



# Food For Thought!

## Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

August Volume 15 Issue 8



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www.mealsthatconnect.org



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### Executive Directors Corner - Elias Nimeh

While we are living in these challenging and uncertain times, one thing is certain and that is the demand and requests for meals to seniors has never been greater.

In the fiscal year ending June 30<sup>th</sup>, 2020, we provided a record number of meals- 78,586 to feed 1,695 homebound seniors who are sheltering-at-home, with few resources available to them. That number reflects a 30% increase in enrollment in our program. Daily Home Delivery Meal routes in our county increased from 38 to 52 routes.

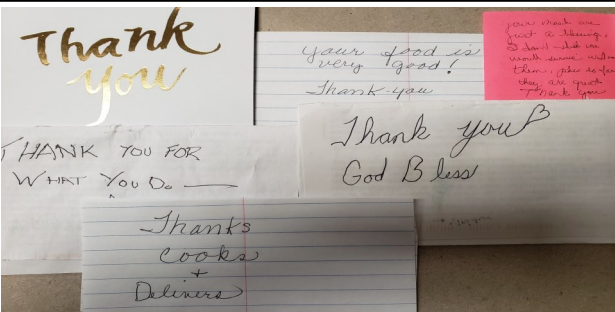
**CenCal Health** who shares our vision and goals, supporting seniors in both Santa Barbara and San Luis Obispo Counties, continued their annual matching grant to Meals That Connect which was the most important factor in a successful closure for fiscal year ending. We rely on our community partners and supporters to help us sustain and continue to offer our services to seniors in our county.

As we start the new fiscal year, the pandemic continues to spread unabated and the demand for our services continue to increase. We are hopeful for a vaccine in the near future for the COVID19 virus and wish safety and good health to all.

-Elias



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Left: A few notes we received from clients sharing their gratitude for the meals they receive

### Staff Celebrations

#### Anniversaries:

**Irene Palacios**, Central Kitchen Director— **35 years**  
**Liz Dunn**, Site Manager, Atascadero, **16 years**  
**Marilee Zazueta** Site Manager, Morro Bay, **5 years**  
**Brian McAdam**, Central Kitchen Cook, **4 years**



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

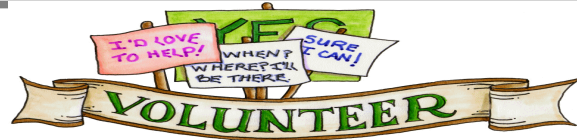
#### Birthdays:

**Sandy Ornelas**-August 17  
**Tina Lavrouhin**— August 28



#### Newly Retired

**Doris Miller**, Cambria site manager



### Volunteer News —

**Wendy Fertschneider, R. D.**

#### Fight Germs By Washing Your Hands



Along with all the pain and loss that COVID 19 has brought to the planet, there is a positive thing that has resulted from it. One, everyone is now fully aware that washing your hands saves lives. This has always been true, but now people have learned of the direct and immediate importance of washing your hands thoroughly and frequently.

Dirty hands are the vehicle for transferring dangerous bacteria from an infected person to a food. Once harmful bacteria are on food, they can multiply to dangerous levels and then, when consumed, will cause illness and even death.

As the novel Corona Virus emerged, I was so happy to see and hear the lessons, reminders and tutorials on how to effectively wash your hands. If you have been a volunteer with us for awhile, hopefully they looked familiar.

#### Important points to remember:

- ♦ A thorough hand washing should take at least 20 seconds.
- ♦ Use soap and running water.
- ♦ Wet your hands. Soap, lather and scrub between fingers, under your fingernails and up to your wrists as back of the hand.
- ♦ Rinse well, at least 10 seconds
- ♦ Use a paper towel to turn off the faucet and dry your hands.
- ♦ Wash your hands immediately, prior to handling food and after:
  - Using the bathroom
  - Eating
  - Sneezing or blowing your nose
  - Touching your face
  - Handling other items like your phone or the trash

Washing your hands can protect you and others from COVID 19 and other food borne illnesses. While we hope there will be a vaccine for COVID19 before too long, there are no vaccines for salmonella, e-coli and other food borne illnesses that kill more than 3,000 Americans every year.



**Keep Washing Your Hands**



SAN LUIS OBISPO COUNTY  
**COMMUNITY  
FOUNDATION**



Many Thanks to the Community Foundation SLO for their continued financial support of Meals That Connect with the emergency grants awarded to our program last fiscal year and for their \$10,000 grant received this month. Their generous financial support is helping us provide more meals to the increasing number of seniors requesting our service during these challenging and uncertain times. Thank you for supporting San Luis Obispo County seniors!

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



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

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Editor: Laurie Skaar  
Dietitian: Wendy Fertschneider, R.D.



# AUGUST 2020



Volunteers—Remember to take meal temperatures daily



Monday	Tuesday	Wednesday	Thursday	Friday
<b>August 3</b> Italian Noodle Casserole Cooked Seasoned Spinach Tuscany Mixed Veggies Pineapple <b>August 10</b>	<b>August 4</b> Albonidgas w/Carrots & Potatoes Tortillas Corn Homemade Cole Slaw Applesauce Milk <b>August 11</b>	<b>August 5</b> Chicken Barley Stew Parslied Carrots Cauliflower Fruit Cocktail Milk <b>August 12</b>	<b>August 6</b> Sweet & Sour Pork Chop Brown Rice Oriental Blend Veggies Fresh Tomato Quarters Banana Milk <b>August 13</b>	<b>August 7</b> Tuna Salad Crackers Pea Salad Romaine Salad Honeydew Melon Milk <b>August 14</b>
Cheese Ravioli w/ White Sauce with Chicken Italian Blend Veggies Homemade Cole Slaw Sliced Pears Milk  <b>August 17</b>	Chicken Enchiladas in Red Sauce Seasoned Pinto Beans Broccoli Apricot Halves Milk  <b>August 18</b>	Sloppy Joes Whole Wheat Bun Brussel Sprouts Homemade Carrot Salad Sliced Peaches Milk  <b>August 19</b>	Chicken Patty Parmesan Whole Wheat Pasta Mixed Veggies Spinach Salad Watermelon Milk  <b>August 20</b>	Black Eyed Pea Salad Hard Boiled Egg Crackers Pickled Beets Broccoli Slaw Orange Milk  <b>August 21</b>
Chicken Stew Oatmeal Cookie Green Beans Harvard Beets Mandarins & Pineapple Milk  <b>August 24</b>	Breaded Haddock Filet Brown Rice Winter Blend Veggies Homemade Carrot Salad Fresh Apple Milk  <b>August 25</b>	 Omelet w/ Cheese Blueberry Muffin Baked Potato Stewed Tomatoes Cantaloupe Milk (Birthday Muffin )  <b>August 26</b>	Swedish Meatballs Whole Wheat Noodles Scandinavian Veggies Homemade Cole Slaw Banana Milk  <b>August 27</b>	Beefy Taco Salad Tostada Corn Salad Fresh Tomato Quarters Fruit Cocktail Milk  <b>August 28</b>
Pork Rib Patty w/ BBQ Sauce Graham Crackers Sweet Potatoes Brussel Sprouts Sliced Pears Milk	Chicken Enchiladas in White Sauce Calif. Blend Veggies Bean Salad Sliced Peaches Milk	Hamburger w/ Fixins Whole Wheat Bun BBQ Beans Homemade Cole Slaw Orange Milk	Whole Wheat Spaghetti w/ Meat Sauce Broccoli Romaine Salad Sliced Apricots Milk	Honey Mustard Chicken Salad/Romaine Crackers Homemade Carrot Salad Homemade Pea Salad Honeydew Melon Milk

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/Kat	<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: 772-4422		
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		