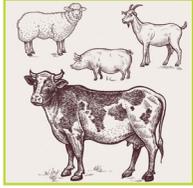


Executive Director's Corner – Elias Nimeh

Did You See Us On KSBY News 7/22/2022?



The past two years have presented challenges for 4-H youth that take on the endeavor of raising an animal to show for auction/sale at the Santa Barbara County and California Mid-State fairs. The **James W. Brabeck Youth Legacy Fund**

(JWBYLF) Buyer's Coalition has worked to address this issue by purchasing the animals from these fairs. They're lending a hand to 4-H members while also supporting another cause, donating the meat to Meals That Connect! **Our program will be receiving a donation of 10,000 pounds of protein for our seniors.** And the children that raised the animals will know they have made a significant contribution to those in need in their community. The full story can be seen at this link: <https://www.ksby.com/news/local-news/meat-from-livestock-sold-at-mid-state-fair-to-be-donated-to-free-senior-meals-program>



Grant Funding Update

We would like to thank the County of San Luis Obispo and the City of San Luis Obispo for approving our grant requests for the new fiscal year. **The County's grant of \$75,000 and the City's grant of \$10,000** are the largest grants we have received from each of them for our program!



Spotlight on MTC Volunteers!



Eric and Pat Bromberger moved to Los Osos in 2012 after living in San Diego for the 33 previous years. She is a retired Kaiser pediatrician (she specialized in newborn intensive care), and Eric is self-employed writer. He writes only about classical music--program notes for orchestras and concert series. Eric and Pat are both violinists.

The Brombergers joined the Meals That Connect program in Los Osos in March 2020, just as the COVID pandemic shut everything down. Eric says, **"We joined the program because we want to feel connected to our community, and the MTC program has allowed us to do that.** The thing we have enjoyed most about being drivers is the vast number of people we've met, not just the people to whom we deliver, but the other drivers and people who make the program run as well as it does. We've made many friends, and we have a much better sense of Los Osos as a community than we did before we joined the program."

Volunteer News – Wendy Fertschneider, R.D.

The Danger Zone

Last month, when explaining Hazard Analysis, Critical Control Point (HACCP) I mentioned that temperature control was a major part of HACCP in food safety. To better understand why that is the case, let's take a closer look at the **Danger Zone**.

The bacteria that makes us sick thrives and continues to grow at our normal body temperature of 98.6 degrees. The range of temperatures that those harmful bacteria can grow is called the Danger Zone. It is defined as between 41-135 degrees Fahrenheit.



If food is contaminated with harmful bacteria but is kept out of the Danger Zone except for short periods of time, then the bacteria cannot grow to a level that will make a person sick. Bacteria grows exponentially! **It doubles every 20 minutes, which many not sound bad but 5 bacteria become over 40,000 in just 4 hours!**

For hot meals served in our dining rooms, it is important to keep food below 41 degrees at all times until it is heated and eaten. Heat food to at least 165 degrees quickly. Then keep it hot until eaten. Do not let it cool below 135 degrees.

For meals delivered cold to homes, everything possible must be done to keep the food below 41 from the time it arrives at the site until the time it arrives at the client's home. Once a client has a meal in their home, it should either be heated immediately or put in the refrigerator until ready to be heated. When heating, if you don't have a food thermometer, be sure the food is steaming hot. You may need to heat partially, stir and continue heating.

As volunteers, if you deliver meals to our homebound clients, you can remind them to heat and eat immediately or put the meal in the refrigerator so that it does not sit out in the Danger Zone. This is also why we never leave a meal on the doorstep. Be sure to report the temperature of your last meal delivered to your site manager.



Remember, food can be contaminated with harmful bacteria at any point in the supply and preparation chain and there are other factors to consider. For example, the importance of hand washing, which we will cover in a future article.



August 2022 Menu

Nourishing SLO County seniors with more than just meals.



DO YOU NEED TO CANCEL A MEAL?

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Chicken Patty w/ Gravy Graham Cracker Baked Potato Summer Squash Orange Milk	Hamburger on a WW Bun Roasted Sweet Potato Brussels Sprouts Diced Peaches Milk	Cheese Manicotti Marinara Sauce Capri Blend Veggies Cole Slaw Pineapple Milk	Chili Beans w/ Meat Crackers Winter Blend Veggies Fresh Tomato Salad Diced Pears Milk	Tuna Macaroni Salad Green Salad Carrot Salad Cantaloupe Milk
8	9	10	11	12
Rib BBQ Barley Pilaf Mixed Veggies Bean Salad Tropical Fruit Cup Milk	Chicken Enchilada in Blanca Sauce Broccoli Zucchini Sliced Apricots Milk	Sweet & Sour Meatballs Brown Rice Oriental Blend Veggies Cole Slaw Mixed Fruit Milk	Spaghetti w/ Meat Sauce Cooked Seasoned Spinach Romaine Salad Banana Milk	Chinese Chicken Salad w/ Noodles Pickled Beets Corn Salad Honeydew Melon Milk
15	16	17	18	19
Garbanzo & Beef Casserole Winter Blend Veggies Pea Salad Apple	Cheese Ravioli w/ Meat Marinara Parslied Carrots Italian Blend Veggies Orange Milk	Celebrating August Birthdays! Chicken a la King Green Beans Romaine Salad Birthday Muffin, Fruit Mix Milk	Breaded Haddock Brown Rice CA Blend Veggies Cole Slaw Diced Pears Milk	S.W. Chicken Salad Tostada Bean Salad Carrot Salad Watermelon Milk
22	23	24	25	26
Italian Noodle Casserole Cooked Seasoned Spinach Lima Beans Pineapple Tidbits Milk	Meatballs in Gravy Slice of WW Bread Broccoli Tuscan Blend Veggies Sliced Apricots Milk	Asian Chicken Casserole w/ Noodles Cauliflower Carrot Salad Diced Pears Milk	Chicken Enchiladas in Red Sauce Pinto Beans Cole Slaw Bananas Milk	Black Eyed Pea Salad Hard Cooked Egg Crackers Pickled Beets Romaine Salad Cantaloupe Milk
29	30	31	REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN! <ul style="list-style-type: none"> • Peel back or pierce film to vent. • Oven 350° <u>OR</u> Microwave on HIGH. <ul style="list-style-type: none"> • Frozen in Oven = 30 minutes • Frozen in Microwave = 3-5 minutes. • Thawed in Oven = 10 minutes • Thawed in Microwave = 2-3 minutes. 	
Turkey Pieces in Gravy Stuffing CA Blend Veggies Bean Salad Applesauce Milk	Chicken Stew WW Pasta Green Beans Romaine Salad Orange Milk	Chicken Sandwich w/ Fixin's WW Hamburger Bun Roasted Sweet Potato Cole Slaw Tropical Fruit Blend Milk		

CONTACT US

**Dining Rooms & Service Areas <i>Open for in person dining Monday - Friday. Call your site manager to reserve your meal!</i>	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		