



Food For Thought

News from Senior Nutrition Program of San Luis Obispo County
2180 Johnson Avenue, San Luis Obispo, CA 93401 • 805-541-3312 • mealsthatconnect.org



Volume 12
Issue 10

Partnering Together

CenCalHealth supports Meals That Connect in our mission to enhance health, restore dignity, promote independence and reduce isolation for aging residents in San Luis Obispo County.

Partnership with CenCalHealth enabled us to purchase two new refrigerated vans to deliver meals safely to all seniors in our program.



Bob Freeman, CEO, CenCal Health, & Elias Nimeh, Executive Director, Meals That Connect

Seniors Helping Seniors

Thank you to the senior residents of the Villages at Sydney Creek for baking and packaging homemade dog biscuits and donating them to Meals That Connect. These tasty treats are given out to Senior clients of our meal programs that have dogs. We are certain that everyone from baker to recipient find this to be very rewarding!



Staff Updates

Birthdays:

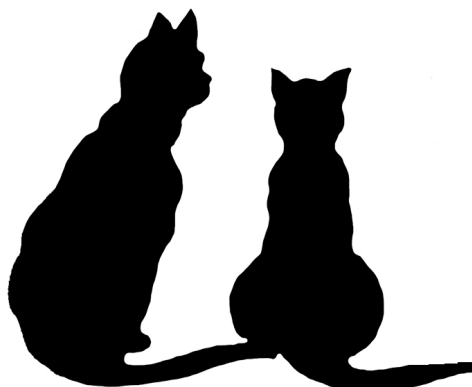
Happy Birthday to our bookkeeper, Nancy Kelley on 10/18!

Anniversaries:

Jesse Miller (28 years), Tina Solomon (4 years), Mike Miller (2 years), Melissa Conrey and Robert Gracey (1 year)

New Hires:

Welcome to Penny Delano who has joined our Central Kitchen!



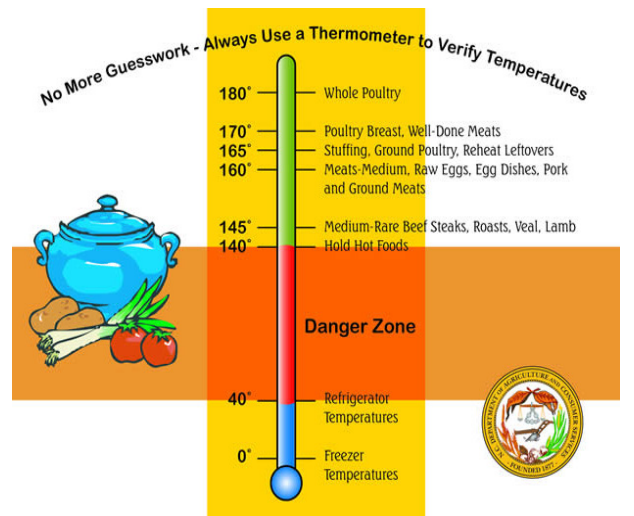
Volunteer Training



Food Temperature

Though it is officially the Fall Season, we may still have some very hot weather as we often do in October. However, there has been a chill in the air some mornings and its time to talk about keeping the hot food, HOT.

When food sits in "The Danger Zone" (41°F to 135°F) bacteria grows rapidly. Our job is to keep *cold food below 41 degrees* and *hot food above 135 degrees*. The site managers heat up the food just prior to packing for home delivery or serving in the dining room. They should heat the food as high as possible without affecting the quality. The food should be kept hot, packed immediately, and put into insulated carriers with "hot packs". Once food is packed, drivers should be ready for delivery.



To keep the hot air in, trays should be removed quickly and cautiously. Routes should not exceed an hour. Twice a month we check the temperature of the meal at the end of the route. It should be 135 degrees. If it is not, some procedure needs to change.

As volunteers, you can help your site manager with quick efficient packing, quick delivery and helping them check the temperature of the sample meal if you are delivering that day. It is critical that if you do not see the client who is receiving the meal or you know they do not intend to eat it immediately, that it be stored in the refrigerator. A hot meal sitting out for a couple hours is a recipe for disaster.

Thanks for your part in keeping our meals safe!

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





Monday	Tuesday	Wednesday	Thursday	Friday: Cold Plates
2	3	4	5	6
Cheese Omelette Stewed Tomatoes Parslied Carrots Bran Muffin Mandarins & Pineapple Milk	Whole Wheat Spaghetti w/ Meat & Marinara Sauce Brussel Sprouts Romaine Salad Fruit Cocktail Milk	Chicken A La King Whole Wheat Pasta Green Beans Coleslaw Sliced Peaches Milk	Beef Patty in Gravy Wheat Bread Mashed Potatoes Mixed Vegetables Sliced Pears Milk	Tuna Salad Crackers Tomato Salad Corn Salad Fresh Apple Milk
9	10	11	12	13
Meatballs with Gravy Baked Potatoes Homemade Coleslaw Graham Crackers Applesauce Milk	Pork Rib Patty Barley Pilaf Cauliflower Carrot Salad Pineapple Tidbits Milk	Meat & Cheese Lasagna Italian Veggie Blend Cooked Seasoned Spinach Banana Milk	Chicken/Cheese Enchilada w/ Red Sauce Broccoli Tomato Salad Apricots Milk	Hawaiian Chicken Salad Dinner Roll Pea Salad Romaine Salad Orange Milk
16	17	18	19	20
Breaded Haddock Brown Rice California Veggie Blend Pickled Beets Fruit Cocktail Milk	White Bean Chili w/ Chicken Crackers Summer Squash Homemade Coleslaw Sliced Peaches Milk	Cheese Ravioli Meat & Marinara Sauce Winter Vegetables Green Salad Sliced Pears BirthDay Muffin Milk	Lemon Pepper Chicken Sweet Potatoes Brussel Sprouts Oatmeal Cookie Apple Milk	Blackeyed Pea Salad w/ Hardboiled Egg Whole Wheat Bread Homemade Carrot Salad Tomato Salad Mandarins & Pineapple Milk
23	24	25	26	27
Beef Casserole w/ Garbanzos & Rice Cauliflower Romaine Salad Applesauce Milk	Chicken Patty on Whole Wheat Bun Parslied Carrots Baked Potatoes Orange Milk	Sweet & Sour Meatballs Brown Rice Oriental Veggies Asian Coleslaw Fruit Cocktail Milk	Chili Beans w/ Meat & Tomato Crackers Broccoli & Zucchini Apricots Milk	Cheese Enchilada w/ Chicken in White Sauce Cooked Seasoned Spinach Homemade Carrot Salad Banana Milk
30	31	1	2	3
Cheese Omelette Stewed Tomatoes California Veggies Muffin Peaches Milk	Tuna Noodle Casserole Homemade Carrot Salad Brussel Sprouts Pear Crisp Milk	Albondigas Soup Tortilla Succotash Romaine Salad Orange Milk	Chicken Stew Harvard Beets Homemade Coleslaw Oatmeal Cookie Apple Milk	Beefy Taco Romaine Salad Tostada Shells Tomatoes Corn Salad Mandarins & Pineapple Milk

MEAL DONATIONS: Meals That Connect is a non-profit organization that receives about half of its revenue from the Federal Older Americans Act and the USDA. Much of the money that supports the program comes from grants and fundraising. A small, but significant part of the income is from the Voluntary, Confidential and Anonymous donations made by seniors who receive our services. The suggested donation is \$2.75 per meal.

The average donation last year was \$0.76 per meal, but it added up to \$115,000 toward program costs. The meals are provided regardless of whether or not someone pays, and nobody tracks the personal donations.

Cancellations & Reservations

Please call your Site Manager to CANCEL or RESUME your meals.

2 BUSINESS DAYS IN ADVANCE

Site Manager	Serving Time	Site Manager	Phone Number
Atascadero and Templeton	11:30 AM	Liz	466-2317
Cambria	11:45 AM	Jesse / Mike	927-1268
Los Osos	11:30 AM	Norma	528-6923
Morro Bay Dining Room	11:30 AM	Marilee / Kat	772-4422
Morro Bay/Cayucos Home Delivery	Call 772-3110		
Nipomo	12:00 PM	Sandy	929-1066
Arroyo Grande, Grover Beach, Pismo Beach, Oceano	11:30 AM	Debbie	489-5149
Paso Robles	11:30 AM	Marlene	238-4831
Santa Margarita	11:30 AM	Eva / Emelie	438-5854
San Luis Obispo Sites			
SLO Home Delivery	Call Janine at 543-0469		
Downtown: Anderson Hotel	11:30 AM	Janine	543-0469
Laguna Lake: UCC Church	11:30 AM	Les	541-1168
SLO Main Office: 541-3312	Central Kitchen: 541-2063		

