



Food For Thought!

Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

February 2021, Volume 16, Issue 2



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Executive Directors Corner — Elias Nimeh

Our Central Kitchen's meal production volume and new seniors enrollment in our meal program significantly increased in the first half of this fiscal year and the increase is projected to continue in the second half as COVID-19 cases escalate in California and the Central Coast. We are so grateful for the caring community of supporters and volunteers who loyally support our mission with generous financial contributions and dedicated service during these challenging times.



Project Advisory Committee member: Pearl Cole (Photo: above) a valuable member with 19 years of dedicated service to the Senior Nutrition Program and clients of MTC is unsurpassed and greatly appreciated. Pearl was born on a farm in Mansfield MN where her grandfather homesteaded. In 1941 she married and moved to Fort Ord, Monterey CA where her husband was stationed. Eventually they moved to Santa Barbara where she had a 28 year career with CA Dept. of Transportation. Upon retiring, she relocated to Arroyo Grande where she has made many friends and loves giving back to her community. Some of what Pearl says about volunteering, "It has set and nourished my soul", "you can't put a monetary value on the benefit you get from volunteering" and "I am so grateful to be able to help." Pearl continues to serve as a PAC member, never missing a meeting and also volunteers at the Oceano Senior Center. Pearl, the world shines brighter with you in it!

Staff Update



We'd like to warmly welcome Susan K. Lee (photo: left) to the MTC as our new Client Administrative Manager. Susan has lived in San Luis Obispo since 1995 and enjoys reading, baking, ceramics and loves animals, especially her two Australian Shephard's Levi & Auggie! We are delighted to have her on board at MTC!

Staff Celebrations

Dennis Aguilar, Feb. 4



Food For Thought! A monthly publication of Meals That Connect

Executive Director: Elias Nimeh
Editor: Laurie Skaar
Dietitian: Wendy Fertschneider, R.D.

Volunteer News — Wendy Fertschneider, R.D.

February 2021

We are unable to offer in-person Volunteer Training this year. Last year's training was scheduled for March 17th the week of the first shelter in place order so it was cancelled as well. It is unlikely that not enough folks will be vaccinated by the scheduled March meeting date. More information and details about other forms of training for volunteers will follow. Stay tuned.

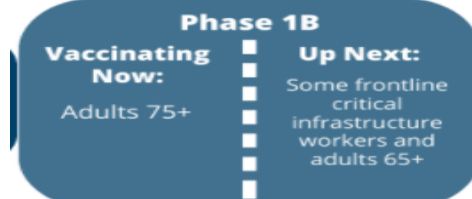
February is typically when fire drills are conducted at the lunch sites. Part of the fire drill is a "pre-drill safety check list". Use this checklist to see if your home is "fire safe."

- ◆ Flammable liquids stored in approved containers
- ◆ Trash removed regularly
- ◆ Electric plugs, switches, cords legal and in good repair
- ◆ No excessive use of cords in one outlet (octopus)
- ◆ Cords not run across doorways or under mats/carpets
- ◆ Heaters well ventilated
- ◆ Electric equipment turned off when not in use
- ◆ Broken electric equipment discarded or repaired
- ◆ Materials not stacked in a way they could fall
- ◆ Corridors and doorways kept free
- ◆ Adequate lighting in hallways
- ◆ Exits not blocked
- ◆ Fire alarms tested regularly
- ◆ Fire extinguisher conveniently available
- ◆ Practice your evacuation plan

During an earthquake: DO NOT leave the building while the shaking is going on. If there is damage to the building, evacuate when shaking stops. If there is a gas leak, do not start your car engine, the spark could ignite a fire. If you know where the gas shut off valve is, turn off the gas. Do not go back inside until the building is declared safe.

VACCINE DISTRIBUTION IN SLO COUNTY

We Are Here



To make an appointment for a first dose vaccine County Phone Assistance Center at (805) 543-2444.

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



CenCal HEALTH®
Local. Quality. Healthcare.



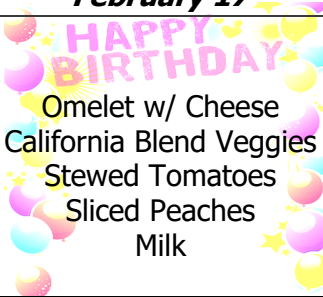


February 2021



Volunteers—Remember to take meal temperatures daily



Monday <i>February 1</i>	Tuesday <i>February 2</i>	Wednesday <i>February 3</i>	Thursday <i>February 4</i>	Friday <i>February 5</i>
Whole Wheat Spaghetti Pasta w/ Marinara & Meat Sauce Cooked Seasoned Spinach3 Bean Salad Pineapple Tidbits Milk	Turkey Pieces in Gravy Stuffing Homemade Carrot Salad Brussel Sprouts Sliced Pears Milk	Chicken Patty Whole Wheat Bun w/ Fixins Herbed Potato Wedges Winter Mix Veggies Sliced Peaches Milk	Jambalaya (Rice) Zucchini Homemade Cole Slaw Hot Cinnamon Apple Slices Milk	Chicken Ranch Salad w/Romaine Lettuce Wheat Crackers Corn Salad Pickled Beets Orange Milk
<i>February 8</i>	<i>February 9</i>	<i>February 10</i>	<i>February 11</i>	<i>February 12</i>
Chicken Patty w/ Gravy Graham Crackers Baked Potato Cauliflower Fresh Apple Milk	Breaded Haddock Brown Rice Mixed Veggies Homemade Cole Slaw Fruit Cocktail Milk	Cheese Ravioli Pasta w/ Meat Sauce Scandinavian Blend Veggies Summer Squash Mandarins & Pineapple Milk	Chicken Enchilada Blanca (Tortilla) Pinto Beans Broccoli Apricot Halves Milk	Swedish Meatballs Whole Wheat Noodles Peas Romaine Salad Orange Milk
<i>February 15</i>	<i>February 16</i>	<i>February 17</i>	<i>February 18</i>	<i>February 19</i>
Chili Beans w/ Meat Wheat Crackers California Blend Veggies Corn Sliced Pears Milk	Chicken a la King Brown Rice Green Beans Romaine Salad Mandarins & Pineapple Milk	 Omelet w/ Cheese California Blend Veggies Stewed Tomatoes Sliced Peaches Milk	Italian Noodle (Pasta) Casserole Cooked Seasoned Spinach Tuscan Blend Veggies Banana Milk	Black Eyed Pea Salad Hard Boiled Egg Slice of Wheat Bread Pickled Beets Homemade Cole Slaw Apple Sauce Milk
<i>February 22</i>	<i>February 23</i>	<i>February 24</i>	<i>February 25</i>	<i>February 26</i>
Pork Rib Patty, BBQ Sauce Sweet Potatoes Brussel Sprouts Fruit Cocktail Milk	Chicken Enchilada w/ Red Sauce (Tortilla) Cilantro Cole Slaw Succotash Pineapple Tidbits Milk	Meatballs in Gravy Whole Wheat Pasta Summer Squash Homemade Carrot Salad Orange Milk	Hamburger w/ Fixins' Whole Wheat Bun Baked Potato Cauliflower Sliced Pears Milk	Tuna Noodle Casserole (Whole Wheat Pasta) Broccoli Zucchini Apricot Halves Milk

Menu item substitutions based on product availability

Cancellations & Reservations

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

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