



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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Issue 8

Partnership with Mobile Pet Pantry

Mobile Pet Pantry helps homebound seniors keep their pets! Donate your fresh, high-quality dog or cat food to help feed the pets of our homebound, financially strapped seniors. You can drop off food or mail cash donations to: Mobile Pet Pantry c/o Meals That Connect/ Senior Nutrition Program of SLO County, 2180 Johnson Avenue, San Luis Obispo, CA 93401. Please visit mobilepetpantry.org and facebook.com/mobilepetpantry for more information.



Goldens In The Park event at Laguna Lake Park with host Deborah Bayles of SLO County Golden Retrievers.



Meals That Connect Executive Director, Elias Nimeh, and Deborah Bayles of SLO County Golden Retrievers

2017 marks 9 years of Goldens in the Park events. This year, our event benefits Mobile Pet Pantry in helping homebound seniors keep and feed their pets. This non-profit works hand-in-hand with the Senior Nutrition Program of SLO County.

Fundraising events and your very important donations are our only sources of income. 100% of the contributions we receive will be spent on the programs, services, and events that directly benefit animals. We are here for the animals and their families.

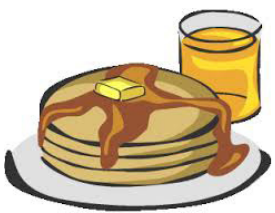
Community Foundation Grant



Thank you to the Community Foundation of SLO County for their generous \$10,000 grant awarded to Meals That Connect.

(Left to Right):
Len Smolburd (CFSLOCO)
Katcho Achadjian (Board Member)
Anita Shower (Board President)
Juliane McAdam (P. R.)
Elias Nimeh (Executive Director)

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. Meals That Connect will be the beneficiary of the Pancake Breakfast this month!**

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

Volunteer Generosity



Paso Robles Site Manager, Marlene Whitten, shared the good news that volunteers, Thorwald Van Hooydon and Nancy Langjahr have kindly donated two new cold boxes for delivery of meals to homebound seniors. These cold boxes ensure that food stays at proper temperatures and will help keep our clients in good health.

Staff Updates

Birthdays: Sandy Ornelas in Nipomo (8/17) and Melissa Conrey, our Office Admin in the SLO Office (8/24)

Anniversaries: Irene Palacios (32 years), Liz Dunn (13 years), Jeniffer Mitchell (6 years), Tim Bullock and Marilee Zazueta (2 years), and Brian McAdam (1 year)

Volunteer Training



Personal Hygiene

Along with maintaining food at a safe temperature, personal hygiene is the top way to keep food safe. Personal hygiene for food handlers includes many things. It is important not to handle food for other people if you are sick, especially if you are coughing, sneezing or have an upset digestive tract. Although a piece of hair in your food generally won't cause food poisoning, it's very unappetizing. Please wear hair covering (hat, scarf or hairnet) when working with food. Clean clothes and hair covering reassures everyone that you take hygiene seriously.

Above all else, clean hands are key to safe food. Here is the why, when and how:



Why? Human hands are the primary way of transmitting bacteria that can cause illness to food. The clients we serve are especially vulnerable to

food borne illness. An illness that might make a young strong person uncomfortable for a couple of days could send an older person to the hospital.

When? Frequently. Each time you start a task with food, wash your hands first. If you cough, sneeze, blow your nose, put on a hair net, answer a phone, put out the trash or anything else, wash your hands before resuming food handling. If you take a break for eating or using the restroom, wash your hands again.

How? Thoroughly. Good handwashing makes a difference. The amount of bacteria removed from hands in 20 seconds of handwashing is dramatically greater than after washing for 10 seconds. Sing Happy Birthday twice while you wash to measure 20 seconds. The warm water should be running at a brisk flow (the drought is over). Use soap to lather up to the wrists, between fingers and around fingernails. Short fingernails hide less dirt. Rinse well and use a paper towel to dry hands and turn off the faucet.

Wear gloves if you have to handle food directly. If you are using a utensil and practice good hand-washing, you don't need gloves. Be sure to put on clean gloves each time you stop to do anything else.




Thank you for helping to provide healthy safe meals to our clients.

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





Monday	Tuesday	Wednesday	Thursday	Friday: Cold Plates
	1 Cheese Enchilada w/ Chicken & White Sauce Brussel Sprouts Homemade Carrot Salad Sliced Pears Milk	2 Chicken Jambalaya w/ Rice Green Beans Romaine Salad Cantaloupe Milk	3 BBQ Chicken Leg Oven Roasted Potato Broccoli Apricot Halves Oatmeal Cookie Milk	4 Beefy Taco Salad Tostada Tomato Salad Cilantro Coleslaw Strawberry Applesauce Milk
7 Albondigas Soup w/ Corn Tortilla Cauliflower Corn Niblets Fruit Cocktail Milk	8 Garbanzo & Beef Casserole w/ Rice Summer Squash Tomato Salad Sliced Peaches Milk	9 BBQ Pork Rib Patty Barley Pilaf Homemade Coleslaw Mixed Vegetables Fresh Pear Milk	10 Meat & Cheese Lasagna Cooked Seasoned Spinach Italian Blend Vegetables Watermelon Milk	11 Tuna Salad Wheat Bread Pea Salad Pickled Beets Orange Milk
14 White Chili w/ Chicken Crackers Zucchini Homemade Coleslaw Pineapple Tidbits Milk	15 Cheese Enchilada w/ Chicken Broccoli Lima Beans Apricots Milk	16 Whole Wheat Spaghetti Meat Marinara Sauce California Veggies Green Beans Honeydew Melon Birthday Muffin Milk	17 Beef Patty with Gravy Mashed Potatoes Parslied Carrots Fresh Apple Oatmeal Cookie Milk	18 Hawaiian Chicken Salad Dinner Roll Tomato Salad Corn Salad Banana Milk
21 Cheese Ravioli w/ Meat Sauce Broccoli Summer Squash Peaches Milk	22 Breaded Haddock Brown Rice Brussel Sprouts Homemade Carrot Salad Fruit Cocktail Milk	23 Cheese Omelette Roasted Potato Cubes Stewed Tomatoes Muffin Mandarins & Pineapple Milk	24 Sliced Turkey w/ Gravy Stuffing Homemade Coleslaw Sweet Potatoes Fresh Pear Milk	25 Blackeyed Pea Salad w/ Hardboiled Egg Tomato & Romaine Salads Crackers Cantaloupe Milk
28 Swedish Meatballs Whole Wheat Pasta Homemade Coleslaw California Vegetables Strawberry Applesauce Milk	29 Chicken Sandwich Whole Wheat Bun Baked Potatoes Tomato Salad Banana Milk	30 Cheese Enchilada w/ Chicken in White Sauce Black Beans Broccoli Watermelon Milk	31 Oven Baked Chicken w/ Gravy Mashed Potatoes Green Beans Apricot Halves 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		

