

# Food For Thought!



## Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

August 2019 Volume 14 Issue 8

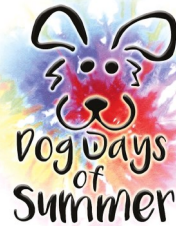
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### Profile of Wendy Fertschneider, Registered Dietitian at Meals That Connect

Wendy has been at Meals that Connect, in one capacity or another, for over 31 years. She started as a part-time program nutritionist. For the next 8 years, she worked full-time, first as program manager then as Executive Director. For the past 18 years, she has worked as the program nutritionist one day a week with the other four days working for the County WIC program. She and the kitchen manager write a new menu each month. She trains the staff and volunteers and convenes a meeting of the Project Advisory Council four times a year. She writes a quarterly nutrition handout based on the interests that clients indicate in an annual survey.



Wendy graduated from Cal Poly with a degree in Dietetics and did her dietetic internship at the University of Virginia. She studied for a semester in France as well. Before starting at Meals that Connect in SLO, she worked for a similar agency in Stockton CA for six years. Wendy finds it amazing that she started her career Senior Nutrition Programs at the age of 25 and is now officially old enough to be a client in the dining rooms. Although she has been vegetarian for the past 35 years, recently she renewed her study of the health and environmental benefits of a plant based diet.

Wendy is married to Mike who also spent his career working in a non-profit agency. They have a 19-year-old son. Wendy is participating in the SLO Triathlon this summer for the 11<sup>th</sup> time.



### Volunteer News

Summer is in full swing. . After mild temperatures in the spring and early summer, the arrival of the Mid-State fair usually guarantees the hot weather we're experiencing.

With the hot weather, it is imperative that we keep the meals in the right temperature zone. **Cold food** needs to be **kept below 41 degrees**. **Hot food** needs to be **kept over 135 degrees until eaten**.

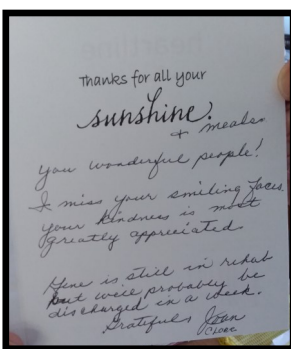
It is important to keep "potentially hazardous foods" at the right temperature. That includes almost everything **EXCEPT** breads, crackers and whole uncut fruit. Once we cut fruit or process vegetables, they need to be kept cold. When people prepare food, they can potentially contaminate food. Keeping it out of the danger zone (41-135 degrees) prevents any harmful bacteria from growing to levels that cause illness.

When packing cold foods for home delivery, pack them just before drivers arrive for delivery or store the bags in the refrigerator and load them into the insulated delivery containers with ice packs, just prior to delivery.

When delivering meals to the homebound, do everything possible to minimize exposure of the cold foods to heat. Park in the shade if possible, open the ice chest quickly and close immediately when taking out a meal. Finish your route in an hour. Help the site manager re-arrange long routes. Remind clients to refrigerate a meal (both the hot and cold parts) if they do not plan to eat it immediately.

Cold foods can be more hazardous than hot foods. If cold foods become contaminated during handling, they do not get heated again to kill the bacteria. Our clients are especially vulnerable to food borne illness, which kills thousands in our country every year.

Keep it cool this summer.  
**Wendy Fertschneider, R.D.**



Left, Debbie Altamirano, Oceano Site Manager, is touched by a clients heart-felt appreciation and thanks for all that Debbie does at her dining site. Debbie is a bright ray of sunshine to her clients as they are to her! Thanks Debbie for shining so bright-



Right: Cathyann Paape is the newly hired Client Data Manager and we welcome her to our Meals That Connect family!

### Staff Updates

Jill Brewer, our Client Admin in our Central office decided to leave our employment to find something new that would allow her more personal time to enjoy her growing son and other personal business interests. We all wish her the best in her future endeavors.

### Staff Celebrations



#### ANNIVERSARIES:

- 8/1- Irene Palacios, Kitchen Director, 34 years!
- 8/1 Brian McAdam, Kitchen Cook, 3 years;
- 8/16 Liz Dunn Site Manager, Atascadero, 15 years;
- 8/17 Jeniffer Dienhart-Mitchell, Client Data Admin, 8 years;
- 8/24 Marilee Zazueta, Site Manager, Morro Bay, 4 years.

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

#### BIRTHDAYS:

Sandy Ornelas, Site Manager, Nipomo 8/27;



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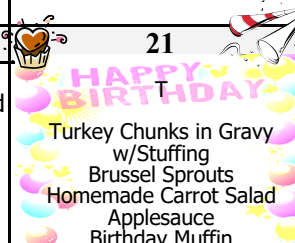
Meals That Connect would like to thank the following organizations for their continued support of our program!





# August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
Italian Noodle Casserole Pasta Green Beans Summer Squash Orange Milk	Chicken A La King Whole Wheat Pasta Winter Mix Vegetables Bean Salad Sliced Peaches Milk	Meatballs in Gravy Graham Crackers Mashed Potatoes Mixed Vegetables Sliced Pears Milk	Chili Beans with Meat Crackers Corn Tomato Salad Fresh Apple Milk	Tuna Salad Slice of Bread w/ Margarine Homemade Carrot Salad Pickled Beets Honeydew Melon Milk
12	13	14	15	16
Pork Rib Patty Baked Potato Herbed Carrots Mandarins & Pineapple Oatmeal Cookie Milk	Cheese Enchilada with Chicken and White Sauce Broccoli Lima Beans Apricot Halves Milk	Hamburger with Fixins Whole Wheat Bun BBQ Beans Homemade Cole Slaw Fresh Watermelon Milk	Spaghetti w/ Meatballs Cooked Seasoned Spinach Italian Blend Vegetables Banana Milk	Southwest Salad w/ Chicken, Beans, Corn, Cheese, Tostada and Romaine Lettuce Tomato Wedges Pea Salad Fruit Cocktail Milk
19	20	21	22	23
Breaded Haddock Filet Barley Pilaf CA Blend Vegetables Bean Salad Sliced Peaches Milk	Cheese Ravioli w/ Meat and Marinara Sauce Green Beans Homemade Coleslaw Sliced Pears Milk	 Turkey Chunks in Gravy w/Stuffing Brussel Sprouts Homemade Carrot Salad Applesauce Birthday Muffin Milk	Omelet with Cheese Slice of Bread Baked Potato Wedges Stewed Tomatoes Cantaloupe Milk	Hawaiian Chicken Salad Crackers Pickled Beets Tomato Wedges Fresh Apple Milk
26	27	28	29	30
Garbanzo & Brown Rice Casserole Cooked Seasoned Spinach Summer Squash Pineapple Tidbits Milk	Chicken Sandwich w/Fixins Whole Wheat Bun Mixed Vegetables Fresh Tomatoes Fruit Cocktail Milk	Sweet & Sour Meatballs Brown Rice Broccoli Homemade Carrot Salad Sliced Apricots Milk	Cheese Enchilada with Chicken in Red Sauce Black Beans Homemade Cole Slaw Banana Milk	Chicken Pasta Salad Romaine Salad Corn Salad Honeydew Melon 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/Marth	466-2317
Cambria	11:45	Jesse	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: 772-3110		
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		