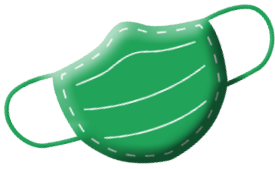




## Executive Director's Corner – Elias Nimeh

We are so happy to once again be able to serve meals to our clients in our dining rooms and it is our priority to do so safely. I want to remind you, per the San Luis Obispo County Health Officer, masks are required to enter our dining rooms and receive your food. We also ask that clients who are not yet vaccinated maintain a 6' distance from other diners. Thank you!



## Spotlight on MTC Employees!

For our next two "Spotlight on Employees", we introduce you to two 30+ year staff members of Meals That Connect. Irene Palacios, Kitchen Director and Wendy Fertschneider, R.D. Program Nutritionist, both started with the program in the 1980's! Our program has evolved over the years and these women were here to help shape it into what it is today. Every month (for over 336 months!) they meet to collaborate on creating a menu for our seniors that has a variety of foods, includes our client's favorites, and most importantly is nutritionally balanced. This month, meet our Kitchen Director, Irene Palacios:



Irene was initially hired in our first kitchen in Pismo Beach as a substitute to cover for regular employees. On her first day, she had to clean the grease trap and the oven! Not certain this writer would have stuck around, but, clearly undeterred, Irene went on to learn every kitchen position's responsibilities. As the program grew, and kitchen locations changed, as well as expanding to

serve clients in Santa Barbara County, she has proven herself to be flexible, efficient, and a true problem solver. Her "make sure it gets done" philosophy has served our MTC clients well.

Over the years, Irene has worked with no less than seven executive directors (including Wendy!) witnessing and contributing to the improvements implemented over the last 30 years. Currently, she oversees the planning, ordering, storage, production and transport of meals. She is responsible also for training, and supervising all of our kitchen staff, coordinating their work to always "make sure it gets done" and that our ever expanding client base continues to receive the meals they need!

Sneak preview for when we introduce Wendy Fertschneider, R.D., Program Nutritionist, in our next "Spotlight on Employees": Wendy follows a plant-based diet and enjoys studying the health and environmental benefits of eating that way. She also runs a couple days a week and tries to stay active!

## Volunteer News – Wendy Fertschneider, R.D.

### October 15<sup>th</sup> is Global Handwashing Day!



"Global Handwashing Day is an annual global advocacy day dedicated to advocating for handwashing with soap as an easy, effective, and affordable way to prevent diseases and save lives."

[globalhandwashing.org](http://globalhandwashing.org)

The COVID-19 pandemic certainly raised awareness of the important steps to take to avoid infection and transmission for ourselves and others. Handwashing is an easy step number one. Dirty hands are the vehicle for transferring dangerous bacteria or viruses from an infected person to a food or another person. Once harmful bacteria are on food, they can grow to dangerous levels resulting in illness. While we now have a vaccine for COVID, there are no vaccines for salmonella, e-coli, or other food borne illnesses that sadly kill more than 3,000 Americans every year.

Meals That Connect has always trained staff and volunteers about the importance of handwashing as one of the top two ways to prevent food borne illness. (The other is keeping food out of the temperature danger zone, discussed in last month's *Food For Thought!*)

### You should always wash your hands:

- Prior to handling food.
- After eating, using the bathroom, sneezing or blowing your nose, touching your face, or handling other items like your phone or the trash.

### Important handwashing points to remember:

- Handwashing should take at least 20 seconds.
- Use soap and running water.
- Lather well, scrub between fingers, around fingernails and up to your wrists.
- Rinse well.
- Use a paper towel to turn off the faucet and dry your hands.

## Will You Help Us Spread The Word?

Meals That Connect continues to provide home delivered meals to our clients who are not comfortable joining us in our dining rooms. We are always on the lookout volunteer drivers to deliver meals throughout the county.



We also have two employment opportunities! We are looking for a Site Assistant in Atascadero and a Driver to deliver food to our north county sites.

## Food For Thought!

is a monthly publication of **Meals That Connect.**

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

2180 Johnson Avenue, San Luis Obispo, CA 93401  
Main Office Phone: 805 541-3312  
(Individual site phone numbers are located on the back page.)  
Email: [info@mealsthatconnect.org](mailto:info@mealsthatconnect.org)  
Website: [mealsthatconnect.org](http://mealsthatconnect.org)  
Like us on Facebook! [facebook.com/MealsThatConnect](https://facebook.com/MealsThatConnect)





# October 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
<b>REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN!</b> <ul style="list-style-type: none"> <li>• Peel back or pierce film to vent.</li> <li>• From Frozen/Oven: Preheat oven to 350° Place tray on cookie sheet and heat for 30 minutes.</li> <li>• From Frozen/Microwave: On HIGH for 3-5 minutes.</li> <li>• Thawed/Oven: Preheat oven to 350° Place tray on cookie sheet and heat for 10 minutes.</li> <li>• Thawed/Microwave: On HIGH for 2-3 minutes.</li> </ul>				Asian Chicken Salad w/ Noodles Corn Salad Homemade Carrot Salad Orange
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Chicken Patty w/ BBQ Sauce Barley Pilaf Cauliflower Pickled Beets Fruit Cocktail	Hamburger w/ Fixin's WW Bun BBQ Beans Broccoli Apricot Halves	Italian Noodle Casserole Cooked Spinach Romaine Salad Pineapple	Swedish Meatballs WW Noodles Mixed Vegetables Green Pea Salad Orange	Chef's Salad Romaine, Turkey, Cheese, Egg & Croutons Homemade Carrot Salad Fresh Tomato Wedges Sliced Peaches
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Chili Beans w/ Meat Crackers Herbed Zucchini Homemade Cole Slaw Sliced Pears	Chicken Enchilada w/ Red Sauce Succotash Homemade Carrot Salad Orange	Chicken A La King WW Pasta Brussel Sprouts Romaine Salad Applesauce	WW Spaghetti w/ Meat & Marinara CA Blend Vegetables Three Bean Salad Banana	Tuna Salad Slice of WW Bread Fresh Tomato Wedges Corn Salad Mandarins & Pineapple
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Albondigas w/ Potatoes & Carrots Corn Tortilla Cauliflower Summer Squash Fruit Cocktail	Garbanzoa & Sausage Casserole Parslied Carrots Homemade Cole Slaw Sliced Peaches	<i>Celebrating October Birthdays!</i> Omelet w/ Cheese Blueberry Bday Muffin Baked Potato Wedges Stewed Tomatoes Orange	Turkey Tetrazzini WW Pasta Broccoli Spinach Salad Apricots	Beefy Taco Salad Fresh Tomato Wedges Pickled Beets Sliced Pears
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Pork Rib Patty w/ BBQ Sauce Graham Crackers Sweet Potatoes Brussels Sprouts Fresh Apple	Cheese Ravioli w/ Meat & Marinara Cooked Spinach Italian Blend Vegetables Pineapple	Chicken Enchilada w/ Blanca Sauce Black Beans CA Blend Vegetables Fruit Cocktail	Breaded Haddock Brown Rice Peas Fresh Tomato Wedges Banana	Honey Mustard Chicken Salad Crackers Homemade Carrot Salad Romaine Salad Orange



### 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			
Site Locations	Serving Time	Site Manager	Phone
Atascadero and Templeton	11:30	Liz	466-2317
Cambria	11:30	Jesse/Kat	927-1268
Los Osos	11:30	Malia	528-6923
Morro Bay/Cayucos	11:30	Marilee/Kat	772-4422
Nipomo	11:30	Sandy	929-1066
Arroyo Grande, Grover Beach, Pismo Beach, Shell Beach, Oceano	11:30	Debbie	489-5149
Paso Robles	11:30	Marlene	238-4831
Santa Margarita	11:30	David	438-5854
San Luis Obispo	11:30	Janine	543-0469
SLO: Laguna Lake Area: UCC Church	11:30	Milda	541-1168
<b>San Luis Obispo Main Office: 541-3312</b>		<b>Central Kitchen: 541-2063</b>	