



Food For Thought!

Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

April 2021, Volume 17, Issue 4



April showers bring May flowers!



Info@mealsthatconnect.org



www.mealsthatconnect.org



805-541-3312

Executive Director's Corner — Elias Nimeh



Executive Director **Elias Nimeh** receiving a \$100,000 check from **Nicole Bennett**, CenCal. Health Community Relations Specialist

A huge thank you to our partner, **CenCal Health**, for their generous grant of **\$100,000!** These funds are hugely important in helping our organization maintain the services to seniors in San Luis Obispo County. Especially during this unprecedented time of Coronavirus infections devastating the lives of so many throughout the whole world.



We are feeling exceptionally fortunate this month as we also received a generous grant from our long time supporter, **The Community Foundation San Luis Obispo County!** This **\$8000** grant will be used to help seniors with disabilities in our Community. Visit www.cfsloco.org

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Team Updates



Anniversaries

Thank you to these staff members for their years of dedicated service to MTC:

- ◆ **Debbie Altamirano**, Site Manager, 12 years
- ◆ **Janine Lloyd**, Site Manager, 4 years
- ◆ **Oscar Flores Gatica**, Kitchen, 2 years



Happy Birthday!

- ◆ **Ellen Morrow**, Apr. 10

Welcome!

Please join us in welcoming **Malia Neves** to the Meals That Connect family. She will be helping our seniors in Morro Bay, Cambria and Atascadero!



Volunteer News — Wendy Fertschneider, R.D.

Complete the **Annual Volunteer Training quiz**, earn a treat and get entered into a drawing for a cash gift card!

Alas, due to COVID, we did not get to gather in March for our annual Volunteer Training Extravaganza. Typically, training includes entertaining speakers, a game of food safety Bingo, and concludes with a tour of our central kitchen and a delicious dinner. We are still required to provide training to all of our volunteers every year. This monthly column is part of that training. Once a year, we ask all volunteers to either attend the in-person training or complete a quiz that reviews our major policies.

Training kick-off happens this month. Your site manager will notify you when it is available. Every volunteer should complete the Volunteer Training and Review Quiz and return it to their site manager. There are multiple ways complete the quiz:

1. If you have lots of experience, and read this column regularly, you may be able to answer all of the questions with no assistance.
2. Borrow a binder from your site manager that has a packet of our policies. Take a packet home, complete the quiz and return it to your site manager.
3. A combination of 1 and 2, and if you get stumped, ask your site manager for help.

Please return the packet of MTC policies to the site. We need them to provide the information to new volunteers who are always joining us. Please speak to your site manager if you would like a policy packet to keep.

When you turn in your quiz, you will get a little thank you treat. At the end of the training period, each site will have a drawing for some cash gift cards for volunteers.

Thank you for taking the time. If you have questions, check with your site manager or call me at the office on Tuesdays.

Something Smells Fishy! YUM!



Thank you to **Slow Money SLO**, a local nonprofit organization, for their donation of **250 pounds of fresh Black Cod** in March to feed our seniors. Our kitchen staff seasoned it, cooked it, and then turned it into Black Cod Vera Cruz! Our program cannot afford to purchase items like this and we are grateful they thought of us. Our senior clients loved the fresh fish!



Visit www.slowmoneyslo.org

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



CenCalHEALTH
Local. Quality. Healthcare.



Food For Thought!

Is a monthly publication of Meals That Connect

Executive Director: Elias Nimeh
Editors: Laurie Skaar, Susan K. Lee
Dietitian: Wendy Fertschneider, R.D.



April 2021



Volunteers—Remember to take meal temperatures daily



Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
Cheese Ravioli w/ Meat & Marinara Sauce Cauliflower Tuscan Blend Vegetables Sliced Pears Milk	Chicken Enchilada w/ Chicken in White Sauce (Tortillas) Black Beans Broccoli Apricots Milk	Omelet w/ Cheese Blueberry Muffin Roasted Potatoes Stewed Tomatoes Orange Milk	Chicken Stew Crackers Green Beans Homemade Cole Slaw Sliced Peaches Milk	Beefy Taco Salad w/ Romaine Tostada Homemade Carrot Salad Corn Salad Local Strawberries Milk
12	13	14	15	16
Swedish Meatballs Whole Wheat Pasta CA Blend Vegetables Pickled Beets Apple Milk	Breaded Haddock Brown Rice Peas Homemade Cole Slaw Mandarins & Pineapple Milk	Chicken Patty Parmesan Whole Wheat Pasta Cooked/Seasoned Spinach Romaine Salad Banana Milk	Hamburger w/ Fixins WW Hamburger Bun Brussel Sprouts Homemade Carrot Salad Fruit Cocktail Milk	Honey Mustard Chicken Salad Crackers Romaine Lettuce 3 Bean Salad Pea Salad Local Strawberries Milk
19	20	21	22	23
Garbanzo Beans & Turkey Casserole (Rice) Mixed Vegetables Homemade Cole Slaw Sliced Peaches Milk	Whole Wheat Spaghetti w/ Meat & Marinara Sauce Zucchini Romaine Salad Orange Milk	HAPPY BIRTHDAY Turkey Pieces in Gravy Stuffing Broccoli Corn Salad Apricots Milk	Chicken Enchilada in Red Sauce w/ Chicken (Tortilla) Winter Blend Vegetables Succotash Sliced Pears Milk	Hawaiian Chicken Salad Dinner Roll Homemade Carrot Salad Pickled Beets Local Strawberries Milk
26	27	28	29	30
Chili Beans w/ Meat Crackers Herbed Carrots Summer Squash Orange Milk	Tuna Noodle Casserole (Pasta) Cooked/Seasoned Spinach Romaine Salad Pineapple Tidbits Milk	Chicken Sandwich Whole Wheat Bun BBQ Beans Homemade Cole Slaw Applesauce Milk	Meatballs in Gravy Graham Crackers Mashed Potatoes Green Beans Fruit Cocktail Milk	Chef's Salad w/ Romaine Lettuce Crackers Homemade Carrot Salad Pea Salad Local Strawberries 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/Jill	466-2317
Cambria	11:45	Jesse/Kat	927-1268
Los Osos	11:30	Rachel	528-6923
Morro Bay/Cayucos	11:30	Marilee/Kat	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	11:30	Janine	543-0469
SLO: Laguna Lake Area: U.C.C. Church	11:30	Les	541-1168
San Luis Obispo Main Office: 541-3312	Central Kitchen: 541-2063		