



Food For Thought!

Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

June 2021, Volume 17, Issue 6



Info@mealsthatconnect.org



www.mealsthatconnect.org



805-541-3312

Executive Director's Corner — Elias Nimeh

Thank you American Riviera Bank!



Melissa Teixeira- SBA Portfolio Mgr., Sandra Gallo- Sr. Product Mgr., Tyler Flesner, AVP Portfolio Mgr., Elias Nimeh, MTC Ex. Dir.

Meals That Connect has been selected as the recipient of a \$1,000.00 donation from American Riviera Bank's Employee Donation Fund. Each year, this committee selects a theme for their Donation Fund and solicits nominations from their employees. This year's theme was "Health" and the employees of American Riviera Bank felt MTC does an outstanding job addressing

the needs of our senior community within San Luis Obispo County. "We hope this donation will help further your amazing work."

And the Winner is...



I was nominated for **Director of Creative Adaptation of the Year Award** as part of the celebration of Older Americans Month in May. **Nicole Bennett of CenCal Health** submitted our nomination and on May 21st I won! Representatives from **Area Agency on**

Aging and Administration on Aging gathered the nominees via ZOOM to announce the winners of this and 4 other awards including Senior of the Year, Caregiver of the Year, Senior Program of the Year and Senior Worker of the Year. I am grateful to live in SLO County where there is so much caring and generosity when the need arises. The increase in meal services, which almost doubled, also created the need for more volunteers, I am so proud of my staff and all the volunteers for taking on this challenge!

"I Won't Be Home..."



Please let us know **two days in advance if you need to cancel a delivery**. Maybe you have an appointment or plan to be out of town for a few days. No problem! We're flexible! Just give your Site Manager a call so they can plan accordingly and your meal does not go to waste. Phone numbers for each site are on the back of this page

Team Updates!

Happy Birthday!

- ◆ Katherine Cater, June 7
- ◆ Jill Aguilar, June 19
- ◆ Lainey Howard, June 22

HAPPY ANNIVERSARY!

- ◆ Ellen Morrow, Site Manager, 4 yrs.
- ◆ Jill Aguilar, Site Assistant, 1 yr.

Food For Thought!

Is a monthly publication of Meals That Connect

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

Volunteer News — Wendy Fertschneider, R.D.

Thank You And An Eye Toward July!



THANK YOU! Not only for all you do, week after week delivering meals and other jobs to support our program, but also for completing the Annual Volunteer Training. In place of an in-person meeting, we sent out polices, quizzes and prizes. They are due back May 28th, so as of this writing I don't know how many were done but we prepared 350 prizes! When all the quizzes are in, we will have drawings at each site for cash gift cards!

In the past 16 months, with the pandemic and all the changes that it caused, volunteers became more important than ever, and YOU came through. The number of meals we served increased 30% and the number of volunteers rose to meet the demand. The jobs that volunteers do for our agency represent almost \$300,000 in labor that we could not possibly afford. Our program truly could not function without all the support of people like you!

One part of the volunteer training that we did not include in May is the Security Awareness Training. Our funder requires that all staff and volunteers complete it every July. There will be an electronic version and a paper version. Security Awareness is government jargon for how we protect the privacy of our clients. We take it very seriously and we need to review it each year. Watch for more information from your site manager in July!

Upcoming Online Fundraising Event!



We are excited to be holding our first online "Buy it Now MTC Marketplace" fundraiser beginning later this month!

A link to the event will be available on our website (mealsthatconnect.org), our Facebook page, and through an email invitation.

Thanks to vendor donations, we have **over 50 wonderful items** for you to choose from! More information to come soon! Please follow us on Facebook for updates (facebook.com/MealsThatConnect) Not on Facebook? No problem! Share your email with us by sending it to officeadmin@mealsthatconnect.org and we will put you on our contact list.

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



CenCalHEALTH®
Local. Quality. Healthcare.





June 2021

Volunteers—Remember to take meal temperatures daily!



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Pork Rib Patty w/ BBQ Sauce Oatmeal Cookies Sweet Potatoes Brussel Sprouts Fresh Apple Milk	Spaghetti w/ Meatballs & Marinara (Whole Wheat Pasta) Broccoli 3-Bean Salad Apricot Halves Milk	Chicken Enchilada w/ White Sauce (Tortilla) Black Beans Cole Slaw Peaches Milk	Tuna & Macaroni Salad (Pasta) Carrot Salad Romaine Salad Local Strawberries Milk
7	8	9	10	11
Omelet w/ Cheese Banana Muffin CA Blend Vegetables Stewed Tomatoes Sliced Pears Milk	Beef Patty w/ Gravy Graham Crackers Mashed Potatoes Peas Fresh Apple	Fresh Local Fish Corn Tortilla Green Beans Cilantro Cole Slaw Fruit Cocktail Milk	Italian Noodle Casserole (Pasta) Cooked Seasoned Spinach Romaine Salad Banana Milk	Asian Chicken Salad w/ Noodles (Pasta) Spinach Salad Carrot Salad Fresh Local Strawberries Milk
14	15	16	17	18
Swedish Meatballs Whole Wheat Pasta Succotash Pickled Beets Orange Milk	Cheese Enchilada, Red Sauce w/ Chicken (Tortilla) Cauliflower Carrot Salad Sliced Peaches Milk	Happy Birthday! Fresh Local Fish Blueberry Birthday Muffin Roasted Sweet Potato Brussel Sprouts Pineapple Tidbits Milk	Chicken Patty w/ BBQ Sauce Barley Pilaf Broccoli Romaine Salad Sliced Apricots Milk	Honey Mustard Chicken Salad/Romaine Wheat Crackers Pea Salad Cole Slaw Fresh Local Strawberries Milk
21	22	23	24	25
Sweet & Sour Chicken Pieces Brown Rice Oriental Blend Vegetables Pickled Beets Mandarins & Pineapple Milk	Cheese Ravioli w/ Meat Sauce (Pasta) CA Blend Vegetables Romaine Salad Sliced Pears Milk	Fresh Local Fish Whole Wheat Pasta w/ Herbs Parslied Carrots Corn Salad Orange Milk	Chili Beans w/ Meat Wheat Crackers Cole Slaw Tuscan Blend Vegetables Fruit Cocktail Milk	Chef Salad w/ Turkey & Egg, Romaine CROUTONS Three Bean Salad Carrot Salad Fresh Local Strawberries Milk
28	29	30	July 1	July 2
Meatballs w/ Gravy Oatmeal Cookie Baked Potato Brussel Sprouts Applesauce Milk	Turkey Pieces in Gravy Stuffing Winter Blend Vegetables Pea Salad Sliced Peaches Milk	Fresh Local Fish Whole Wheat Bread Roasted Potatoes & Carrots Cole Slaw Banana Milk	Spaghetti w/ Meat Sauce & Marinara (Whole Wheat Pasta) Broccoli Romaine Salad Sliced Apricots Milk	Black Eyed Pea Salad Hard Cooked Egg Wheat Crackers Pickled Beets Carrot Salad Fresh 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	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		