



Food For Thought!

Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

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Info@mealsthatconnect.org



www.mealsthatconnect.org



805-541-3312



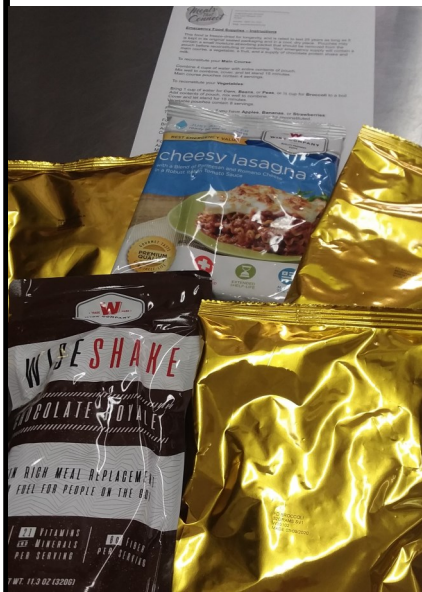
Executive Directors Corner - Elias Nimeh

Happy Summer! With the advent of warmer weather our Friday chilled Salad entree has returned.—a reminder that even in this season of Covid-19 we are still able to enjoy many of summer's pleasures. At MTC our summer is now our busiest season yet with a record 1,012 meals prepared for a single's day delivery!

As the current pandemic has reminded us, it is always good to be prepared. We are pleased to let you know that in order to increase our effective emergency response, the Area Agency on Aging has granted us one time funds in order to purchase an Emergency Generator for our Central Kitchen.

Our new generator will help us continue our services, without delays, during outages or other power emergencies. Preparations have begun and we expect the Emergency Generator will be operational by July 1, 2020

Pictured left: Emergency Meal packets that were delivered to all of our homebound seniors in June. These dehydrated meals have a 25 year shelf life. Each meal is equivalent to 1/3 of the Daily Required Intake for an average person.



Staff Celebrations

Birthdays:

Janine Lloyd — Site Manager, Anderson SLO — July 11th



Anniversaries:

Kat Cater *Client Assessor * July 7th - 5 years



Sandy Ornelas * Site Manager, Nipomo * July 12th — 10 years

Linda Lehman * Kitchen & Site Sub * July 15th — 9 years



Cathyann Paape * Client Admin Manager * July 24th — 1 year



Thank you for your dedicated years of service to Meals That Connect!

Volunteer News — Wendy Fertschneider, R. D.

July 2020

Our program, like everything in life, has adapted to COVID-19. Volunteers are delivering all meals to homes, including those who used to eat in our dining rooms. All meals are packed cold without heating them. According to our client survey, the vast majority of clients prefer to receive their meal cold. People can then heat the meal when they are ready and the meals don't have to be cooked at the site and kept hot for delivery

For food safety there are advantages and disadvantages to serving meals cold. Mostly advantages. Every time food passes through the danger zone (41-135 degrees F) while either heating or cooling, or is held in the danger zone, harmful bacteria can grow. By serving meals cold, we are eliminating at least one if not two trips through the danger zone.

A second advantage is that all the food packed for delivery is cold. This eliminates having to manage both hot and cold containers for packing and delivery.

The one disadvantage, from a food safety point of view, is that if the food is inadvertently contaminated, the bacteria are not killed off by the heating of the food at the site kitchens. Therefore it important that client heat their hot meals thoroughly.

What can you do as volunteers to protect the food? Take every precaution to keep all the food cold from the time you pick it up at the site until it is given to the client. Remind clients to put the food in the refrigerator unless they plan to heat and eat immediately. NEVER leave a meal at a door unless you speak to or see that the client is ready to take it in.

Don't forget to write the temperature of your last meal on the route sheet. It should be below 41

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!

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Meals That Connect

Executive Director: Elias Nimeh
Editor: Cathyann Paape
Dietitian: Wendy Fertschneider, R.D.



CenCal HEALTH
Local. Quality. Healthcare.





July 2020



Volunteers—Remember to take meal temperatures daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>JULY 6, 2020</i>	<i>JULY 7, 2020</i>	<i>JULY 8, 2020</i>	<i>JULY 9, 2020</i>	<i>JULY 10, 2020</i>
PORK RIB PATTY W/ BBQ SAUCE GRAHAM CRACKERS SWEET POTATOES BRUSSEL SPROUTS MANDARINS & PINEAPPLE MILK	MEATBALLS IN GRAVY BROWN RICE MIXED VEGETABLES HOMEMADE COLE SLAW APPLESAUCE MILK	OMELET W/CHEESE BRAN MUFFIN BAKED POTATO STEWED TOMATO CANTALOUPE MILK	ITALIAN NOODLE CASSEROLE (PASTA) WINTER VEGETABLES SPINACH SALAD BANANA MILK	TUNA MACARONI SALAD (PASTA) HOMEMADE CARROT SALAD HOMEMADE PEA SALAD LOCAL STRAWBERRIES MILK
<i>JULY 13, 2020</i>	<i>JULY 14, 2020</i>	<i>JULY 15, 2020</i>	<i>JULY 16, 2020</i>	<i>JULY 17, 2020</i>
HUNGARIAN GOULASH (PASTA) SEASONED SPINACH PICKLED BEETS PINEAPPLE TIDBITS MILK	CHEESE RAVIOLI W/ WHT SAUCE & CHICKEN (PASTA) BROCCOLI ROMAINE SALAD APRICOT HALVES MILK	CHICKEN ENCHILADA/ RED SAUCE (TORTILLA) BLACK BEANS CORN HONEYDEW MELON, BIRTHDAY MUFFIN MILK	CHICKEN SANDWICH WHOLE WHEAT BUN CAULIFLOWER HOMEMADE CARROT SALAD FRUIT COCKTAIL MILK	CHEF'S SALAD: ROMAINE, TURKEY, CHEESE, EGG WHOLE WHEAT BREAD HOMEMADE BEAN SALAD HOMEMADE COLE SLAW LOCAL STRAWBERRIES MILK
<i>JULY 20, 2020</i>	<i>JULY 21, 2020</i>	<i>JULY 22, 2020</i>	<i>JULY 23, 2020</i>	<i>JULY 24, 2020</i>
SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES CORN SALAD ORANGE MILK	BEEF PATTY W/ GRAVY OATMEAL COOKIES MASHED POTATOES HOMEMADE CARROT SALAD SLICED PEARS MILK	BREADED HADDOCK FILET BROWN RICE HOMEMADE COLE SLAW GREEN BEANS SLICED PEACHES MILK	WHOLE WHEAT SPAGHETTI W/ MT & MARINARA SAUCE CALIF VEGETABLES ROMAINE SALAD APPLE MILK	ORIENTAL CHICKEN & NOODLES SALAD (PASTA) SPINACH SALAD HOMEMADE PEA SALAD WATERMELON MILK
<i>JULY 27, 2020</i>	<i>JULY 28, 2020</i>	<i>JULY 29, 2020</i>	<i>JULY 30, 2020</i>	<i>JULY 31, 2020</i>
CHILI BEANS W/ MEAT WHOLE WHEAT BREAD BRUSSEL SPROUTS HOMEMADE CARROT SALAD FRUIT COCKTAIL MILK	CHEESE ENCHILADA/ WH. SAUCE & CHICKEN (TORTILLA) BROCCOLI SUCCOTASH APRICOT HALVES MILK	HAMBURGER ON A BUN WHOLE WHEAT BUN SCANDI VEGETABLES HOMEMADE COLE SLAW SLICE PEARS MILK	CHICKEN A LA KING WHOLE WHEAT PASTA WINTER VEGETABLES HOMEMADE BEAN SALAD SLICED PEACHES MILK	CHICKEN RANCH SALAD W/ ROMAINE CROUTONS PICKLED BEETS HOMEMADE CORN SALAD CANTALOUPE 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: 772-4222 or 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		