



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

Since the beginning of the Covid-19 pandemic, Meals That Connect has been challenged with increases in meal production and delivery requests. We have been producing and delivering record numbers of meals to seniors in SLO County every day since March 20, 2020.

This task is not without changes to our operations. We have added more volunteers to help deliver the extra meals on a daily basis. We have also increased the work force in the Central Kitchen and the affected serving sites to produce and serve daily the increased numbers. As with many organizations during this season, we are still struggling to obtain enough cardboard containers for individual lunch deliveries, due to the current large demand on manufacturing.

I am proud to share with you our most recent additions to our family of employees dedicated to serve our seniors:

Jamaica Rich at the *SLO Anderson Hotel* serving site

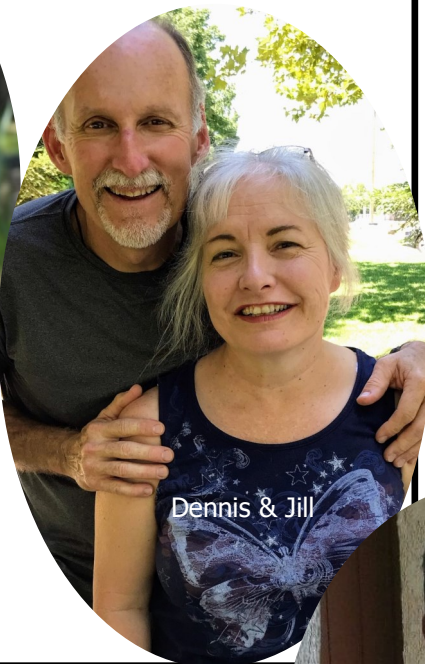
Dennis & Jill Aguilar at the *Atascadero Senior Center*

Kathy Hall at the *Los Osos Community Center*

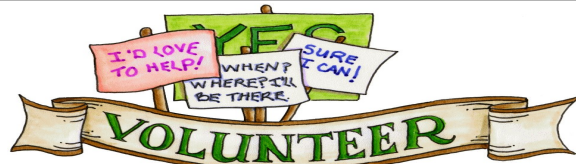
Lainey Howard and Paulino Martinez at the *Central Kitchen*



Jamaica



Dennis & Jill



Volunteer News — Wendy Fertschneider, R. D.

Volunteers Training Tips

HACCP

HACCP - Hazzard Analysis Critical Control Point is the name of the system used to identify hazards and monitor them to ensure the safety of food. You must look at every stage of food handling from ordering to receiving, storage, preparation, transporting to sites, packing for delivery, delivery and how it is handled at the client's home. Identify procedures for protecting the food at every step and set up ways to monitor procedures. You create procedures for what happens if measures are not met. Keep records of your food monitoring.

HACCP in action at Meals that Connect: The two biggest risks to food safety are temperature control and personal hygiene. For personal hygiene, the main tool is TRAINING. We don't have a way to monitor hand washing. Even if a food is contaminated by poor hygiene, the bacteria can't grow to dangerous levels if the food is kept out of the danger zone (41-135 degrees F). Therefore, we focus on monitoring temperatures. We check and record temperatures at every stage of receiving, prep, storage, transportation, packing and delivery. We remind clients to keep the meal in the fridge until they are ready to heat and eat it, but we cannot monitor what clients do with the meal in their home.



Kathy



Paulino



Lainey

Staff Celebrations

Anniversaries:

Nancy Kelley, Bookkeeper, 9 years, 9/16

Tina Lavrouhin, Driver, 2 years, 9/24

Elias Nimeh, Executive Director, 14 years, 9/25

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

Birthdays:

Oscar Flores, 9/23



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Meals That Connect

Executive Director: Elias Nimeh

Editor: Laurie Skaar

Dietitian: Wendy Fertschneider, R.D.

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



CenCal HEALTH
Local. Quality. Healthcare.





September 2020



Volunteers—Remember to take meal temperatures daily



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| August 31 | September 1 | September 2 | September 3 | September 4 |
| Chicken a la King (pasta) Green Beans Pickled Beets Orange Milk | Sweet & Sour Meatballs Brown Rice Homemade Cole Slaw Oriental Veggie Blend Fresh Apple Milk | Italian Noodle Casserole Cooked Seasoned Spinach Summer Squash Pineapple Tidbits Milk | Pork Chop w/Gravy Slice of WW Bread Cauliflower & Peas Romaine Salad Watermelon Milk | Tuna Mac Salad (Pasta) Fresh Tomato Wedges Homemade Carrot Salad Sliced Pears Milk |
| September 7 | September 8 | September 9 | September 10 | September 11 |
| We are closed in observance of Labor Day. Home Delivery Clients if you need a meal, contact your site manager | Pork Rib Patty w/ BBQ Sauce Oatmeal Cookie Sweet Potatoes Brussel Sprouts Fruit Cocktail Milk | Chicken Enchilada w/ White Chicken Sauce Mixed Veggies Fresh Tomato Wedges Fresh Fruit Milk | Ravioli w/ Meat Sauce Zucchini Succotash Cantaloupe Milk | Hawaiian Chicken Salad Wheat Crackers Pea Salad Pickled Beets Orange Milk |
| September 14 | September 15 | September 16 | September 17 | September 18 |
| Meatballs w/ Gravy WW Pasta Winter Blend Veggies Homemade Bean Salad Sliced Pears Milk | Breaded Haddock Brown Rice Broccoli Homemade Cole Slaw Apricots |  Omelet w/ Cheese Baked Potato Stewed Tomatoes Honeydew Melon Milk Birthday Muffin | Spaghetti w/ Meatballs & Marinara WW Pasta Parslied Carrots Spinach Salad Mandarins & Pineapple Milk | Southwest Chicken Salad w/ Romaine Tostada Fresh Tomato Wedges Corn salad Sliced Peaches Milk |
| September 21 | September 22 | September 23 | September 24 | September 25 |
| Chicken Enchilada w/ Red Sauce Broccoli Tuscan Blend Veggies Applesauce & Graham Crackers Milk | Beef Patty w/ Gravy Slice of WW Bread CA Blend Veggies Romaine Salad Sliced Pears Milk | Chicken Patty Parmesan WW Pasta CA Blend Veggies Romaine Salad Sliced Pears Milk | Garbanzos & Beef Casserole Brown Rice Scandinavian Veggies Summer Squash Watermelon Milk | Chef Salad, Turkey, Cheese, HB Egg, Romaine w/ Croutons & Crackers Tomato Wedges Homemade Carrot Salad Sliced Peaches Milk |
| September 28 | September 29 | September 30 | October 1 | October 2 |
| Spaghetti w/ Meat & Marinara Cooked Spinach Homemade Bean Salad Pineapple Tidbits Milk | Tuna Noodle Casserole (Pasta) Brussel Sprouts Romaine Salad Fresh Apple | Albondigas w/ Potatoes & Carrots Corn Tortilla Green Beans Homemade Cole Slaw Banana Milk | Pork Chop w/ Chile Verde Sauce Brown Rice Broccoli Pickled Beets Apricot Milk | Oriental Chicken Salad w/Noodles Homemade Carrot Salad Tomato Wedges Fruit Cocktail 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 | 466-2317 |
| Cambria | 11:45 | Jesse/Kat | 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: 772-4422 | | |
| 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 | | |