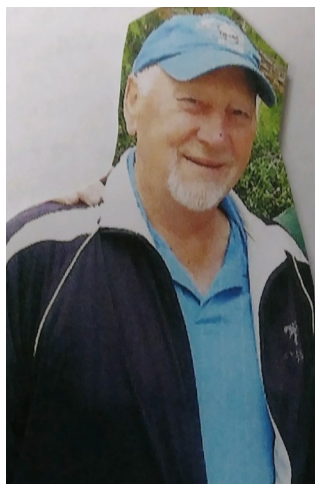




## Remembering Fondly



Bob DeMarco volunteered for many years for Meals that Connect, Senior Nutrition Program before becoming part of the staff in 2009. He passed away on July 4<sup>th</sup>, after a brief illness. **Bob always had a better idea.** Everyone from the kitchen director to the executive director will tell you that every time they saw Bob he was full of questions about what they were doing and never hesitated to tell them how to do it better. His volunteer job with the program was to coordinate all the meal delivery drivers in Atascadero where there were dozens of drivers from many different groups. Some drivers only drove once a month. He brought order out of complexity and enthusiastically instructed the drivers on doing their job to the highest standards. In May 2009 Bob became part of the staff. Over the past 9 years he did many jobs and knew the program from every angle. He could fill in as site manager at just about any of our 10 lunch sites. He also did home assessments to determine

eligibility for clients. He cherished his time spent with clients. The past two years he helped at our annual volunteer training. He explained policies through the lens of real life situations. He wanted both clients and volunteers to have the best possible experience in our program. He frequently threatened to quit, and did so, but he always came back. We are grateful for the passion, knowledge and dedication he brought to all of us. He had a sharp, inquisitive intellect and a heart of gold.

## Congratulations Newlyweds



Our lovely Resource Manager, Tina, recently married the love of her life, Scott Radovich. The two lovebirds celebrated their union with a beautiful ceremony in Croatia. They chose a church of their ancestors to be married in and then honeymooned all over Europe. We couldn't be happier to announce this wonderful couple, Mr. and Mrs. Scott and Tina Radovich. Cheers to a long and happy life together!



## Volunteer Driver Needed

Can you please help us in our mission to provide nutritious meals to homebound seniors? One hour a day, one hour a week, one hour a month—anything helps and is greatly appreciated! We have a need for several volunteer drivers in San Luis Obispo. Volunteer drivers must be over 18, licensed and insured, and use their own vehicle. If interested please call Janine at our Anderson site in San Luis Obispo at 805-543-0469. You can make a difference in the



## Staff Updates

### Anniversaries:

Irene Palacios, Central Kitchen Manager, 33 years on August 1  
 Brian McAdam, Central Kitchen Cook, 2 years on August 1  
 Tim Bullock, Central Kitchen Cook, 3 years on August 7  
 Liz Dunn, Atascadero Site Manager, 14 years on August 16  
 Jeniffer Dienhart-Michell, SAMS Manager, 7 yrs. on August 17  
 Marilee Zazueta, Morro Bay Site Manager, 3 yrs. on August 24

### Birthdays:

Sandy Ornelas, Nipomo Site Manager, August 17  
 Melissa Conrey, Office Administrator, August 27

### Food For Thought!

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



## Volunteer Training Tips

### Handwashing

Personal Hygiene and handwashing are critical to prevent food borne illness. Below are some stats and studies on hand washing from the Centers For Disease Control and Prevention.

"The spread of germs from the hands of food workers to food ... **accounts for 89% of outbreaks** in which food was contaminated by food workers. Proper handwashing can reduce germs on workers' hands and the spread of germs from hands to food and from food to other people.

Handwashing was more likely to occur:  
 When workers were not busy.  
 Where workers had food-safety training.  
 In kitchens with more than one hand sink. In kitchens with a hand sink in view of the worker."

The study found "handwashing was **less likely** to occur when gloves were worn." In our program we do not recommend using gloves if you are using utensils. If you are directly touching unwrapped food, gloves should be worn, and changed as often as you would wash your hands.

Wash your hands every time you re-start food handling after coughing, sneezing, eating, touching your face or hair, smoking, taking out trash, using a phone, using the bathroom or handling raw meats.

Wash for 20 seconds using brisk running warm water. Use soap to lather up to the wrists, between fingers and around fingernails. Rinse well and use a paper towel to dry hands and turn off the faucet.

Do not work if you are sick. Come to work clean. Wear clean clothes and keep nails short. Do not wear hand jewelry other than a plain wedding band. Cover your hair with a hat, scarf or hairnet.

Thank you for your part in keeping our food safe.

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.



FEEDING HOPE FOR OVER 20 YEARS  
**FOOD BANK**  
 COALITION OF SAN LUIS OBISPO COUNTY



# August 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>July 30</b>	<b>July 31</b>	<b>1</b>	<b>2</b>	<b>3</b>
Pork Rib Patty w/ BBQ Sauce Graham Crackers Parslied Potatoes & Carrots Brussels Sprouts Fruit Cocktail Milk	Meatballs w/ Gravy Brown Rice Winter Mix Vegetables Romaine Salad Sliced Peaches Milk	Cheese Ravioli in White Sauce w/ Chicken Cooked Seasoned Spinach Italian Blended Vegetables Cantaloupe Milk	Breaded Haddock Oatmeal Cookie Baked Potato Homemade Cole Slaw Applesauce Milk	Beef Taco Salad, Romaine Tostada Homemade Carrot salad Fresh Tomato Quarters Mandarins & Pineapple Milk
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Chili Beans w/ Meat Wheat Crackers Homemade Cole Slaw Zucchini Pears Milk	Chicken Enchilada in Blanca Sauce Broccoli Corn Apricot Halves Milk	Omelette w/ Cheese Muffin Potato Bakes Stewed Tomatoes Watermelon Milk	Lasagna w/ Meat Sauce Mixed Veggies Romaine Orange Milk	Honey Mustard Chick Salad Dinner Roll Homemade Carrot Salad Tomato Wedges Banana Milk
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Garbanzo Bean Casserole Parslied Carrots Pickled Beets Mandarin & Pineapple Milk	Spaghetti w/ Meat Sauce Cooked Seasoned Spinach Romaine Salad Honeydew Melon Milk	 Sweet and Sour Meatballs Rice, Peas Homemade Cole Slaw Birthday Muffin Fruit Cocktail Milk	Chicken Leg in Wine Sauce Oatmeal Cookie Mashers Winter Mix Veggies Peaches Milk	Tuna Salad Bread Corn Salad Tomatoes Apple Milk
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Chicken Patty w/ Gravy Brown Rice Broccoli 3 Bean Salad Apricot Halves Milk	Italian Noodle Casserole Italian Blend Veggies Coleslaw Pears Milk	Beef Hamburger w/ Fixins Whole Wheat Hamburger Bun Tomato Slices Succotash Banana Milk	Cheese Enchiladas in Red Sauce Cauliflower Homemade Carrot Salad Pineapple Tidbits Milk	Oriental Chicken Salad Green Pea Salad Pickled Beets Cantaloupe Milk
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Breaded Haddock Graham Crackers Baked Potatoes CA Blend Veggies Fruit Cocktail Milk	Swedish Meatballs Whole Wheat Pasta Green Beans Coleslaw Peaches Milk	Hungarian Goulash Brussels Sprouts Carrot Salad Applesauce Milk	Cheese Ravioli in Blanca Sauce w/ chicken Mixed Veggies Cooked Seasoned Spinach Watermelon Milk	Black Eyed Peas w/ HB Eggs WW Crackers Tomato Wedges Romaine Lettuce Salad Mandarin & 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	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	11:15	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		