



Food For Thought!

Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

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Executive Directors Corner - Elias Nimeh

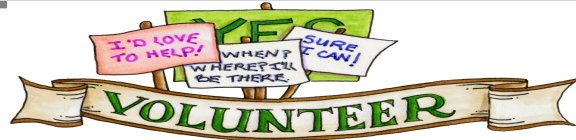
While we are living in these challenging and uncertain times, one thing is certain and that is the demand and requests for meals to seniors has never been greater.

In the fiscal year ending June 30th, 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



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.

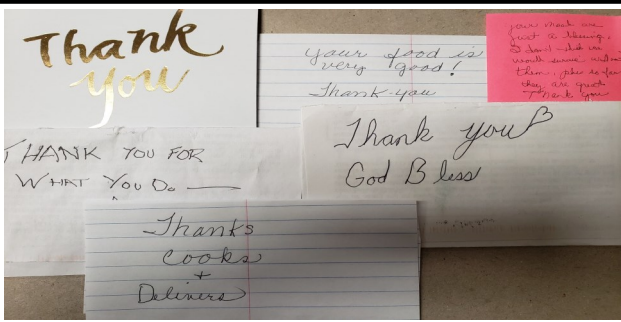
Important points to remember:

- ◆ 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



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



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
Local. Quality. Healthcare.



Food For Thought!
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Meals That Connect

Executive Director: Elias Nimeh
Editor: Laurie Skaar
Dietitian: Wendy Fertschneider, R.D.



AUGUST 2020



Volunteers—Remember to take meal temperatures daily



Monday	Tuesday	Wednesday	Thursday	Friday
August 3 Italian Noodle Casserole Cooked Seasoned Spinach Tuscany Mixed Veggies Pineapple August 10	August 4 Albonidgas w/Carrots & Potatoes Tortillas Corn Homemade Cole Slaw Applesauce Milk August 11	August 5 Chicken Barley Stew Parslied Carrots Cauliflower Fruit Cocktail Milk August 12	August 6 Sweet & Sour Pork Chop Brown Rice Oriental Blend Veggies Fresh Tomato Quarters Banana Milk August 13	August 7 Tuna Salad Crackers Pea Salad Romaine Salad Honeydew Melon Milk August 14
August 17 Cheese Ravioli w/ White Sauce with Chicken Italian Blend Veggies Homemade Cole Slaw Sliced Pears Milk	August 18 Chicken Enchiladas in Red Sauce Seasoned Pinto Beans Broccoli Apricot Halves Milk	August 19 Sloppy Joes Whole Wheat Bun Brussel Sprouts Homemade Carrot Salad Sliced Peaches Milk	August 20 Chicken Patty Parmesan Whole Wheat Pasta Mixed Veggies Spinach Salad Watermelon Milk	August 21 Black Eyed Pea Salad Hard Boiled Egg Crackers Pickled Beets Broccoli Slaw Orange Milk
August 24 Chicken Stew Oatmeal Cookie Green Beans Harvard Beets Mandarins & Pineapple Milk	August 25 Breaded Haddock Filet Brown Rice Winter Blend Veggies Homemade Carrot Salad Fresh Apple Milk	August 26  Omelet w/ Cheese Blueberry Muffin Baked Potato Stewed Tomatoes Cantaloupe Milk (Birthday Muffin)	August 27 Swedish Meatballs Whole Wheat Noodles Scandinavian Veggies Homemade Cole Slaw Banana Milk	August 28 Beefy Taco Salad Tostada Corn Salad Fresh Tomato Quarters Fruit Cocktail Milk
August 31 Pork Rib Patty w/ BBQ Sauce Graham Crackers Sweet Potatoes Brussel Sprouts Sliced Pears Milk	August 31 Chicken Enchiladas in White Sauce Calif. Blend Veggies Bean Salad Sliced Peaches Milk	August 31 Hamburger w/ Fixins Whole Wheat Bun BBQ Beans Homemade Cole Slaw Orange Milk	August 31 Whole Wheat Spaghetti w/ Meat Sauce Broccoli Romaine Salad Sliced Apricots Milk	August 31 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	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		