



Food For Thought!

Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

February Volume 15 Issue 2



Info@mealsthatconnect.org



www.mealsthatconnect.org



805-541-3312



Executive Directors Corner

Meals That Connect congratulates community leader and Meals That Connect fan, Mike Lemos for his feature in the current Central Coast Journal.

Mike and Lemos Pet Supply have been serving the Central Coast community since 1972. We deeply value his care and concern for all members of our community. **Meals That Connect** is appreciative of Mike's gracious donation of 5 pallets of high



quality dog food (worth an estimated \$15,000) to improve the quality of life for our pet-owning seniors.

On behalf of our senior community, thank you and congratulations Mike Lemos and Lemos Pet Supply!

Volunteer News

Mark your calendars now for the Annual Volunteer Training Extravaganza on Tuesday, March 17th, 2020. We'll be wearing the green, but not serving green beer, for St. Patrick's Day. The training is from 1:00-5:00 in San Luis Obispo. It will be after Daylight Savings, providing -plenty of light for the drive home.

We provide training for all program helpers. This 4 hour training is the most fun and efficient way to learn all that you need to know including food safety, helping a choking victim, what to do in emergencies and much more. There will be guest speakers, activities, games and information. We will finish with a *delicious dinner*. People who have attended have repeatedly said, "I didn't know it would be so much fun!"

If you have been before, come again and share your wisdom with the newbies. No matter how long you have been volunteering you will learn something worthwhile. This includes; hosts in the dining room, folks who help pack the home delivered meals, the drivers who deliver meals, those who serve in the dining room, clean up helpers and PAC members. If you can't attend the training, you will be required to read the material on your own and complete a quiz. The meeting is much more enjoyable method to meet the requirement.

Your site manager will have more details and a list for you to sign up. Sign up is not required but is helpful. Carpooling is encouraged. We will reimburse you for mileage (plus there's dinner)!

Wendy Fertschneider, R. D.

Hearing from our senior clients how our program helps them is icing on the cake! It is why we do what we do and why Meals That Connect is such a vital program to our seniors and deserves your support.

A letter we recently received from one of our clients:

Dear Ladies & Gentlemen,

Your kindness and caring enough to help feed people like myself is so appreciated and needed.

*I wish I could do something to show how much I appreciate your care and cooking-it is WONDERFUL!
Please, more casseroles!! Many of your dishes are excellent and the rest are good and nutritious!!*

*Thank you so very much,
Sincerely,
Kitty L.
MTC Home Delivery Client*

Staff Celebrations



Anniversaries:

Rachel Rodriguez
Los Osos Site Manager
Feb. 25 - 1 year



Thank you for your dedicated service to Meals That Connect!

Food For Thought!

A monthly publication of
Meals That Connect

Executive Director: Elias Nimeh

Editor: Cathyann Paape

Dietitian: Wendy Fertschneider, R.D.

Mark your calendars!
On **Tuesday, February 4th,**
Hapy Bistro,
is hosting a fundraiser benefitting
Meals That Connect.



20% of the day's sales will be donated to our program. Their Menu features a delicious blend of Mediterranean and American cuisine and an impressive wine and craft beer selection.

Have a fabulous lunch or dinner meal at **Hapy Bistro** and help raise funds for Meals That Connect



Stop in for lunch or dinner or call for reservation
821 Oak Park Blvd., Pismo Beach
(805) 270-4327

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



CenCalHEALTH®
Local. Quality. Healthcare.





February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cheese Ravioli w/ Meat & Marinara Sauce Cooked Seasoned Spinach Tuscany Blend Veggies Fruit Cocktail Milk	Hamburger w/ Fixins WW Hamburger Bun BBQ Beans CA Blend Veggies Sliced Peaches Milk	Chicken Enchilada w/ Chicken in Red Sauce Cauliflower Cole Slaw Pear Crisp Milk	Chicken Alfredo Noodles Parslied Carrots Romaine Salad Mandarins & Pineapple Milk	Chef's Salad Crackers Homemade Carrot Salad Pea Salad Orange Milk
10	11	12	23	14
Sweet & Sour Meatballs Brown Rice Brussel Sprouts Pickled Beets Fresh Apple Milk	Tuna & Noodle Casserole Broccoli Summer Squash Sliced Apricots Milk	Chicken Patty w/BBQ Sauce Barley Pilaf Mixed Veggies Romaine Salad Orange Milk	Meat & Cheese Lasagna Cooked Seasoned Spinach Italian Blend Veggies Banana Milk	Beef Patty w/Gravy Whole Wheat Bread Mashed Potatoes Green Beans Fruit Cocktail Milk
17	18	19	20	21
Italian Noodle Casserole Cauliflower Scandinavian Blend Veggies Sliced Pears Milk	Chicken Enchilada in White Sauce w/ Chicken Pinto Beans Homemade Coleslaw Peach Crisp Milk	Chili Beans w/Meat Corn Muffin Corn Homemade Carrot Salad Mandarins & Pineapple Milk	Oven Fried Chicken Leg Roasted Potatoes & Carrots Winter Mix Veggies Applesauce Oatmeal Cookie Milk	Chicken Ranch Salad Crackers Pea Salad 3 Bean Salad Orange Milk
24	25	26	27	28
Pork Rib Patty Graham Crackers Sweet Potatoes Brussel Sprouts Fruit Cocktail Milk	Turkey Breast Pieces in Gravy Stuffing Broccoli Romaine Salad Apricot Halves Milk	Breaded Haddock Filet Herbed Whole Wheat Pasta Tuscany Blend Veggies Homemade Cole Slaw Banana Milk	Chicken Patty Whole Wheat Bun Carrot Raisin Salad Peas Orange Milk	Omelet w/Cheese Bran Muffin Baked Potato Stewed Tomatoes Mandarins & Pineapple Milk

Cancellations & Reservations

Please call **your Site Manager** to **CANCEL** or **RESUME** your meals
2 BUSINESS DAYS IN ADVANCE

Site Locations:	Serving Time	Site Manager & Assessor	Phone Number
Atascadero and Templeton	11:30	Liz	466-2317
Cambria	11:45	Jesse/Doris	927-1268
Los Osos	11:30	Rachel	528-6923
Morro Bay Dining Room	11:30	Marilee/ Kat	772-4422
Morro Bay/Cayucos Home-Delivery	Call: 772-3110		
Nipomo	12:00	Sandy	929-1066
Arroyo Grande, Grover Beach, Pismo Beach, Oceano	11:30	Debbie	489-5149
Paso Robles	11:30	Marlene	238-4831
Santa Margarita	11:15	David	438-5854
San Luis Obispo Home Delivery	Call: Janine at 543-0469		
Downtown: Anderson Hotel	11:30	Janine	543-0469
Laguna Lake Area: U.C.C. Church	11:30	Les	541-1168
San Luis Obispo Main Office: 541-3312	Central Kitchen: 541-2063		