



# Food For Thought!

## Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

June Volume 15 Issue 6



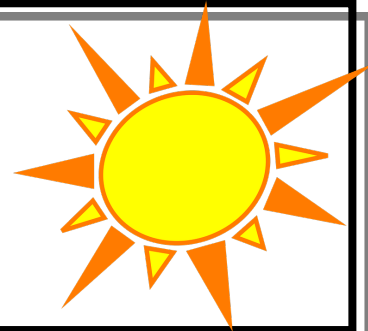
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www.mealsthatconnect.org



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### Executive Directors Corner - Elias Nimeh

#### Thank You!

We are so thankful for the extra effort and flexibility that our staff and volunteers have demonstrated during this season of change. We have adjusted to increased meal requests, new delivery routes and changes in meal prep in order to safely meet the challenges of Covid-19's current shelter at home order. It truly is a community effort to serve our clients.

#### A Volunteer Highlight:

Recently, *Jenike & Johanson, Inc* has sponsored one of its engineers, Jesse Castañeda Lutz, & his team to assist **Meals That Connect's** transition to a digital platform to help **MTC** keep up with the quickly rising demand in meal delivery services in SLO County. The new program being developed and tested now will help our site managers manage their daily work, more quickly and efficiently by creating programs for all delivery routes as well as rosters for the dining room delivery and pick up. Many thanks for these brilliant and eager to serve volunteers.



Pictured from Left to Right: Nick Leachman, Alicia Aviña, Jesse Castañeda Lutz, Sophie Janette (not pictured)

### Staff Celebrations

#### Birthdays:

Kat Cater — Client Assessor — June 7th



#### Anniversaries:

David Herrod — Site Manager, Santa Margarita  
June 29th - 2 years



**Thank you for your dedicated service to Meals That Connect!**

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

June 2020

#### Fire Drills and burns

Our scheduled topic for the month is fire drills and burns.

We can't have the fire drill because dining rooms are closed, and we aren't heating the food for packing, so nobody should be getting burned. But, this information is useful and relevant to you at home as either a volunteer or client. And when dining rooms re-open this info could be put to good use.

We schedule a fire drill at the sites once a year. You should do one at home too. There is no substitute for actually practicing rather than just thinking about it.

#### **Things you might discover when practicing a fire drill at home:**

Can I get out of my house without help?

Where are all the possible exit doors?

Are there windows at ground level? Could I crawl out a window safely?

What should I grab if I have time?

Do I need to evacuate a pet?

Who could I ask to call 911 if I ran out without my phone?

Do I know phone numbers of family/friends?

What if they are stored in my phone and I don't have my phone?

Where should we meet outside of the house?

Never re-enter a building on fire, even to save a pet.

#### **For Fire Drills or other evacuations at the lunch site:**

Assist disabled persons

Everyone must leave the building

Someone check the bathrooms and other rooms

Take the dining room sign-in sheet to check people off

Gather in the designated meeting spot

Check in with a designated person

Do not leave without telling the designated person

Do not re-enter the building without approval

**During an earthquake:** Do not leave the building while the shaking is going on. If there is damage to the building, evacuate following the guide above. If there is a gas leak, do not start your car engine, the spark could ignite a fire.

If you get a small minor burn while cooking the BEST treatment is to run the affected area under cold running water for 10 minutes! It really works to stop the damage to the skin and minimize the pain. I have been pleased with how well it works.

#### **Consider Helping Support MTC during this season of change by donating**

Increased short term clients costs and decreased income from postponing our annual fundraiser will make meeting program needs more of a challenge for our 2020-21 fiscal year

**Support Senior Nutrition Program/Meals That Connect by visiting our website,**

<https://www.mealsthatconnect.org/donate>

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

***Food For Thought!***  
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**Meals That Connect**

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Dietitian: Wendy Fertschneider, R.D.



**CenCal HEALTH**  
Local. Quality. Healthcare.





# June 2020



Volunteers—Remember to take meal temperatures daily



Monday	Tuesday	Wednesday	Thursday	Friday
June 1, 2020	June 2, 2020	June 3, 2020	June 4, 2020	June 5, 2020
ALBONDIGAS W/CARROTS & POTATOES CORN TORTILLA SEASONED SUMMER SQUASH HOMEMADE COLE SLAW SLICED PEACHES MILK	CHICKEN ENCHILADA BLANCA (TORTILLA) BLACK BEANS BROCCOLI APRICOT HALVES MILK	ITALIAN NOODLE CASSEROLE (PASTA) COOKED SEASONED SPINACH ITALIAN VEGETABLE BLEND PINEAPPLE TIDBITS MILK	CHICKEN BARLEY STEW OATMEAL COOKIE TUSCANY VEGETABLE BLEND ROMAINE SALAD ORANGE MILK	BLACK EYED PEA SALAD WITH HB EGG CRACKERS HOMEMADE CARROT SALAD PICKLED BEETS LOCAL STRAWBERRIES MILK
June 8, 2020	June 9, 2020	June 10, 2020	June 11, 2020	June 12, 2020
HUNGARIAN GOULASH (PASTA) MIXED VEGETABLES THREE BEAN SALAD MANDARINS AND PINEAPPLE MILK	CHICKEN PATTY PARMESAN WHOLE WHEAT PASTA BRUSSEL SPROUTS ROMAINE SALAD FRESH APPLE MILK	BEEF PATTY WITH GRAVY WHOLE WHEAT BREAD MASHED POTATOES HOMEMADE CARROT SALAD FRUIT COCKTAIL MILK	OMELET WITH CHEESE BRAN MUFFIN CALIF VEGETABLE BLEND STEWED TOMATOES SLICED PEARS MILK	TUNA SALAD CRACKERS PEA SALAD SPINACH SALAD LOCAL STRAWBERRIES MILK
June 15, 2020	June 16, 2020	June 17, 2020	June 18, 2020	June 19, 2020
SWEDISH MEATBALLS WHOLE WHEAT NOODLES HERBED CARROTS  PICKLED BEETS ORANGE MILK	GARBANZO BEAN & RICE CASSEROLE (RICE) BROCCOLI SCANDINAVIAN VEGETABLE BLEND APRICOT HALVES MILK	CHICKEN ENCHILADA WITH RED SAUCE (TORTILLA) SUCCOTASH  HOMEMADE COLE SLAW PEACHES, BIRTHDAY MUFFIN MILK	CHEESE RAVIOLI WITH MEAT AND MARINARA SAUCE COOKED SEASONED SPINACH  ROMAINE SALAD BANANA MILK	ORIENTAL CHICKEN SALAD WITH NOODLES (PASTA) BROCCOLI SLAW  PEA SALAD LOCAL STRAWBERRIES MILK
June 22, 2020	June 23, 2020	June 24, 2020	June 25, 2020	June 26, 2020
CHICKEN ALFREDO (PASTA) MIXED VEGETABLES HARVARD BEETS MANDARINS AND PINEAPPLE MILK	BREADED HADDOCK FILET BROWN RICE GREEN BEANS HOMEMADE COLE SLAW APPLESAUCE MILK	CHICKEN PATTY SANDWICH WHOLE WHEAT BUN CAULIFLOWER HOMEMADE CARROT SALAD FRUIT COCKTAIL MILK	SPAGHETTI WITH MEATBALLS IN MARINARA SAUCE WINTER MIXED VEGETABLES THREE BEAN SALAD SLICED PEARS MILK	BEEFY TACO SALAD ROMAINE LETTUCE TOSTADA CORN SALAD PEA SALAD LOCAL STRAWBERRIES MILK
June 29, 2020	June 30, 2020	July 1, 2020	July 2, 2020	July 3, 2020
CHILI BEANS CRACKERS COOKED SEASONED SPINACH SCANDI VEGETABLE BLEND SLICED PEACHES MILK	SWEET & SOUR MEATBALLS BROWN RICE BROCCOLI HOMEMADE CARROT SALAD APRICOT HALVES MILK	CHICKEN ENCHILADA BLANCA (TORTILLA) CALIF VEGETABLE BLEND ROMAINE SALAD LOCAL STRAWBERRIES MILK	HAMBURGER WITH FIXINS WHOLE WHEAT BUN BBQ BEANS HOMEMADE COLE SLAW WATERMELON MILK	<b><i>Closed for the Independence Day Holiday If you need a meal, speak to your Site Manager</i></b>

*Menu item substitutions based on product availability*

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