



Food For Thought!

Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401

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ANNUAL VOLUNTEER TRAINING DATE

New Year. New Calendar!

Mark your calendar for **Tuesday, March 17th**, St. Patty's Day, for the **Annual Volunteer Training Extravaganza** for Meals that Connect, Senior Nutrition Program. We will meet in SLO in a room behind the kitchen from 1:00pm-5:00pm. It will be after Daylight Savings time change so it will still be light out for the drive home.

We will have guest speakers, activities, games and lots of information. We finish with serving you a delicious dinner! You will learn more about the program, food safety, helping a choking victim, what to do in emergencies and much more. More info to come in February.



Photo Above: Alison Glasco and Bas van Eijk, owners of **Cal Coast Orchids in Los Osos**, generously donated 100 gorgeous orchid plants to our ten dining room sites for the Thanksgiving holiday. We are so appreciative of their support of Meals That Connect. They truly care about giving back to the community and supporting our seniors.

Photo Below: Los Osos senior clients of MTC gathered and enjoyed a holiday meal together. Our program is more than a meal. It is the opportunity for seniors to foster new friendships and community. This photo captures this sense of community perfectly!



"Thank you to all of you that perform this wonderful service. The amount of stress you've lifted from my mother's recovery has been immense! Due to you wonderful people, she is once again on the path to wellness." THANK YOU!"

Notes like this are so encouraging to us and keep us committed to doing what we do at Meals That Connect.



Staff Celebrations

Happy Birthday to the Following Staff:
Elias Nimeh, Jan. 4

Anniversaries:

Norma Alexander- Jan. 6, 6 years
Wendy Fertschneider- Jan. 19, 32 years!
Marlene Whitten- Jan. 28, 15 years

Thank you for your dedicated service to Meals That Connect!

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A monthly publication of
Meals That Connect

Executive Director: Elias Nimeh
Editor: Laurie Skaar

Volunteer News

Project Advisor Council- PAC

Four times a year, program clients, volunteers and staff meet to learn more about Senior Nutrition Program/Meals That Connect and make important decisions for the program. This group is referred to as the **Project Advisory Council or PAC**. The next scheduled **PAC meeting is Tuesday, January 28, 2020** from **1:30p.m.-3:30p.m.** at the health campus in San Luis Obispo.

We strive to have two representatives at each meeting from each of the ten dining sites. Reps are program clients, volunteers in the dining room and home delivery meal drivers.

The PAC has many responsibilities. Council Members vote to renew changes to the contract each year, give input on Nutrition Education topics, vote on questions of opening, closing or moving a dining site or raising the suggested meal donation. They hear reports from the Executive Director about the program's current financials and projected.

The most important role of the PAC member is to have direct input on menu preferences. The Dietitian and Kitchen Manager, write the monthly menu and take into consideration comments and suggestions on the menu offerings. The comments are taken seriously when writing the menu. We ask the PAC members to "survey" folks at their lunch site before the meetings. If you want to make comments on the menu, please speak to your PAC representative.

Anyone is welcome to attend PAC meetings, even if there is already PAC reps from your site. We currently are recruiting reps for Cambria, Nipomo and Los Osos. If you are interested in becoming a PAC member, please speak to your site manager for more information.

After the Jan 28th meeting, the next scheduled meeting is May 19th. We will reimburse you for mileage and we serve refreshments! Come join us at the Project Advisory Council and help us continue to improve Meals That Connect.

Wendy Fertschneider, R. D.

We are so grateful to our Board Member, the Honorable Sid Findley, who donated a 2003 Acura in great working condition to our program to be used for the delivery of meals to homebound seniors. Our dedicated longtime volunteer driver Linda Finister, is thrilled to use it to make meal deliveries to seniors in Atascadero. We are humbled by the donation of the auto and thankful for our dedicated volunteers.



Photo left: Longtime volunteer Linda Finister is using the vehicle to make meal deliveries to seniors on her route after her own vehicle broke down.



Photo right: Donated 2003 Acura

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





January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
Breaded Haddock Filet Herbed WW Pasta Cauliflower 3 Bean Salad Apple Milk	WW Spaghetti w/ Meat & Marinara Sauce Winter Blend Veggies Romaine Salad Fruit Cocktail Milk	Sweet & Sour Meatballs Brown Rice Oriental Veggie Blend Homemade Cole Slaw Mandarins & Pineapple Milk	Upside Down Shepard's Pie Sliced Wheat Bread Mashed Potatoes Tuscany Blend Veggies Sliced Peaches Milk	Asian Chicken Salad (Pasta) Pea Salad Homemade Carrot Salad Orange Milk
13	14	15	16	17
Chicken Enchilada w/Red Sauce Black Beans CA Blend Veggies Pear Slices Milk	Hamburger Patty w/Fixins WW hamburger Bun Scandinavian Blend Veggies Homemade Coleslaw Fruit Crisp Milk	HAPPY BIRTHDAY Cheese Ravioli w/ Meat Sauce Cooked Seasoned Spinach Italian Blend Veggies Banana Birthday Muffin Milk	Chicken Leg in Wine Sauce Sweet Potatoes Brussel Sprouts Applesauce Oatmeal Cookie Milk	Omelet w/ Cheese Roasted Parslied Potatoes Broccoli Apricot Halves Muffin Milk
20	21	22	23	24
Closed in observance of Martin Luther King birthday. Home delivery clients: If you need a frozen meal speak to your site manager	Pork Rib Patty w/ Brian's Homemade BBQ Sauce Barley Pilaf Herbed Carrots Pickled Beets Orange Milk	Chicken Patty w/ Gravy Whole Wheat Pasta Winter Blend Veggies 3 Bean Salad Fruit Cocktail Milk	Fish Sandwich w/ Fixins Whole Wheat Bun Corn Homemade Coleslaw Sliced Peaches Milk	Black Eyed Pea Salad Hard Boiled Egg Romaine Salad Homemade Carrot Salad Crackers Mandarins & Pineapple Milk
27	28	29	30	31
Spaghetti w/Meatballs in Marinara Sauce Whole Wheat Spaghetti Pea Salad Pears Cooked Seasoned Spinach	Chicken Stew Green Beans Crackers Homemade Carrot Salad Pineapple Tidbits Milk	Chicken Enchilada, White Sauce & Chicken Pinto Beans Broccoli Apricots Milk	Tamale Pie (Grits) Brussel Sprouts Romaine Salad Apple Milk	Turkey Pieces in Gravy Stuffing Mixed Veggies Homemade Coleslaw Banana 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: 772-3110		
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		