



December  
2022

# Food For Thought!

Volume 18, Issue 12

## Executive Director's Corner – Elias Nimeh

Happy Holidays from all of us at MTC!



To our valued staff and volunteers of Meals That Connect, **my sincere thanks for your support and hard work during this past year to help deliver nutrition, friendship and love to the seniors in our program.** I

wish you all a very happy, healthy, and prosperous holiday season full of joy and good cheer.

Meals That Connect is most appreciative for the support from our community partners who help make our program possible. Thank you to:

**The Community Foundation of San Luis Obispo County** for the \$12,500 grant to MTC.



And to **The City of Morro Bay** which provided \$7,500 to help maintain our nutrition services to our clients the most vulnerable in our society.

## Let Us Chat About Lettuce



We are sure you have noticed that we have had to substitute other vegetables for the romaine lettuce listed on the menu. There is a crop failure happening in Salinas that has affected the lettuce supply and prices nationwide.

We have heard that there will be a new supply available for distribution from Yuma, AZ in a couple of weeks but of course there is no way to tell when it will reach our suppliers. In the meantime, we will continue to substitute other salads or vegetables for green salad. Thank you for your patience!



**We will be closed Monday December 26<sup>th</sup>!**

## Food For Thought!

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

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

### Back Safety and Lifting



**Nearly 65 million Americans report a recent episode of back pain.** Some 16 million adults — 8 percent of all adults — experience persistent or chronic back pain, and as a result are limited in certain everyday activities. (Georgetown Health Policy Institute)

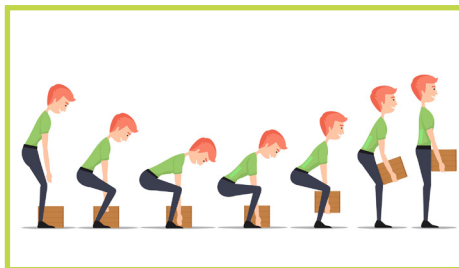
According to the Bureau of Labor Statistics (BLS), back injuries account for one of every five injuries and illnesses in the workplace. Eighty percent of these injuries occur to the lower back and are associated with manual materials handling tasks. That statistic probably holds true for volunteer labor as well.

**An activity that can both cause back injuries or will be restricted if you have a back injury is LIFTING.** As a volunteer at Meals that Connect, there can be a lot of lifting. Proper lifting is easier with strong back and core muscles. Good posture and good breathing are key. Good posture strengthens your core. **Check your posture with these steps:**

Press your feet into the ground. Think tall, by pretending a rope, hanging from the ceiling, is attached to the crown of your head pulling you up. The crown is the back top of your head where balding sometimes starts. Imagine you have a grapefruit tucked under your chin. Lift your collar bone to have maximum distance from your collarbone to your pelvis. Try to keep your body symmetrical from side to side and back to front.

Abdominal breathing (or belly breathing) uses the diaphragm. Expand the abdomen as you inhale, then expand the ribs which pulls and strengthens the chest muscles. **The diaphragm is an important muscle for stabilizing the core when you move your arms and legs.**

### Keys to Proper Lifting



1. Plan before lifting
2. Stand close to the object
3. Create a stable base with your foot width
4. Squat, bending your knees and hips

5. Keep your back straight
6. Contract the stomach muscles
7. Lift using your leg muscles
8. Do not twist as you lift
9. Ask for help and give clear directions

**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)





# December 2022 Menu

Nourishing SLO County seniors with more than just meals.

## DO YOU NEED TO CANCEL A MEAL?

WE ASK FOR **TWO DAYS NOTICE** TO CANCEL, SUSPEND and/or RESUME MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
<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><b>From Frozen/Oven:</b> Preheat oven to 350° Place tray on cookie sheet and heat for 30 minutes.</li> <li><b>From Frozen/Microwave:</b> On HIGH for 3-5 minutes.</li> <li><b>Thawed/Oven:</b> Preheat oven to 350° Place tray on cookie sheet and heat for 10 minutes.</li> <li><b>Thawed/Microwave:</b> On HIGH for 2-3 minutes.</li> </ul>			<b>Italian Noodle Casserole</b> Broccoli Summer Squash Apricot Halves Milk	<b>Honey Mustard Chicken Salad</b> Wheat Crackers Pea Salad Cole Slaw Diced Peaches Milk
5	6	7	8	9
<b>Meatballs w/ Gravy</b> Graham Crackers Baked Potatoes Zucchini Tropical Fruit Blend Milk	<b>Scrambled Egg Patty w/ Cheese</b> Slice of WW Bread Roasted Potatoes & Carrots Stewed Tomatoes Applesauce Milk	<b>Marinara w/ Meat Sauce</b> WW Pasta Cooked Seasoned Spinach Romaine Salad Banana Milk	<b>Chicken Sandwich</b> WW Bun Parslied Carrots Cole Slaw Pineapple Tidbits Milk	<b>Chicken Stew</b> w/ Potatoes & Carrots Crackers CA Blend Veggies Capri Blend Veggies Pears Milk
12	13	14	15	16
<b>Enchilada w/ White Sauce</b> Seasoned Pinto Beans Mixed Veggies Fruit Mix Milk	<b>Breaded Haddock</b> Brown Rice Broccoli Three Bean Salad Apricot Halves Milk	<b>Chicken Lo Mein</b> Cauliflower Peas Diced Peaches Milk	<b>Ravioli w/ Alfredo Sauce</b> Winter Blend Veggies Scandinavian Blend Veggies Fresh Apple Milk	<b>Chicken Ranch Salad</b> Romaine Lettuce, Croutons Corn Salad Pickled Beets Orange Milk
19	20	21	22	23
<b>Chicken a la King</b> Biscuit Green Beans Succotash Tropical Fruit Blend Milk	<b>Cheese Manicotti</b> w/ Marinara Italian Veggie Blend Cooked Seasoned Spinach Pineapple Tidbits Milk	<i>Celebrating</i> <b>Chili Beans w/ Meat</b> CA Blend Veggies Homemade Carrot Salad Diced Pears Birthday Muffin Milk <i>December Birthdays!</i>	<b>Sweet &amp; Sour Meatballs</b> Brown Rice Oriental Blend Veggies Cole Slaw Banana Milk	<b>Ham w/ Cranberry Glaze</b> Dinner Roll Scalloped Potatoes Corn w/ Peppers Pineapple Cup Apple Pie Milk
<b>CLOSED</b>	27	28	29	30
	<b>Pork Rib Patty</b> Graham Cracker Roasted Sweet Potatoes Cauliflower Orange Milk	<b>Hot Tuna Casserole</b> Brussels Sprouts Zucchini Diced Peaches Milk	<b>Chicken Enchilada w/ Red Sauce &amp; Meat</b> Black Beans Broccoli Apricot Halves Milk	<b>Black Eyed Pea Salad</b> HB Egg Crackers Pickled Beets Cole Slaw Fruit Mix Milk

## 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	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	Mon-Fri @ 11:30	Milda	541-1168
San Luis Obispo Administrative Office: 541-3312	Central Kitchen: 541-2063 or 541-3312 ext. 104		