



Food For Thought!

Meals That Connect

2180 Johnson Avenue, San Luis Obispo, CA 93401 • 805-541-3312 •

www.mealsthatconnect.org

June 2019 Volume 14 Issue 6

HAPPY FATHER'S DAY

It was anything but a tame evening at our **12th Annual Night of a Million Meals** fundraiser, "Passport to Adventure" held at The Cliffs Resort in Pismo Beach. We had another record setting year and raised over \$273,000 funds raised to support the seniors of San Luis Obispo County. We are abundantly grateful for the support of our partners, donors, volunteers and supporters especially our Double Diamond Sponsor, **CenCal Health** and \$100,000 in matching funds. We couldn't do what we do without you all and we humbly give our thanks for all your continued support.



Volunteer News

Volunteering is one of those WIN/WIN/WIN activities. Our agency WINS because we could not operate without the 350 volunteers who work 25,000 hours a year doing everything from delivering meals, washing dishes, fundraising and helping in endless ways. Those hours represent \$275,000 of in-kind services that we do not have to pay for but that we are required to obtain to match our grant funding.

Our clients WIN because they see a smiling face delivering meals and serving them in the dining room. At church this week, a 90+ year old woman shared with me that she enjoys the meals and especially the volunteers that deliver them. We frequently hear that seeing the friendly volunteers each day is as important as the meals.

Volunteering is a WIN for volunteers too. In the longest study of human health in the US, tracking people for up to 80 years, researchers found that "close relationships, more than money or fame, are what keep people happy throughout their lives. Researchers found a strong correlation between a people's flourishing lives and their relationships with family, friends, and community"* Volunteering for Meals That Connect is surely a great way to nurture yourself, your relationships and your community. Thank you.

Wendy Fertschneider, R.D.

*From the Harvard Study of Adult Development, started in 1938

Right, Kitchen Director Irene Palacious and Grizzley Academy interns Samantha Bush and Jose Zavala



Staff Updates

Anniversaries: David Herrod, SM Site Manager, 1 yr on 6/4

Birthday's: Kat Cater, 6/7

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



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A monthly publication of **Meals That Connect**

Executive Director: Elias Nimeh

Editor: Laurie Skaar

Dietitian: Wendy Fertschneider, R.D.





June 2019

HAPPY FATHERS DAY!

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cheese Ravioli w/Marinara Meat Sauce CA Blend Vegetables Summer Squash Diced Pears Milk	Sweet & Sour Meatballs Brown Rice Cauliflower Romaine Salad Diced Peaches Milk	Turkey in Gravy Stuffing Green Beans Homemade Cole Slaw Pineapple Tidbits Milk	Beef Patty w/ Stroganoff Sauce Whole Wheat Pasta Noodles Broccoli Pickled Beets Apricot Halves Milk	Chef Salad, Turkey, Cheese, Hard Boiled Egg, Croutons & Romaine Lettuce Carrot Salad Pea Salad Local Fresh Strawberries Milk
10	11	12	13	14
Chicken Patty w/ Gravy Mashed Potatoes Succotash Fruit Cocktail Oatmeal Cookie Milk	Italian Pasta Noodle Casserole Cooked Seasoned Spinach 3 Bean Salad Banana Milk	Cheese Enchilada w/ Chicken in White Sauce Pinto Beans Mixed Vegetables Local Fresh Strawberries Milk	Pork Stew w/ Hominy Corn Tortilla Brussel Sprouts Homemade Carrot Salad Orange Milk	Tuna Salad Crackers Broccoli Slaw Corn Salad Diced Pears Milk
17	18	19	20	21
Garbanzo, Beef & Rice Casserole Broccoli Cauliflower Apricots Milk	Hamburger w/ Fixins Whole Wheat Bun Corn Homemade Cole Slaw Diced Peaches Milk	 Spaghetti with Meatballs (Whole Wheat Pasta) Winter Mix Vegetables Romaine Salad Fruit Cocktail Milk	Lemon Pepper Chicken Leg Whole Wheat Dinner Roll Herbed Carrots Oven Roasted Potatoes Mandarins & Pineapple Milk	Southwest Chicken Salad Tostada Shell, Romaine Lettuce Corn and Black Beans Pickled Beets Local Fresh Strawberries Milk
24	25	26	27	28
Fish Sandwich w/Tarter Sauce Whole Wheat Bun CA Blend Vegetables 3 Bean Salad Orange Milk	Cheese Enchilada w/ Chicken and Red Sauce Zucchini Broccoli Slaw Banana Milk	Omelet with Cheese Bran Muffin Winter Mix Vegetable Stewed Tomatoes Diced Pears Milk	Meat and Cheese Lasagna Cooked Seasoned Spinach Italian Blend Vegetables Local Fresh Strawberries Milk	Beef Taco Salad Tostada Shell Romaine Lettuce Homemade Carrot Salad Corn Salad Mandarins & Pineapple 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		



**12TH ANNUAL NIGHT OF A MILLION MEALS,
"PASSPORT TO ADVENTURE"
MAY 11, 2019, THE CLIFFS RESORT, PISMO BEACH**



SAVE THE DATE FOR NEXT YEAR'S 13H ANNUAL GALA, MAY 9, 2020