

Executive Director's Corner – Elias Nimeh



Please welcome our new Board Member, **Cheryl DeLaby**. Cheryl is the Community Relations Director for Merrill Gardens, a Senior Living Community. She has many years of experience working with the senior population and we are grateful she has chosen to share that experience by serving on our Board.



Congratulations to our Paso Robles site kitchen for scoring **100%** on their recent inspection. All of our kitchens are inspected by the County of SLO Environmental Health Services Division and we are proud to say we pass with flying colors every time!

Pictured from Left to Right: Patrice Reed-Volunteer, Mignon de Blois-

Volunteer, Marlene Whitten-Site Manager, Harvest Steadman -Volunteer.

Program Participant Suggested Donation
\$3.00
per meal

For the last few years, as part of our Annual Client Survey, our seniors have shared with us that they believe our suggested donation is too low! This was discussed at our most recent Policy Advisory Council (PAC) meeting and our **PAC members voted to change the suggested**

donation amount from \$2.75 to \$3.00 per meal.

Participant donations do make up a considerable portion of our annual budget and we are grateful for any amount donated to the program. Of course, all donations continue to be voluntary, anonymous, and confidential.

Spotlight on MTC Employees!

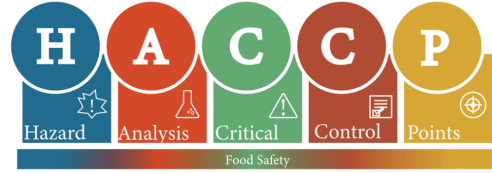


Barb McCulley joined MTC in 2021 after a friend of hers recommended her for a position at our Atascadero dining room. Barb had been looking for a job where she could help seniors that involved food. Talk about a perfect fit! Since joining the program, Barb

has shown herself to be a flexible member of the team, already working in three separate dining rooms (Atascadero, Cambria & Morro Bay). She tells us, "I have enjoyed the new co-worker friends I have made as well as clients and volunteers!" Barb loves making food for others and in recent years has operated her own business, Barb the Baker. Her treats are available at many local businesses around SLO County and she also sells scone and cookie mixes that make it easy for the rest of us to bake her goodies at home. Check out her website for locations and goodies: www.barbthebaker805.com

Volunteer News – Wendy Fertschneider, R.D.

HACCP
What is it and what does it have to do with me?



If it's related to the government, there will be acronyms. Case in point: HACCP (Hazard Analysis, Critical Control Point). HACCP is a systematic approach to hazard identification, assessment of risk, and control developed by NASA which was then adapted for food safety. In simple terms, it means looking for places where things can go wrong at any point from farm to table that could increase the likelihood of contamination, causing food borne illness.

Food borne illness, aka food poisoning, is more common than most people realize. There are millions of cases per year in the U.S. Several thousands are hospitalized, and about 3,000 people die from food poisoning each year. Most likely to die from it are very young children and older persons in poor health.

The main HACCP areas that we monitor are personal hygiene and temperature control. Food can be contaminated by people who are sick and/or don't wash their hands thoroughly before handling food. Food contaminated with illness causing bacteria only becomes dangerous if the bacteria are allowed to grow to harmful levels. That happens when food is left in the "danger zone" between 41-135 degrees Fahrenheit for too long.

We have many procedures in place to monitor these things, particularly the temperatures of the food. As a Volunteer, **you are a CRITICAL CONTROL POINT, a key step in HACCP, which keeps our foods safe.** You play a critical role in keeping the food cold during the delivery process. Drivers can also make sure that the senior receiving a meal at home is either going to heat up the meal immediately or put it in their refrigerator. Thank you for helping us protect our seniors from food borne illnesses!



REMINDER! Annual Security Awareness Training (SAT) Takes Place This Month!

Our program's funding requires that all staff and volunteers complete SAT every July. SAT

ensures we all know how to protect the privacy of our clients. We take it very seriously and even if you have completed it before, the refresher is always helpful. Like the Volunteer Training, we are providing both an electronic and a paper version of the training. Please ask your Site Manager how you can complete your training.



July 2022 Menu

Nourishing SLO County seniors with more than just meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN! <ul style="list-style-type: none"> Peel back or pierce film to vent. From Frozen/Oven: Preheat oven to 350° Place tray on cookie sheet and heat for 30 minutes. From Frozen/Microwave: On HIGH for 3-5 minutes. Thawed/Oven: Preheat oven to 350° Place tray on cookie sheet and heat for 10 minutes. Thawed/Microwave: On HIGH for 2-3 minutes. 				Taco Salad w/Beef Romaine Lettuce Tostada Coleslaw Pea Salad Local Strawberries Milk
CLOSED	5	6	7	8
	Rib Patty w/ BBQ Sauce Graham Cracker Roasted Cubed Sweet Potatoes Italian Blend Veggies Orange Milk	Chili Beans w/ Meat Crackers Cauliflower Capri Blend Veggies Tropical Fruit Blend Milk	Chicken Stew w/ Potatoes & Carrots WW Pasta Winter Blend Veggies Pickled Beets Mixed Fruit Milk	Tuna Salad Slice Of WW Bread Carrot Salad Corn Salad Watermelon Milk
11	12	13	14	15
Chicken Patty w/ Gravy Stuffing Cole Slaw Green Beans Fresh Apple Milk	Chicken Enchilada w/ White Sauce Broccoli Lima Beans Apricots Milk	Sweet & Sour Meatballs Brown Rice Brussels Sprouts Carrot Salad Diced Peaches Milk	WW Spaghetti w/ Meat & Marinara Sauce Cooked Spinach Bean Salad Banana Milk	Chef Salad Crackers Pea Salad Pickled Beets Cantaloupe Milk
18	19	20	21	22
Cheese Ravioli Meat Marinara Sauce Zucchini Italian Blend Veggies Orange Milk	Chicken a la King WW Pasta Cauliflower Romaine Salad Pineapple Tidbits Milk	<i>Celebrating July Birthdays!</i> Breaded Haddock Brown Rice Winter Blend Veggies Pea Salad Diced Pears Birthday Muffin & Milk	Beef Patty & Gravy Baked Potato Parslied Carrots Cole Slaw Tropical Fruit Blend Milk	Black Eyed Pea Salad Hard Cooked Egg Graham Crackers Carrot Salad Corn Salad Honeydew Melon Milk
25	26	27	28	29
Garbanzo & Meat Casserole CA Blend Veggies Green Beans Mixed Fruit Milk	Italian Noodle Casserole Cooked Seasoned Spinach Carrot Salad Orange Milk	Swedish Meatballs WW Noodles Broccoli Pickled Beets Apricot Halves Milk	Chicken Enchilada w/ Red Sauce Mixed Veggies Brussels Sprouts Applesauce Milk	Hawaiian Chicken Salad WW Dinner Roll Cole Slaw Bean Salad Watermelon Milk



DO YOU NEED TO CANCEL A MEAL?

Please call your Site Manager to **CANCEL, SUSPEND or RESUME** meals **2** business days in advance.



CONTACT US			
**Dining Rooms & Service Areas Open for in person dining Monday - Friday. Call your site manager to reserve your meal!	Serving Days/Time	Site Manager	Phone Number
** Atascadero, Templeton	Mon-Fri @ 11:30	Liz	466-2317
** Cambria	Mon-Fri @ 11:30	Jesse/Barb	927-1268
** Los Osos	Mon-Fri @ 11:30	Malia	528-6923
** Morro Bay, Cayucos	Mon-Fri @ 11:30	Kat	772-4422
** Nipomo	Mon-Fri @ 11:30	Sandy	929-1066
** Oceano, Arroyo Grande, Grover Beach, Pismo Beach, Shell Beach	Mon-Fri @ 11:30	Debbie	489-5149
** Paso Robles	Mon-Fri @ 11:30	Marlene	238-4831
** Santa Margarita	Mon-Fri @ 11:30	Jill	438-5854
** San Luis Obispo	Mon-Fri @ 11:30	Janine	543-0469
** SLO: Laguna Lake Area: UCC Church (Temporarily closed.)	Mon-Fri @ 11:30	Milda	541-1168
San Luis Obispo Administrative Office: 541-3312	Central Kitchen: 541-2063 or 541-3312 ext. 104		