKO.

This committee meets approximately once a month for about an hour.

The meetings are usually held over the lunch hour here at MTKO.

The time commitment may increase prior to and during fundraising events.

This committee brainstorms new ideas to raise funds, helps to plan and organize events, and assists the staff as needed before and during the event time.

If you are interested, please call Dana Govaerts at 477-4116 ext. 112

You're Invited

For: A Garden Party to benefit Matt Talbot Kitchen & Outreach

Date: Sunday, June 13, 2010

Time: 2:00 to 5:00 PM

Place: 2501 Woodleigh Lane - Home of Michael & Jane Knopp

RSVP: By June 9th to Susie Wilson 477-4116 or susiemtko@windstream.net

Join us for a delightful afternoon of hors d'oeuvres, deserts, beer & wine, and live music performed by Jazz Artist Annette Murrell (Dr Diva) in a beautiful garden setting.

Cost is \$25 per person.

Additional donations are greatly appreciated and all donations are tax deductible!

Special events such as this help sustain Matt Talbot's hunger relief and homeless prevention services year round.

Thank you for your support as we continue in our mission 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. Last year Matt Talbot Kitchen & Outreach provided 107,272 meals and 17,362 outreach service in fulfillment of this mission.

Susanne Blue, MSW Executive Director

Matt Talbot is pleased to announce it has met all the standards required to be an accredited organization through the Better Business Bureau! In addition to these standards, nonprofits are required to submit additional information regarding Financial Statements, Board of Directors & Governance, Fundraising Activities, Marketing & Promotions, Bylaws, Articles of Information, and Core Purpose.



Standards Include:

1. **Build Trust**/Establish and maintain a positive track record in the marketplace.
2. **Advertise Honestly**/Adhere to established standards of advertising and selling.
3. **Tell the Truth**/Honestly represent products and services, including clear and adequate disclosures of all material terms.
4. **Be Transparent**/Openly identify the nature, location, and ownership of the business, and clearly disclose all policies, guarantees and procedures.
5. **Honor Promises**/Abide by all written agreements and verbal representations.
6. **Be Responsive**/Address disputes quickly, professionally, and in good faith.
7. **Safeguard Privacy**/Protect any data collected against mishandling and fraud, collect personal information only as needed, and respect the preferences of customers regarding the use of their information.
8. **Embody Integrity** /Approach all dealings, transactions and commitments with integrity.



Trail Mix – Another Breakfast Idea

By Janet Buck, RD/MTKO Nutrition Coordinator



Last month I talked about smoothies as an easy-to-make, easy-to-transport and nutritious idea for breakfast. Another mixture that is tasty, nutritious and easy to transport them, it is easily transformed into a simple breakfast food. Besides eating it by itself, you could also sprinkle it on yogurt and add more nutrition to your breakfast. Trail mix is also called Gorp by some, which I learned might stand for Good Old Raisins and Peanuts or Granola, Oats, Raisins and Peanuts. In Australia and New Zealand they call trail mix Scroggin, which, according to folklore, might mean Sultanias (raisins), Carob, Raisins, Orange Peel, Grains, Glucose, Imagination and Nuts. Imagination is helpful to making trail mix, as there really is no set recipe for it. Different people add different ingredients and there are an almost infinite number of variations of trail mix.

Some of the more common ingredients added to trail mix include nuts and seeds; cereal; crackers, pretzels and popcorn; dried fruit; and sometimes sweets. By using all these ingredients you are including foods from three food groups, the minimum that is usually recommended for a meal. The grain foods give you carbohydrates, quickly available for energy, and possibly fiber. The fruit adds more carbohydrates, plus additional vitamins and minerals. The nuts and seeds are a good source of fiber, vitamin E and unsaturated fats. Some ideas for nuts and seeds are cashews, walnuts, hazelnuts, macadamia nuts, pecans, pistachios, almonds and peanuts.

Seeds that can be included are flax, pumpkin and sunflower. Flax seeds are a good source of heart-healthy omega 3 fatty acids. Cereals which can be used are granola, bran flakes, shredded wheat, and cheerios. Crackers, pretzels and popcorn add additional crunch to the mixture. Cheese crackers, whole wheat crackers, and goldfish are all great additions. Raisins, dried cranberries and dried apples are commonly used in trail mix. But also try dried papaya, mango, pineapple, dates and sweet cherries. Mixing textures of fruit, as using dried banana chips and soft apricots, makes the mixture more interesting. Sweet ingredients can be things like chocolate chips, mint or white chocolate chips, or even chocolate or yogurt-covered raisins. Keep in mind that these will melt if the mixture gets warm. Below is an easy recipe that has an interesting mix of flavors.

Trail Mix

2 cups plain granola cereal	1 ½ cups yogurt-covered raisins
1 cup dry-roasted peanuts	2/3 cup chopped dates
1 cup dried apple chips	1 cup dried banana chips

Combine all ingredients and store in an airtight container.

Great volunteer opportunities are available for teams at MTKO

- Provide, prepare and serve the 1st Wednesday lunch of the even months starting on August 4, 2010.
- Provide and prepare the 2nd Tuesday lunch of each month (we have a team that serves) starting June 8, 2010.
- Provide, prepare and serve the 2nd Friday lunch of each month starting June 11, 2010.

Please contact Sydne Werrick-Knox at sydne@windstream.net or 477-4116 for information.

**Thank you for your service to Lincoln's working poor
and homeless!**

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 Lunch Family & Friends Mary Jo Bousek</p> <p>Supper Pooh Bears Teresa Harms & Jan Mientz</p>	<p>2 Lunch Mid-Town Center Serve Only</p> <p>Supper Cathedral Potpourri Mike & Jane Knopp</p>	<p>3 Lunch Angel Helpers Mary Jo Bousek</p> <p>Supper St. Joseph's #3 Pat & Bill Lundak White Hall/Clean</p>	<p>4 Lunch IANL Dr. Ram Bishu</p> <p>Supper Westminster Presbyterian Church Judy Roper</p>	<p>5 Lunch College View Something Else Class Vicki Biloff</p> <p>Supper Family & Friends Joyce Champoux</p>
<p>6 Lunch Madonna Tracy Bell</p> <p>Supper Family & Friends Peggy & Greg Dynek</p>	<p>7 Lunch Prairie Hill Learning Center Jason Nord</p> <p>Supper Super Supper Servers Sue Connolly</p>	<p>8 Lunch Swanson Russell Serve Only</p> <p>Supper Bryan/LGH College of Health Sciences Deb Schmailzl</p>	<p>9 Lunch Christ United Methodist Mary Lange</p> <p>Supper St Peter's Godteens Sarah Hodge</p>	<p>10 Lunch Country Neighbors Beaver Crossing Brenda Stutzman</p> <p>Supper Blessed Sacrament #2 Mary Jo Bousek</p>	<p>11 Lunch <u>NEED NEW TEAM</u></p> <p>Supper Blessed Sacrament #1 MaryAnn Burda</p>	<p>12 Lunch First United Methodist Suzie Miller-Schoen</p> <p>Supper 1st Plymouth Julie & Mitch</p>
<p>13 Lunch St Mary's Elmwood Les & Ruth Ann Hlavac</p> <p>Supper P.K.'s & Friends Jessica Kennedy & Alexia Scott</p>	<p>14 Lunch Sacred Heart Alt. Soc. Beaver Crossing Jerry Pariset</p> <p>Supper Aldersgate United Methodist Donna Lanum</p>	<p>15 Lunch First Lutheran Church Steve & Karen Lenzen</p> <p>Supper Sub Team Vine Congregational UCC Church</p>	<p>16 Lunch Ann Nutter</p> <p>Supper St Teresa's #1 Rosie Polak</p>	<p>17 Lunch Christ Lutheran Church Middle School Ministries Rebecca Fisher</p> <p>Supper St E's Mission Integration Committee Kurt Clyne</p>	<p>18 Lunch Second Baptist Alice Eastman & Marilyn Waldron</p> <p>Supper St Mary's - NA Martyrs Mix Carol Ruskamp & Dorothy Benes</p>	<p>19 Lunch St Catherine's Lunch Bunch Eileen Zuerlein</p> <p>Supper Holy Savior Lutheran I Zaneta Calhoon</p>
<p>20 Lunch St. Peter's Mary French</p> <p>Supper SAMS Joan Campbell</p>	<p>21 Lunch Raymond United Methodist Church Provide & Prepare Lincoln Federal Savings Bank Lending Hands Serve Only</p> <p>Supper St. David's Episcopal Kathy Wilson</p>	<p>22 Lunch Welcome Wagon #2 Beth Griffing</p> <p>Supper Southwood Lutheran Leigh Porter</p>	<p>23 Lunch Residential Treatment Community NSP Elisa & Chara</p> <p>Supper St Teresa's Coffee Group Norene Lackey</p>	<p>24 Lunch Friends of Matt Talbot Kathy Grubbe</p> <p>Supper St Francis & St Claire Cal Wells & Janet Harrison</p>	<p>25 Lunch Sister Chicks Ursula McLaughlin & Natalie Schreiter</p> <p>Supper Sheridan Lutheran Sara Gran & Sue Alby</p>	<p>26 Lunch St John's Talbot Lunch Bunch Tini Van-Oehlertz</p> <p>Supper CALL Cheryl Ferree</p>
<p>27 Lunch Calix Larry Kunc & Chris Jacobsen</p> <p>Supper St Joe's Godparents Mary Bill</p>	<p>28 Lunch St Peter's/St Teresa's Circle Provide Cedars Foundation Staff Serve Only Ruth McKinstry</p> <p>Supper Lincoln Poultry Chelsey Neesen</p>	<p>29 Lunch St Michael's Cheney Cheryl Petrig</p> <p>Supper Servants at Heart Jason Rosenkranz</p>	<p>30 Lunch Orthodox Men of Lincoln Richard Leiter & Paul Barnes</p> <p>Supper St Peter's Catherine Shreve</p>			

Mission Statement: 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.

USDA INVENTORY AS OF MAY 26, 2010

Canned Fruits

8 cases (24/#300 cans) Applesauce
17.12 cases (24/#300 cans) Mixed Fruit
23.5 cases (24/#300 cans) Peaches
2.92 cases (24/#300 cans) Pears
5 cases (24/#300 cans) Apricots

Canned Vegetables

1.2 cases (24/#300 cans) Carrots
12 cases (24/#300 cans) Corn
13.83 cases (24/#300 cans) Green Beans
7 cases (24/#300 cans) Mixed Vegetables
6 cases (24/#300 cans) Sliced Potatoes
2 cases (12/1# boxes) Instant Potatoes

Frozen & Canned Meats

11.58 cases (40/1# packages) Frozen Hamburger
4 cases (four 6# to 10# rolls) Frozen Turkey Breast Deli Rolls
4 cases (33# each) Frozen Chicken Leg Quarters
1 case (48/12.5 oz cans) Canned Chicken
4.63 cases (24/12 oz cans) Tuna

Miscellaneous

4 cases (12/2# packages) Spaghetti Noodles
11.71 cases (21/#300 cans) Spaghetti Sauce
3 cases (12/1# packages) Wide Egg Noodles
6.17 cases (12/46 oz cans) Orange Juice
4 cases (30/2# packages) White Rice