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"THE MOVE"----I Wish I Had the Answers!

By Sydne Wirrick-Knox, Coordinator of Volunteers & Operations

Our time of transition is approaching with our expected move date still remaining at March 31st. At this time, I really don't have an official time line which means I don't have the answers to all our questions. In fact, I don't even have all the questions. However, you do need to know of some changes that will be taking place at our current location.



The items that will be leaving the Kitchen before moving day are: the two convection ovens, the dishwasher and the stainless steel serving counter. That means that if your team's food preparation involves the ovens, you will need to have a different method of heating. The four burner electric range will stay along with the use of our portable roasters.

As for the dishwasher, we will all have to use the three compartment sink method for washing dishes. That involves the following procedures:

1. **Rinse, scrape, or soak all items before washing.**
2. **Wash items in the first sink in a detergent solution at least 110°F.** Use a brush, cloth, or nylon scrub pad to loosen the remaining soil. Replace the detergent solution when the suds are gone or the water is dirty.
3. **Immerse in the second sink.** Remove all traces of food and detergent. When using the immersion method, replace the rinse water when it becomes cloudy or dirty.
4. **Immerse items in the third sink in hot water at least 171°F or a chemical-sanitizing solution.** If you fill our sink about 2/3 full (12 gallons of water), you will need 12 Sani-tabs.
5. **Air-dry all items.**

The other option to washing dishes using the three compartment sink method would be to use disposable plates, cups and silverware. This choice is your decision; however, you may consider offering sack lunches as we did during our previous kitchen renovation in 2003.

We will have tables to replace the stainless steels serving counter. We will probably need to have some of our kitchen supplies stored in the hallway by the offices and supply room. It currently looks like the pots, pans, lids and rectangle metal insert pans will need to be stored in that location. That leaves the room under the range for glasses, cups, bowls, trays, and coffee supplies. (Weekend teams, your front door key will open the door at the top of the stairs by the restrooms.)

Once we have accomplished the move, we will be holding training sessions for our volunteer teams. As we get a little closer to March 31st, I will be sending more detailed information about the move and the training. Please keep a close eye on your email or mail for this information. We will also have one more newsletter in March to get out the information.

It's an exciting time---and yes, I wish I had all the answers. Thank you so much for your patience during this transition time at MTKO.

Food Bank of Lincoln 2009 Agency Distribution Information for Matt Talbot Kitchen & Outreach

Pounds of product received in 2009: 23,009 lbs.

Handling fees paid in 2009: \$1,446.13

Estimated value of 2009 product: \$36,354.22

Amount saved in 2009: \$34,908.09

Average price per pound of product received in 2009: 6.3 ¢

If your team would like more information about using food from The Food Bank of Lincoln, please contact Sydne at sydnemtko@windstream.net or 477-4116.



This is a view of the dining room looking toward the east. There will be a fireplace located in the middle window.



This stained glass cross is in the multi-purpose room which is located at the south end of the new addition.



This photo was taken from the back of the kitchen looking out toward the dining room.



This is a view looking toward the kitchen from the dining room. The large window is the serving line.

Great volunteer opportunities are available for teams at MTKO

- Provide, prepare and serve the 1st Wednesday lunch of the even months starting on February 3, 2010.
- Provide and prepare the 2nd Tuesday lunch of each month (we have a team that serves) starting February 9, 2010.
- Provide, prepare and serve the 2nd Friday lunch of each month starting February 12, 2010.
- Provide, prepare and serve the 3rd Tuesday evening meal of every month starting May 18, 2010.

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

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

Happy Valentine's Day!!



Chocolate Facts

By Janet Buck, RD/MTKO Nutrition Coordinator



Since the month of February is coming up, I have been thinking more about chocolate (if that's possible!) and thought I might share some facts about our favorite flavor with you. Chocolate actually comes from a tree called the *Theobroma cacao*. The cacao beans, as they are called, are inside purplish orange football-sized pods. A tree produces about 30 pods a year and one pod may hold 20 to 50 beans. Since it takes 400-500 beans to make one pound of bittersweet chocolate the annual yield of chocolate from one tree will probably only be two pounds of chocolate! The cacao beans are sometimes fermented to continue flavor development. If they are not fermented, they have less chocolate flavor but more of the health-enhancing compounds called flavanols. The cacao beans are the source of chocolate liquor (liquid made from ground beans which is very bitter), cocoa (made by removing part of the butter and grinding the remainder of the bean into a powder) and cocoa butter. By definition of the U.S. FDA chocolate must contain both cocoa butter and cocoa liquor. Chocolate may have sugar or other natural sweeteners as well as milk or cream added to it. The percentage of the various components determines what kind of chocolate is made. Baking (unsweetened) chocolate is pure chocolate with no sugar or milk added. Semisweet, bittersweet and sweet chocolates are all considered dark. Semisweet and bittersweet chocolate contain a high level of cocoa liquor, at least 35%, as well as cocoa butter and sugar. Sweet chocolate contains at least 15% chocolate liquor, cocoa butter and sugar and will say on the label at least 60% cacao. Milk chocolate contains at least 10% chocolate liquor, combined with cocoa butter and sugar and at least 12% milk and/or cream. It will typically be marked on the label with 35% cacao.

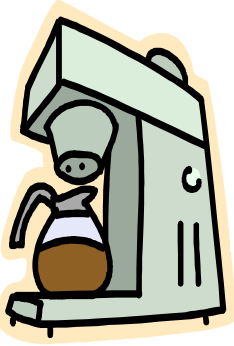
Besides the rich, wonderful flavor of chocolate, recently discovered health benefits of compounds found in chocolate make it an even better choice for a treat. Flavanols are naturally occurring chemicals found in chocolate which have antioxidant properties, that is, they may help fight various diseases. Chocolate is even higher in antioxidants than some other big disease-fighting foods like tea and blueberries. And the higher the flavanol content, the more disease-fighting capacity the food or beverage has. Some of the health benefits of flavanols include for the cardio-vascular system, by helping prevent platelets from sticking together and by preventing inflammation, which can cause heart attacks or strokes. Flavanols may also help blood vessels dilate, decreasing the incidence of high blood pressure. Chocolate may help boost the action of the immune system and, because of its ability to promote blood flow, may help with conditions that involve vascular impairment, like dementias and stroke. Research is ongoing about potential benefits of chocolate for treating diabetes and cancer, as well. So, enjoy your chocolate this month (and all year) and reap the benefits of better health along with the pleasure. An interesting book called Chocolate: A Healthy Passion was the source of most of this information. Below is a healthy chocolate recipe that looks yummy, from "Cooking Light" magazine.

Chocolate-Cherry Heart Smart Cookies

1.5 ounces (about 1/3 cup) all-purpose flour
1.5 ounces (about 1/3 cup) whole-wheat flour
1 ½ cups old-fashioned rolled oats
½ tsp. salt
6 Tbsp. unsalted butter
¾ cup packed light brown sugar
1 cup dried cherries
1 tsp. vanilla extract
1 tsp. baking soda
1 large egg, lightly beaten
3 ounces bittersweet chocolate, coarsely chopped
Cooking spray



1. Preheat oven to 350 degrees.
2. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours and next 3 ingredients (through salt) in a large bowl; stir with a whisk.
3. Melt butter in a small saucepan over low heat. Remove from heat; add brown sugar, stirring until smooth. Add sugar mixture to flour mixture; beat with a mixer at medium speed until well blended. Add cherries, vanilla, and egg; beat until combined. Fold in chocolate. Drop dough by tablespoonfuls 2 inches apart onto baking sheets coated with cooking spray. Bake at 350 degrees for 12 minutes. Cool on pans 3 minutes or until almost firm. Remove cookies from pans; cool on wire racks. Makes 30 cookies.



**PLEASE REMEMBER TO LEAVE THE COFFEE MAKER PLUGGED
INTO THE WALL OUTLET WHEN NOT IN USE!**

When it is unplugged, it takes quite a while for the water to heat up
for making coffee.

THANK YOU!

Mark Your Calendars!

FEEDING THE SOUL OF THE CITY 2010

Annual Dinner and Fundraising Event benefiting

Matt Talbot Kitchen & Outreach

Thursday, March 11, 2010, 6:00 p.m., Embassy Suites

Call Dana or Susie W. @ 477-4116 for event details and to make reservations

This year we will honor founder and visionary Mary Costello with the

"Compassion in Action Award"

and First Plymouth Congregational Church with the "Collaboration Award".

**Thank you to all who are now receiving your monthly
"Volunteer Newsletter" through email.**

You helped me meet my goal and MORE!

We are now sending the newsletter to 115 email addresses.

That is a total annual savings of \$1,242.00.

**Let's not stop here! Please contact Sydne at sydnemtko@windstream.net
with your email address.**

Remember at \$.90 an issue, the yearly savings for each person is \$10.80.

Team Captains

Please let me know if you are ever in need of a substitute
volunteer to help with one meal or someone to join your team as
a permanent member. I have an extensive list of people who
have called wanting to help on a monthly basis.

I'm sure we could find a fit for your team if the need arises.

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



Sydne Wirrick-Knox

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477-4116



February 2010

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

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.