



# Food For Thought!

## Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

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www.mealsthatconnect.org



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### Executive Directors Corner

— Elias Nimeh



**Best Wishes** to our departing Client Admin Manager, Cathyann Paape and **Welcome** to Susan K. Lee to the **Meals That Connect** office team!

We have recently received a number of grants for which we are thankful especially during this season of increased need.



- ♦ The Community Foundation of San Luis Obispo Country has provided \$10,000

- ♦ PG&E has granted us \$7,500.



Many thanks to **Mike Lemos** of Lemos Feed & Pet Supply, who donated a pallet of dog food to help seniors in SLO County to keep their pets fed during these hard times



**Tax season is soon to be upon us.**  
**A special thank you to those of you who choose to financially support MTC.**

A reminder that the CARES Act permits eligible individuals who do not itemize deductions to deduct \$300 (\$600/couple) of qualified charitable contributions as an "above-the-line" deduction, i.e., as an adjustment in determining adjusted gross income (AGI), for tax years beginning in 2020.

### Staff Celebrations

#### Anniversaries:

Wendy Fertschneider—Dietitian—33 years  
Sonia, Flores-Garcia—Cook—9 years  
Marlene Whitten—Paso Robles Site Manager—16 years

**Thank you for your dedicated years of service to Meals That Connect!**

#### Birthdays:

Elias Nimeh - Executive Director—1/4  
Julian Penaflor—Oceano Site Assistant—1/16



### Volunteer News — Wendy Fertschneider, R. D.

#### **PAC & Volunteer Training**

Four times a year, participants, volunteers and staff meet\* to learn more about Meals That Connect Senior Nutrition Program and make important decisions for the program. It is the meeting of the Project Advisory Council or **PAC**.

We strive to have two representatives from each of our ten lunch sites. Reps can be lunch participants or volunteers in the dining room or delivery drivers. Members vote to renew the contract each year, give input on Nutrition Education topics, vote on questions of opening, closing or moving a site or raising the suggested donation. They hear reports from the Executive Director about the financial workings of the program.

The most important role of the **PAC member** is to have direct input on menu preferences. The Dietitian and Kitchen Manager, who write the menu, take comments and suggestions on the menu. We take these comments seriously when writing the menu. We ask the **PAC members** to "survey" folks at their lunch site before the meetings. If you want to make comments on the menu, please speak to your **PAC representative**.

Anyone is welcome to attend, even if there is already a **PAC rep** from your site. We currently need one or a second rep for Cambria, Nipomo, Los Osos, Morro Bay, Nipomo, Paso Robles and UCC.

**Volunteer Training** - Once a year, we have a four-hour meeting to train volunteers on various aspects of their jobs. The meeting involves guest speakers, activities and culminates with dinner! It is usually scheduled in March. We will have to see how it is going with COVID vaccinations before we can schedule the Volunteer Training for 2021.

*\*When the pandemic began, the **PAC meetings** converted to a newsletter and survey.*

*I send updates about the program and gather input from **PAC members** via a survey and a self-addressed stamped envelope.*

*We have considered e-mail & zoom as an alternate meeting option, but paper correspondence was the most accessible to everyone. We will continue this format until we can meet in person again. The next newsletter will go out in January. Let your site manager know if you are interested in participating.*

#### **Holiday Reminder**

We are closed

January 1st for New Year's Day &

January 20th

for Martin Luther King, Jr. Day

**Meals That Connect would like to thank the following organizations for their continued support of our program!**



**CenCal HEALTH**  
Local. Quality. Healthcare.



***Food For Thought!***  
A monthly publication of  
**Meals That Connect**

Executive Director: Elias Nimeh  
Editor: Cathyann Paape  
Dietitian: Wendy Fertschneider, R.D.




# January 2021



Volunteers—Remember to take meal temperatures daily



Monday	Tuesday	Wednesday	Thursday	Friday
<b>January 4</b>	<b>January 5</b>	<b>January 6</b>	<b>January 7</b>	<b>January 8</b>
Omelet with Cheese Blueberry Muffin Roasted Potatoes Stewed Tomatoes Mandarins & Pineapple Milk	Italian Noodle Casserole (Pasta) Parslied Carrots Cauliflower Sliced Pears Milk	Beef Patty with Gravy Slice of Whole Wheat Bread Mashed Potatoes Peas Sliced Peaches Milk	Chicken Stew Crackers Green Beans Homemade Cole Slaw Banana Milk	Black Eyed Pea Salad / HB Egg WW Dinner Roll Homemade Carrot Salad Pickled Beets Orange Milk
<b>January 11</b>	<b>January 12</b>	<b>January 13</b>	<b>January 14</b>	<b>January 15</b>
Ravioli w/Red Sauce & Chicken (Pasta) Cooked Seasoned Spinach Zucchini Pineapple Tidbits Milk	Albondigas w/Carrots & Potatoes Corn Tortilla Winter Blend Vegetables Corn Applesauce Milk	Breaded Haddock Filet Brown Rice Broccoli Romaine Salad Apricot Halves Milk	Chicken Enchilada Blanca (tortilla) Black Beans Tuscan Blend Vegetables Orange Milk	Chicken Sandwich w/ fixin's WW Hamburger Bun Mixed Vegetables Homemade Cole Slaw Fruit Cocktail Milk
<b>January 18</b>	<b>January 19</b>	<b>January 20</b>	<b>January 21</b>	<b>January 22</b>
<b><i>Closed in honor of Martin Luther King Jr . Birthday. If you need a meal, please speak to your Site Manager.</i></b>	Pork Rib Patty Oatmeal Cookie Sweet Potatoes Brussel Sprouts Sliced Pears Milk	 Chili Beans with Meat Birthday Muffin Cauliflower Parslied Carrots Sliced Peaches Milk	Spaghetti w/Marinara & Meatballs (Whole Wheat Pasta) Mixed Vegetables 3 Bean Salad Orange Milk	Honey Mustard Chicken w/Romaine Crackers Green Pea Salad Corn Salad Mandarins & Pineapple Milk
<b>January 25</b>	<b>January 26</b>	<b>January 27</b>	<b>January 28</b>	<b>January 29</b>
Sweet & Sour Meatballs Brown Rice Winter Blend Vegetables Pickled Beets Fresh Apple Milk	Chicken Alfredo (Pasta) Broccoli Spinach Salad Apricot Halves Milk	Chicken Enchilada w/ Red Sauce (Tortilla) CA Blend Vegetables Corn Fruit Cocktail Milk	Hamburger wi/ Fixin's Whole Wheat Bun Roasted Potatoes Homemade Cole Slaw Banana Milk	Tuna Noodle Casserole (Whole Wheat Pasta) Scandi Blend Vegetables Homemade Carrot Salad Orange Milk

Menu item substitutions based on product availability

## Cancellations & Reservations

Please call ***your Site Manager*** to **CANCEL** or **RESUME** your meals  
**2 BUSINESS DAYS IN ADVANCE**

Site Locations:	Serving Time	Site Manager & Assessor	Phone Number
Atascadero and Templeton	11:30	Liz	<b>466-2317</b>
Cambria	11:45	Jesse/Kat	<b>927-1268</b>
Los Osos	11:30	Rachel	<b>528-6923</b>
Morro Bay Dining Room	11:30	Marilee/Kat	<b>772-4422</b>
Morro Bay/Cayucos Home-Delivery	Call: 772-4422		
Nipomo	12:00	Sandy	<b>929-1066</b>
Arroyo Grande, Grover Beach, Pismo Beach, Oceano	11:30	Debbie	<b>489-5149</b>
Paso Robles	11:30	Marlene	<b>238-4831</b>
Santa Margarita	11:15	Andrew	<b>438-5854</b>
San Luis Obispo Home Delivery	Call: Janine at 543-0469		
Downtown: Anderson Hotel	11:30	Janine	<b>543-0469</b>
Laguna Lake Area: U.C.C. Church	11:30	Les	<b>541-1168</b>
San Luis Obispo Main Office: 541-3312	Central Kitchen: 541-2063		