



## **Welcome to the new fiscal year 2019-2020!**

Today, July 1, 2019, we begin a new year with a new budget. Meals That Connect successfully met the past fiscal year's financial obligations and served an estimated 160,000 meals to our seniors in the county. The demand for our program continues to grow and thus, requiring even more financial resources to meet the increasing demand. We are so thankful for the extraordinary and dedicated volunteers and staff for their contributions to achieve this goal as well as the financial support of our partners, supporters and donors to ensure the sustainability of this vital program and service.



Many Thanks to our partners in Morro Bay for their continued support and assistance with taking care of home meal deliveries in the Morro Bay and Cayucos areas. They provide a vital service to the area and we appreciate their dedication and are so grateful for the solid partnership.

We want to give a big shout-out to ***Boyd's Tobacco & Elegant Gifts*** in Paso Robles for their on-going support of Meals That Connect. Once a month, **General Manager, Chris Hammer** sponsors a fundraiser at the store in support of our program and we are so grateful for his commitment to feeding seniors in North County, San Luis Obispo. Thank you for all that you do to support Meals That Connect!

Client Surveys were completed in June and we've received some great feedback! The client survey below is reassuring that we are getting it right! "I like everything! Your cooks are wonderful! A big thank you to all of you!"

Please take 5-10  
 minutes to fill  
 out this survey to  
 help us track the  
 quality of food and  
 service provided  
 and information  
 for our program.  
 Thank you for  
 completing  
 this survey!  
 Your feedback is  
 important and  
 will help  
 us continue to  
 provide the best  
 service possible.  
 Thank you for  
 your participation.

Home Delivery Client Survey 2019  
 Please Return to Site Manager by: June 14, 2019

Food Quality  
 Is the hot food hot when it arrives? (circle one)  
 (C) H  
 Is the cold food cold when it arrives? (circle one)  
 (C) F  
 How is the portion size (amount of food)? (circle one)  
 Not Enough Just Right Too Much

Service  
 How clear are the words that  
 describe the staff & customers  
 that help with the food program.  
 (circle one)  
 (C) F (S) H  
 Dismissed Rushed  
 Grow Wonderful

Favorite Foods  
 What are your favorite foods that we serve? *Beef Patty, chicken, veggie, and  
 too many to list!*  
 What are your favorite foods that we serve? *if I ate everything  
 your menu are wonderful! a big thank You  
 for all of you!*

Home  
 Delivery



Tina Radovich, Resource Manager has resigned after five years. She is leaving to work alongside her husband in his business. We will miss her terribly and wish her well in her new position.

Left, Elias Nimeh, Executive Director and Tina Radovich

## Staff Updates

**Anniversaries :** Kat Cater 4 yrs., Sandy Ornelas 9 yrs., Linda Lehman-8yrs, Betti Carsey- 1yr

**Birthday's:** Janine Lloyd -7/11, Debbi Stevens- 7/22,

## *Food For Thought!*

A monthly publication of  
**Meals That Connect**

Executive Director: Elias Nimeh

Editor: Laurie Skaar

Dietitian: Wendy Fertschneider, R.D.

## Volunteer News



In the Hippocratic Oath, doctors pledge, “first, do no harm”. At Meals that Connect, our primary mission is to provide nutritious meals to keep people healthy. That implies that the food will be wholesome and not cause illness.

As we enter the warm summer months, we need to be extra vigilant in our food handling. We serve protein rich salad entrees once a week for half the year and twice monthly year round. Cold foods are particularly vulnerable to food borne illness because they are handled multiple times before serving without heating to kill the bacteria.

Even if a cold food is contaminated, keeping it below 41 degrees will prevent or slow the growth of the bacteria and keep it from reaching levels that can cause illness.

**To keep cold food cold:**

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Keep the food in the refrigerator until ready to pack or serve.  
After packing, put back in refrigerator unless delivering shortly.  
Pack cold food in insulated containers with "blue ice" packs.  
Keep delivery routes under an hour.  
Do sample meal temperature checks at the end of delivery as scheduled  
During delivery, remove each meal quickly and close the container to keep cold air in.  
When delivering, if the client is not ready to eat, put the meal in the refrigerator.

**Wendy Fertschneider, R.D**

## Security Awareness Training

We are required to have all volunteers complete the annual Security Awareness Training during the month of July. SAT is to ensure client privacy and can be done online at the Area Agency on Aging website or by reading the booklet. Each volunteer will need to sign a certificate of completion of SAT and have the site manager return it to the main office to be kept on file. Please have all volunteers trained and certificates submitted no later than July 31.

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





# July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Cheese Ravioli w/Meat in Marinara Sauce Broccoli Pickled Beets Apricot Halves Milk	Black Eyed Peas Salad/w Hard Boiled Egg Homemade Cole Slaw Spinach Salad Fresh Local Strawberries Milk	Chicken Sandwich Whole Wheat Bun Parslied Carrots Peas Watermelon Milk	<i><b>Closed for Independence Day holiday. If you receive Home Delivery Meals and need a frozen meal, please notify your Site Manager</b></i>	Pork Rib Patty Slice of Whole Wheat Bread Sweet Potatoes Brussel Sprouts Fresh Apple Milk
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Cheese Enchilada w/ Chicken in White Sauce Seasoned Pinto Beans Winter Mix Vegetables Peach Slices Milk	Turkey in Gravy Stuffing Green Beans Romaine Salad Orange Milk	Chicken Patty Parmesan Whole Wheat Pasta Cooked Seasoned Spinach 3 Bean Salad Banana Milk	Swedish Meatballs Brown Rice Cauliflower Homemade Carrot Salad Fresh Local Strawberries Milk	Tuna Macaroni Salad Corn Salad Romaine Salad Cantaloupe Milk
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Chili Beans w/ Meat Crackers Broccoli Summer Squash Apricot Halves Milk	Sausage, Lentil & Rice Casserole Brussel Sprouts Homemade Cole Slaw Fruit Cocktail Milk	 Whole Wheat Spaghetti w/ Meat & Marinara Sauce CA Blend Vegetables Romaine Salad Banana, Bday Muffin Milk	Chicken Leg w/ BBQ Sauce Roasted Potatoes & Carrots Peas Honeydew Melon Milk	Chicken Ranch Salad w/ Romaine & Pasta Fresh Tomato Wedges Pickled Beets Pear Slices Milk
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Sweet & Sour Meatballs Brown Rice Oriental Blend Vegetables Homemade Carrot Salad Orange Milk	Fish Sandwich w/ Tartar Sauce Whole Wheat Bun Mixed Vegetables Fresh Tomato Halves Mandarins & Pineapple Milk	Meat & Cheese Lasagna Cauliflower Romaine Salad Applesauce Milk	Omelet w/ Cheese Baked Potato Stewed Tomatoes Fresh Local Strawberries Muffin Milk	Oriental Chicken and Pasta Salad Homemade Carrot Salad Broccoli Slaw Watermelon Wedges Milk
<b>29</b>	<b>30</b>	<b>31</b>	<b>August 1</b>	<b>August 2</b>
Cheese Ravioli w/ Meat & Marinara Sauce Cooked Seasoned Spinach 3 Bean Salad Pineapple Tidbits Milk	Beef Patty w/ Gravy Dinner Roll Mashed Potatoes Hot Parslied Carrots Fruit Cocktail Milk	Cheese Enchilada w/ Chicken in Red Sauce Seasoned Black Beans Broccoli Apricot Halves Milk	Chicken Jambalaya Brown Rice Homemade Cole Slaw Peas Banana Milk	Chefs Salad w/ Turkey, Cheese, Egg Croutons Fresh Tomato Wedges Corn Salad Cantaloupe 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/Mike	927-1268
Los Osos	11:30	Rachel	528-6923
Morro Bay Dining Room	11:30	Marilee/ Kat/Debbi	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/ Ellen	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		