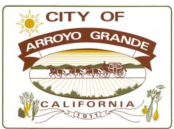




Come and join the party! 11th Annual Night of a Million Meals Gala Event held this year at the Cliff's Resort in Pismo Beach. This year's theme is Monopoly--Take a Walk on the Boardwalk. Tickets are still available but we are ALMOST SOLD OUT! \$100 per person gets you free valet parking and champagne, complimentary casino game tables, exciting live and silent auctions, a gourmet dinner AND YOU will be supporting your favorite charity. Order tickets today--it's FUN! [805-541-3312](tel:8055413312).



Meals That Connect is very grateful to receive a generous \$100,000 grant from CenCal Health! They have been one of the largest supporters of our organization. Their continued support allows us to carry on with our mission of providing nutritious meals free of charge to seniors all over San Luis Obispo County.



In addition we would like to thank the City of Arroyo Grande for awarding us a \$4,000 grant!

### New Membership

Meals That Connect is proud to announce that we became new members of the San Luis Obispo Chamber of Commerce! We celebrated with a ribbon cutting in front of our new van on March 15th!



### Sprucing up for Spring

Meals That Connect would like to thank Browder Painting Company! They donated time and materials to paint our Central Kitchen. They worked very hard for three days cleaning, moving equipment, patching holes, and painting. It was a lot of work and they did it free of charge with smiles on their faces! They did a fantastic job!



### Volunteer Driver Needed



Can you help us in our mission to provide nutritious meals to homebound seniors. We have a need for a volunteer driver for Route 5 in Paso Robles. Volunteer drivers must be over 18, licensed and insured and use their own vehicle. If interested please call Marlene at our Paso Robles site at 805-238-4831. You can make a difference in the lives of seniors in our community!

### Staff Birthdays, Anniversaries, & Updates

We're celebrating a couple birthdays this month:  
SAMS Program Manager Jeniffer Dienhart-Mitchell on April 10  
Los Osos Site Manager Norma Alexander on April 16

We would like to thank Debbie Altamirano, the Oceano Site Manager for her 9 years of dedicated service with our organization!

We would like to welcome Kevin Doberer to our Central Kitchen team!

### Food For Thought!

A monthly publication of **Meals That Connect**  
Executive Director: Elias Nimeh  
Editor: Jill Brewer  
Dietitian: Wendy Fertschneider, R.D.  
Contributor: Tina Solomon



### Volunteer Training Tips

#### Proper lifting

Working with food and delivery often involves lifting. Our food comes in big hotel pans and our home delivered meals are packed into large carriers. Chances are you do some lifting in your volunteer job at Meals that Connect. Back injuries are common in many work settings. It is important to protect your back while working.

A strong back is the best way to prevent injury. Strong abdominal muscles support a strong back. An easy ab exercise is to simply contract and hold your abdominal muscles in for short periods of time. This can be done while sitting, standing or lying down. For another ab workout, sit in a chair near the front edge with your legs extended and shoulders back so you are at almost a 45 degree angle. Pull your left knee toward your chest while twisting to the right and bringing your right elbow towards your knee. Alternate sides.

#### Keys to Proper Lifting

1. Mentally prepare by planning what you are going to do.
2. Stand close to the object you plan to lift.
3. Spread your feet wide enough for a stable base.
4. Squat, bending your knees and hips, keeping your back in proper alignment.
5. Contract the stomach muscles.
6. Lift by using the work of your leg muscles, not your back.
7. When lifting with another person, one person should say when to lift, walk, and unload.
8. Do not twist as you lift, instead, pivot with your hips and shoulders in line and shift your weight.
9. Don't hesitate to ask for help.

Wendy Fertschneider, R.D.

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



**CenCalHEALTH**  
Local. Quality. Healthcare.





# April 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Omelet w/ Cheese Roasted Potatoes Stewed Tomatoes Mandarins & Pineapple Blueberry Muffin Milk	Chicken Enchilada in Red Sauce w/ Chicken Mixed Vegetables Homemade Cole Slaw Fruit Cocktail Milk	Meat & Cheese Lasagna Italian Blend Vegetables Cooked & Seasoned Spinach Strawberries Milk	Beefy Patty w/ Gravy Baked Potato Broccoli Apricots Slice of Bread Milk	Chicken Ranch Salad W/ Romaine Crackers Homemade Carrot Salad Pickled Beets Orange Milk
9	10	11	12	13
Cheese Ravioli in Blanca Sauce w/ Chicken California Blend Vegetables Green Beans Peaches Milk	Chili Beans w/ Meat Brussels Sprouts Homemade Carrot Salad Banana Crackers Milk	Sweet & Sour Meatballs Brown Rice Cauliflower Bean Salad Peaches Milk	Penne Pasta w/ Broccoli & Turkey Parslied Carrots Romaine Salad w/Dressing Strawberries Milk	Tuna Salad Corn Salad Homemade Cole Slaw Applesauce Slice Of Wheat Bread Milk
16	17	18	19	20
Garbanzo Beef & Rice Casserole Winter Blend Vegetables Summer Squash Fruit Cocktail Milk	Whole Wheat Spaghetti in Meaty Marinara Sauce Cauliflower Romaine Salad w/Dressing Mandarins & Pineapple Milk	 Cheese Enchilada in Blanca Sauce w/ Chicken Succotash Broccoli Apricots Birthday Muffin Milk	Chicken Sandwich w/ Fixins on Whole Wheat Bun Peas & Carrots Homemade Coleslaw Orange Milk	Black Eyed Pea Salad Hard Cooked Egg Crackers Pickled Beets Homemade Carrot Salad Strawberries Milk
23	24	25	26	27
Breaded Haddock Brown Rice Zucchini Homemade Cole Slaw Peaches Milk	Ravioli w/ Meat in Marinara Sauce Cooked & Seasoned Spinach Romaine Salad w/Dressing Banana Milk	Swedish Meatballs Noodles Green Beans Homemade Carrot Salad Strawberries Milk	Oven Baked Chicken Leg Stuffing Mixed Vegetables Corn Salad Orange Milk	Honey Mustard Chicken Salad Pea Salad 3 Bean Salad Mandarins & Pineapple Crackers Milk
30	May 1	May 2	May 3	May 4
Pork Rib Patty Barley Pilaf Lima Beans Homemade Cole Slaw Pears Milk	Pasta Alfredo w/ Chicken Brussels Sprouts Romaine Salad w/Dressing Baked Apple Slices Milk	Cheese Enchilada in Red Sauce w/ Chicken Pinto Beans California Blend Vegetables Pineapple Tidbits Milk	Turkey Stroganoff Broccoli Pickled Beets Apricot Crisp Milk	Beef & Bean Taco Salad Tostada Corn Salad Homemade Carrot Salad Strawberries 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		