

Executive Director's Corner – Elias Nimeh

Dining Rooms Are Open



We are so excited to welcome our clients back to our dining rooms for lunch!

Covid-19 led to many changes in our program, for example, for the last two years we offered home delivered meals to those clients who were not

homebound. Now that restrictions have been lifted, we are phasing out home delivery to those people who joined the program as dining room clients. You will receive more information from you site manager soon. **Please plan accordingly. We look forward to seeing you in person very soon!**

Welcome Laura Edwards



This month we welcome **Laura Edwards** to the MTC Team. Laura is joining us as our Resource Manager, responsible for coordinating our annual fundraiser, Night of a Million Meals, as well as developing other revenue streams. We are excited about her previous experience in similar roles and look forward to her ideas to generate more donations to our program.

Spotlight on MTC Employees!



Ann Bell is our Assistant Site Manager for our downtown San Luis Obispo dining room. Ann has been with us for six months and tells us she loves working at MTC. **"I enjoy the people. I love the interaction with our clients and appreciate knowing I am making a positive difference in their lives. Working with our dedicated volunteer Food Angels**

is very rewarding." Ann has a degree in Accounting and Business Administration from Santa Barbara Business College. When Ann is at home, she enjoys watching television and listening to music. Her favorite musician is Michael Jackson, and you will likely hear her singing along to "Man in the Mirror." Ann also enjoys reading, you will find lots of James Patterson books on her bookshelf. Ann's can-do attitude, light up a room smile, and infectious laughter brightens our dining room five days a week. Her favorite quote sums her up beautifully: "You have two choices in life. Either you do, or you don't." And Ann is definitely a "doer" and we are so happy to have her on the MTC Team. Join us at the Anderson for lunch at 11:30 Monday through Friday. Ann would love to see you!

Volunteer News – Wendy Fertschneider, R.D.

The Importance of Handwashing



Continuing from last month, food safety is a high priority. Next to proper temperature maintenance of the food, personal hygiene is second most important in preventing food borne illness. Here are some facts to inspire you:

- **On average, you come in contact with 300 surfaces every 30 minutes, exposing you to 840,000 germs.**
- Up to 80% of communicable diseases are transferred by touch.
- Most bacteria on our hands is on the fingertips and under the nails.
- Failing to wash hands correctly contributes to nearly 50% of all food-borne illness outbreaks.
- Proper handwashing can reduce diarrhea rates by 40% and respiratory infections by close to 20%.
- **Only about 5% of people wash their hands correctly.**
- Most people wash the palms of their hands and miss everything else.
- Most people only wash their hands for 6 seconds.
- Approximately 33% of people don't use soap when washing their hands.
- Only 20% of people wash their hands before preparing food, and 39% before eating food.
- Only about 20% of people dry their hands after washing them.
- **Damp hands are much more likely to spread bacteria than dry hands.**

To keep our food safe, wash your hands before you handle food. and after any task that interrupts food prep like talking on phone, blowing your nose and using the bathroom.



Use soap and running water. Lather well and scrub between fingers, around fingernails, front and back of hands and up to your wrists. This part should take at least

20 seconds. Rinse well. Use a paper towel to turn off the faucet and dry your hands.

- Good hand washing helps protect you and others from food poisoning, colds, flu, and COVID.
- **Handwashing is the least expensive and easiest thing you can do to help keep yourself and others healthy.**



September 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
<p>*MENU SUBSTITUTION As you read in last month's newsletter, we received a generous donation of meat from JWBYLF, sourced from the Santa Barbara County Fair and the California Mid State Fair. We will be substituting one of our main courses with a new meat dish. The date will be determined based on kitchen staff availability, but it will likely be served on a Thursday. Your site manager will have the latest information by Tuesday of that week.</p>			<p>Cheese Manicotti Italian Red Sauce w/ Meat Italian Blend Veggies Fresh Tomato Salad Diced Peaches Milk</p>	<p>Tuna Salad Crackers Green Pea Salad Carrot Salad Honeydew Melon Milk</p>
CLOSED	6	7	8	9
	<p>Pork Rib Patty Graham Cracker Roasted Sweet Potato Cubes Lima Beans Orange Milk</p>	<p>Chicken Enchiladas, White Sauce Mixed Veggies Brussel Sprouts Applesauce Milk</p>	<p>WW Spaghetti Italian Red Sauce w/ Meat Broccoli Three Bean Salad Apricot Halves Milk</p>	<p>Beefy Taco Salad, Romaine Lettuce Tostada Fresh Tomato Quarters Cole Slaw Diced Pears Milk</p>
12	13	14	15	16
<p>Chicken a la King Biscuit Green Beans Pickled Beets Tropical Fruit Milk</p>	<p>Cheese Ravioli Italian Red Sauce w/ Meat Cooked Seasoned Spinach Romaine Salad Pineapple Tidbits Milk</p>	<p>Breaded Haddock Brown Rice Winter Blend Veggies Fresh Tomato Quarters Banana Milk</p>	<p>Swedish Meatballs Whole Wheat Pasta Scandinavian Blend Veggies Carrot Salad Orange Milk</p>	<p>Honey Mustard Chicken Salad Wheat Crackers Pea Salad Cole Slaw Honeydew Melon Milk</p>
19	20	21	22	23
<p>Italian Noodle Casserole CA Blend Veggies Three Bean Salad Diced Peaches Milk</p>	<p>Chicken Sandwich Whole Wheat Bun Roasted Sweet Potato Cubes Cole Slaw Mixed Fruit Milk</p>	<p><i>Celebrating September Birthdays!</i> Omelet w/ Cheese Roasted Potato Cubes Cauliflower Apple Birthday Muffin Milk</p>	<p>Chicken Enchilada, Red Sauce Pinto Beans Fresh Tomato Quarters Diced Pears Milk</p>	<p>Chef Salad w/ Turkey & Egg Romaine Lettuce, Wheat Crackers Broccoli Slaw Corn Salad Sliced Apricots Milk</p>
26	27	28	29	30
<p>Chicken Lo Mein Winter Blend Veggies Parslied Carrots Peaches Milk</p>	<p>Cheese Manicotti Italian Red Sauce w/ Meat Italian Blend Veggies Cole Slaw Applesauce Milk</p>	<p>Sweet & Sour Meatballs Brown Rice Zucchini Pickled Beets Tropical Fruit Blend Milk</p>	<p>Turkey Pieces & Gravy Stuffing Capri Blend Veggies Carrot Salad Pineapple Tidbits Milk</p>	<p>Tuna Macaroni Salad Pea Salad Romaine Salad Cantaloupe Milk</p>

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, San Simeon	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		