



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

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A New Partnership



We are partnering with Mission Cars, who will be donating 50% of the profits from selling donated cars to our organization. If you, or someone you know, would like to donate a vehicle, please visit: www.missioncars.com

Show Your Support



KSBY and PG&E are asking members of the community to nominate their favorite local charity. KSBY will open up the voting from July 10-21, 2017. To nominate and vote for Meals That Connect, please visit: www.bit.ly/ksbyfavecharity



Reservations: Make 'em and Keep 'em



Clients enjoying lunch at the Nipomo Area Senior Citizens Club located at 200 E. Dana Street in Nipomo.

At Meals That Connect, we make food for people who have a reservation. On Monday after lunch, the site manager calls the central kitchen and orders the number of dining room meals that have been reserved and the number of home delivered meals that are expected for Wednesday. Starting at 5:00 AM on Tuesday, the kitchen

staff start cooking and counting the exact number of meals ordered for each of our ten lunch sites. By the time lunch is over on Tuesday, Wednesday's meal is all measured, counted and packed into the refrigerators to be sent out early Wednesday morning. This happens each day. Monday's meal is ordered on Thursday and prepared on Friday. We use a cook/chill system. The food is chilled and kept cold until heated just before serving at your lunch site.

If meals are canceled the day before service, it is too late, the meal has been packed. If someone with a reservation does not show up, the meal goes to waste. If someone shows up for lunch without a reservation, it is possible that there may be enough food or a partial meal, but no guarantees. The site managers hate to turn anyone down for a meal, but cannot order extra just in case. Think about it. If each site manager ordered one extra meal per day at our 10 sites and it did not get served, that would be over 2,500 meals wasted. Nobody likes wasted food and we can't afford it.

So please, think carefully when you make your lunch reservations and do your best to come and eat if you have a meal waiting. Thank you.

SLO Guild Pancake Breakfast

The Pancake Breakfast is a long standing SLO Guild Tradition. It is a simple program that happens once a month, rain or shine, on the first Sunday of every month from 8am-11am. **Join in August 6, 2017!**



We prepare a traditional breakfast meal consisting of all-you-can-eat pancakes, eggs, bacon, orange juice, coffee, and fruit. Even though this event and meal is by donation, we always suggest a donation of \$7 per person and this reasonable deal is enjoyed and partaken of by many; 50-100 community members in a single morning.

Staff Updates

Joining Our Team: Welcome to Ellen Morrow at the Atascadero Dining Site and Michael Gordon to the Central Kitchen in SLO.

Birthdays: Janine Lloyd in Atascadero (7/11) and Tina Solomon, our fundraiser in the SLO office (7/24)

Anniversaries: Sandy Ornelas in Nipomo (8 years), Linda Lehman (6 years) and Kat Cater in Morro Bay (2 years)

Condolences: Our former Anderson Hotel Site Manager, Kris Wolf, recently broke her arm and hip. She is now in rehabilitation.

Volunteer Corner



Training Tips

We are officially in summer and we have had some heat to prove it. This makes it more important to keep cold food cold to keep it safe. At Meals That Connect, our lunches always include some cold foods. It is important to keep hot and cold food separate to maintain the best temperature.

All of the food is sent from the Central Kitchen at or below 41 degrees. Cold food should be maintained below 41 degrees until consumed. When food arrives from the Central Kitchen, it should be stored in a refrigerator until it is packed. Once cold food is packed for delivery, the brown bags should be stored back in the refrigerator or in the ice chest with cold packs. This includes the milk, the fruit, vegetable salads and salad dressings. Cold foods for the dining room should go back into the fridge. Baked goods like cookies, muffins and buns can also be stored in the cold sack. Cold foods and breads



should never be packed into the sealed tray with hot foods. This causes more rapid cooling and can create dangerous temperatures for the food.

On Salad Fridays (and other cold plate days) all the food is cold. You can choose which foods go in the trays and which to pack in cups. The trays and cups are all stored with ice packs in insulated containers.

When delivering meals to the homebound, do everything possible to minimize exposure of the cold foods to heat. Park in the shade if possible, open the ice chest quickly and close immediately when taking out a meal. Finish your route in an hour. Help the site manager rearrange long routes. Remind clients to refrigerate a meal (both the hot and cold parts) if they do not plan to eat it immediately.

Cold foods can be more hazardous than hot foods because if contaminated during handling they do not get heated again to kill the bacteria. Our clients are especially vulnerable to food borne illness which kills thousands in our country every year. Keep cool this summer!



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





Monday	Tuesday	Wednesday	Thursday	Friday: Cold Plates
3	4	5	6	7
Cheese Enchilada w/ Chicken and White Sauce Corn Broccoli Apricot Halves Milk	Closed in observance of Independence Day. If you need a meal, contact your Site Manager.	Pork Rib Patty Sweet Potatoes Brussel Sprouts Graham Crackers Pineapple Milk	Chili Beans w/ Meat Summer Squash Coleslaw Crackers Honeydew Melon Milk	Tuna Macaroni Salad Homemade Carrot Salad Three-Bean Salad Fresh Local Strawberries Milk
10	11	12	13	14
Turkey Meatballs & Gravy Brown Rice California Blend Veggies Pickled Beets Fruit Cocktail Milk	Whole Wheat Spaghetti w/ Meat Marinara Sauce Seasoned Cooked Spinach Romaine Salad Banana Milk	Chicken Sandwich on Whole Wheat Bun Green Beans Homemade Coleslaw Sliced Peaches Milk	Turkey Goulash w/ Pasta Zucchini Peas & Carrots Cantaloupe Milk	Chicken Caesar Salad Homemade Carrot Salad Corn Salad Crackers Fresh Local Strawberries Milk
17	18	19	20	21
Cheese Omelette Baked Potato Stewed Tomatoes Muffin Sliced Pears Milk	Breaded Haddock Filet Brown Rice Broccoli Spinach Salad Apricot Halves Milk	Cheese Ravioli w/ Meat Marinara Sauce Winter Mix Veggies Romaine Salad Watermelon Birthday Muffin Milk	Beef Patty with Gravy Mashed Potatoes Parslied Carrots Fresh Apple Graham Crackers Milk	Chinese Chicken Salad w/ Pasta Asian Coleslaw Pickled Beets Pineapple Milk
24	25	26	27	28
Penne Pasta w/ Turkey and Broccoli Homemade Coleslaw Lima Beans Fruit Cocktail Milk	Parmesan Chicken Patty Whole Wheat Pasta Cauliflower Homemade Carrot Salad Banana Milk	Cheese Enchilada w/ Chicken in Red Sauce Mixed Vegetables Tomato Salad Peaches Milk	Sweet & Sour Meatballs Brown Rice Oriental Vegetables Corn Salad Orange Milk	Honey Mustard Chicken Salad Homemade Pea Salad Pickled Beets Crackers Honeydew Melon Milk
31				
Italian Noodle Casserole Cooked Seasoned Spinach Summer Squash Pineapple Chunks Milk				

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		

