



## Save the Date

Mark your calendars for Saturday, May 12th and come join the fun while supporting Meals That Connect's 11th Annual gala Night of a Million Meals! This event sells out every year so get your tickets early. Held each year at the Cliffs Resort in Pismo Beach, we have complimentary valet parking, champagne and casino hour--all included with your ticket--plus an elegant sit-down dinner.

There is something for everyone, silent and live auctions plus fun raffles and more. Here's a sneak peek at some of our exciting live auction items...

- ◆ An enchanted week's stay in a Tuscan Villa
- ◆ Ground floor tickets to Elton John's final tour

Call the office at 541-3312 or go to our website [mealsthatconnect.org](http://mealsthatconnect.org) for ticket information.



## Volunteer Training Tips

### March 2018 Fires & Other Emergencies

At the February 20th Staff Meeting, Site Managers were asked to conduct a fire drill at the lunch sites. So hopefully you either just participated in one or will be doing so soon if you are at a lunch site regularly.

It is one thing to read or hear about emergency procedures, but there is no substitute for a drill. The most important aspect of a fire drill is the evacuation of the building. It is important for everyone to be familiar with exits and the proper procedure. A good evacuation procedure can save time and lives.

### Important points when evacuating the building:

- Assist disabled persons
- Everyone must leave the building
- Assign someone to check the bathrooms and other rooms
- Take the dining room sign-in sheet to check people off

### Gather in the designated meeting spot

- Check in with the Site Manager or other designated person
- Do not leave without informing the designated person
- Do not re-enter the building without approval

An earthquake could also involve a building evacuation in the event of a gas leak, sprinkler malfunction or damage to the building. Do not leave the building while the shaking is going on. If there is a gas leak, do not start your car engine, the spark could ignite a fire. Emergency workers stress how important a good evacuation is. If they arrive at an emergency and can be assured that everyone is out safely, they do not have to risk their safety and waste time looking for people in the building.

If you have not participated in a fire drill at your site, ask your site manager where the designated meeting place is for a building evacuation.

Wendy Fertschneider, R.D.

## In Loving Memory...

It is with sadness that we say goodbye to Budd Whitten, who passed away on December 29, 2017. Budd was the devoted husband of our Paso Robles Site Manager, Marlene Whitten and a longtime employee. Many of us will always remember Budd's wit and sense of humor. He will be greatly missed.



Marlene and Budd Whitten

## Staff Updates

Meals That Connect warmly welcomes these new staff members to our team!



Jill Brewer joins our Main Office as Client Data Manager



Rhonda Lee LaBonte is our new Driver, delivering meals from our Central Kitchen to our Sites in North County



Esther Salzman joins us in Atascadero as Substitute Site Manager and Client Accessor

## Staff Birthdays & Anniversaries

Santa Margarita Site Mgr., Emelie Gray, celebrates a birthday on March 9th

This month makes 4 years with our organization for UCC Site Mgr., Les Winger

## Helping Hands



We would like to thank the outstanding students from Cal Poly's Alpha Gamma Delta Sorority that volunteered for a week in our Central Kitchen. Their help with food production, packing frozen meals, and cleaning is greatly appreciated. In photo: Kelly Habib in front, Anna Carskaden at right, and Madison Driscoll at left.

## Food For Thought!

A monthly publication of **Meals That Connect**  
 Executive Director: Elias Nimeh  
 Editors: Jill Brewer & Jeniffer Dienhart-Mitchell  
 Dietitian: Wendy Fertschneider, R.D.  
 Contributor: Tina Solomon

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



**CenCalHEALTH**  
Local. Quality. Healthcare.





# March 2018



| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| Feb. 26  | Feb. 27   | Feb. 28  | March 1  | March 2   |
| Omelet w/ Cheese<br>Stewed Tomatoes<br>Cubed & Roasted<br>Potatoes<br>Mandarins & Pineapple<br>Bran Muffin<br>Milk               | Chicken Stew<br>Brussels Sprouts<br>Homemade Cole Slaw<br>Sliced Peaches<br>Oatmeal Cookie<br>Milk                            | Chili Beans w/ Meat<br>Zucchini<br>Romaine Salad<br>w/Dressing<br>Orange<br>Crackers<br>Milk                                     | Swedish Meatballs<br>Whole Wheat Pasta<br>Broccoli<br>Homemade Carrot Salad<br>Sliced Pears<br>Milk                | Tuna Noodle Casserole<br>Winter Blend Vegetables<br>Hot Harvard Beets<br>Strawberry Applesauce<br>Milk                                |
| 5  | 6   | 7  | 8  | 9   |
| Pasta Alfredo<br>w/ Chicken<br>Broccoli<br>Green Beans<br>Apricots<br>Milk   | Garbanzo Beef & Rice<br>Casserole<br>Cauliflower & Peas<br>Homemade Carrot Salad<br>Baked Apple Slices<br>w/ Cinnamon<br>Milk | Meat & Cheese Lasagna<br>Cooked & Seasoned<br>Spinach<br>Summer Squash<br>Banana<br>Milk   | Chinese Chicken Salad<br>w/ Noodles<br>Asian Slaw<br>Pea Salad<br>Fruit Cocktail<br>Milk                           | Cheese Enchilada<br>in Red Sauce<br>Pinto Beans w/ Tortillas<br>Mixed Vegetables<br>Romaine Salad w/ Dressing<br>Fresh Orange<br>Milk |
| 12   | 13  | 14   | 15   | 16  |
| Baked Chicken Patty<br>w/ Curry Sauce<br>Parslied Potatoes & Carrots<br>Homemade Cole Slaw<br>Graham Crackers<br>Peaches<br>Milk | Sweet & Sour Meatballs<br>Brown Rice<br>Winter Mix Vegetables<br>Pickled Beets<br>Pears<br>Milk                               | Cheese Ravioli in<br>Meaty Marinara Sauce<br>Brussels Sprouts<br>Parslied Carrots<br>Applesauce<br>Milk                          | Roast Sliced Turkey<br>Homemade Stuffing<br>Corn<br>Homemade Carrot Salad<br>Mandarins & Pineapple<br>Milk         | Omelet w/ Cheese<br>Baked Potatoes<br>Stewed Tomatoes<br>Orange<br>Muffin<br>Milk   |
| 19   | 20  | 21   | 22   | 23  |
| Cheese Enchilada in<br>Blanca Sauce w/ Chicken<br>California Blend Vegetables<br>Lima Beans<br>Fruit Cocktail<br>Milk            | Chicken Stew<br>Crackers<br>Green Beans<br>Homemade Cole Slaw<br>Peaches<br>Milk  | Whole Wheat Spaghetti w/<br>Meaty Marinara Sauce<br>Broccoli<br>Romaine Salad w/ Dressing<br>Apricots<br>Birthday Muffin<br>Milk | Beef Patty With Gravy<br>Oatmeal Cookie<br>Mashed Potatoes<br>Succotash<br>Pears<br>Milk                           | Tuna Salad<br>Slice Of Bread<br>Homemade Carrot Salad<br>Romaine Salad w/ Dressing<br>Mandarins & Pineapple<br>Milk                   |
| 26   | 27  | 28   | 29   | 30  |
| Pork Rib Patty<br>w/ BBQ Sauce<br>Barley Pilaf<br>Parslied Carrots<br>3 Bean Salad<br>Fresh Orange<br>Milk                       | Chili Beans w/ Meat<br>Crackers<br>Cauliflower<br>Zucchini<br>Banana<br>Milk  | Meatballs w/ Gravy<br>Whole Wheat Pasta<br>Winter Blend Vegetables<br>Homemade Carrot Salad<br>Fresh Apple<br>Milk               | Chicken Leg w/ BBQ Sauce<br>Slice Of Wheat Bread<br>Sweet Potatoes<br>Brussel Sprouts<br>Pineapple Tidbits<br>Milk | Breaded Haddock Filet<br>Brown Rice<br>Homemade Cole Slaw<br>Mixed Vegetables<br>Strawberries<br>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 | Phone Number |
|--|---------------------------|--------------|--------------|
| Atascadero and Templeton                         | 11:30                     | Liz          | 466-2317     |
| Cambria  | 11:45                     | Jesse/Mike   | 927-1268     |
| Los Osos   | 11:30                     | Norma        | 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                                  | 11:30                     | Eva/Emelie   | 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 |              |              |