



October 2024

# Food For Thought!

[www.mealsthatconnect.org](http://www.mealsthatconnect.org)

## Executive Director's Corner

### Beyond Meals, We Form Connections

#### Board Members

We are thrilled to **announce the addition of three new board members!** Their extensive experience and diverse backgrounds will significantly enhance our organization's efforts. We eagerly anticipate the fresh perspectives and insights they will contribute to our mission.

Join me in **welcoming David Grim, Eric Blanco, and Terry Greene!** (read more on our website)



**David E. Grim** is a Development Services Manager for SLO County, managing engineers and surveyors for land development projects. He **possesses strong skills in budget analysis, community planning, and Trustee work.** As a California native, and Cal Poly grad, he enjoys living locally while raising his two children in our beautiful region.



**Eric Blanco** is a seasoned **food service professional with almost 20 years in the industry.** He graduated from Cal Poly our of San Luis Obispo with a **degree in food science.** Eric has a passion for **servicing his community with an emphasis on supporting the underserved demographics.** He is supported by his beautiful wife Jessica and his son Jayden.



**Terry Greene**-As 1 of 6 children, **founding principal of the Grizzly Youth Academy, KCBX Live Oak Music Fest volunteer coordinator,** service dog trainer, and Marine Mammal Center crew supervisor – Terry is grounded in community service. She is a California native and educator of graduate courses at Cal Poly – as well as kindergarten. **She is a meal delivery driver volunteer for MTC** and a welcome member to the MTC board.

#### REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN !

- Peel back or pierce film to vent
- Heat in oven at 350 degrees OR Microwave on HIGH
- Frozen in Oven+30 minutes Frozen in Microwave= 3-5 minutes
- Thawed in Oven = 10 minutes, thawed in Microwave = 2-3 minutes

**We MOVED!!**



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Website: [mealsthatconnect.org](http://mealsthatconnect.org)

## Volunteer News – Barbara Horne, R.D,CSG “Paperwork” Etc.

Each month, the Volunteer News column covers some aspects of required training. This month's training is a review of the required forms for volunteers.

When working in a program that receives federal and state funding, there are a number of **tracking and training requirements.**

All of the paperwork, **“computer work”,** for our site management and volunteer management can be done on the computer or smartphone.

These include:

- **Signing up to volunteer:** Go to [Mealsthatconnect.org](http://Mealsthatconnect.org). Under the **“Get Involved”** tab you can sign up to become a volunteer.
- **Training:** either a **site manager** or **office staff** will send a **digital link** to complete:
  - **Volunteer information sheet** which lets us know **where, when and how** you plan to volunteer.
  - A **client intake form** is needed if you plan to **have a meal** with the program.
  - Training on program policies with a **digital quiz:** should be completed **before volunteering.**
  - **Security Awareness:** about keeping **client information secure and private.**
- Many site managers communicate with volunteers by text and can send out requests for help and provide route information via text or email. The site managers track your hours in their site management software.

Once a year, we send out a volunteer training review to be completed online.

While not yet living in a paperless world, converting to digital work does save a lot of time, paper and storage of old records. Paper options are still available for volunteers that need them.

## Calling All Pickle Enthusiast

**BUY YOUR TICKETS NOW!**



Join us on **October 5th at Laguna Lake Park from 1 PM to 4 PM** for a day brimming with pickle-perfect fun. This dill-ightful event will celebrate all things pickles with a variety of **pickle vendors, pickle-inspired bites, beer, wine, music, and the much-anticipated SLO Best Pickle Bites contest.**

For addition information visit **SLOPickleFestival.org** or contact Brandee Puett [brandee@mealsthatconnect.org](mailto:brandee@mealsthatconnect.org)

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



Where Relationships Matter



# October 2024 Menu

[www.mealsthatconnect.org](http://www.mealsthatconnect.org)

\*Indicates Whole Grain Product

All meals contain whole grain and are served with milk.

Nourishing SLO County seniors with more than just meals.

## DO YOU NEED TO CANCEL A MEAL?

WE ASK FOR **TWO DAYS NOTICE** TO CANCEL, SUSPEND and/or RESUME MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<b>REHEATING INSTRUCTIONS:</b> <b>DO NOT USE A TOASTER OVEN!</b> <b>-Peel back or pierce film to vent</b> <b>-Heat in oven at 350 degrees (30 mins) OR Microwave on HIGH for 3-5 minutes</b>	<b>Beef Patty with Gravy</b> Whole Wheat Pasta* Peas & Carrots Romaine Salad Tropical Fruit Cup	<b>BBQ Pork Rib Patty</b> Whole Wheat Roll* Yams Brussel Sprouts Pineapple Cup	<b>Enchilada Verde (with Chicken)</b> (tortilla*) Pinto Beans Broccoli Apricot Halves	<b>Chickpea Salad with Hard Boiled Egg</b> Whole Wheat Bread* Tomato Wedges Corn Salad Fresh Orange
7	8	9	10	11
<b>Manicotti with Meat Sauce</b> (with Turkey) Parslied Carrots Cauliflower Mixed Fruit Graham Crackers*	<b>Hamburger</b> (with beef) Coleslaw Italian Vegetable Blend Pears Whole Wheat Bun*	<b>Tamale with Red Sauce</b> (with Beef) Broccoli Capri Vegetables Applesauce Tortilla*	<b>Omelete with Cheese</b> (vegetarian) Stewed Tomatoes Roasted Sweet Potato Cubes Fresh Orange Whole Wheat Bread*	<b>Curried Chicken Salad</b> Carrot Salad Three Bean Salad Pineapple Whole Wheat Bread*
14	15	16	17	18
<b>Chili Beans</b> (vegetarian) Winter Blend Vegetables Seasoned Carrots Tropical Fruit Salad Cup Whole Wheat Biscuit*	<b>Whole Wheat Spaghetti* with Meat Sauce</b> (with Turkey) Broccoli Three Bean Salad Apricots	<i>Celebrating</i> <b>Enchilada Blanca</b> (Tortilla*) (with Chicken) Mixed Vegetables Broccoli Mandarin Oranges Birthday Muffin <i>October Birthdays!</i>	<b>Turkey with Gravy &amp; Stuffing</b> Sweet Potatoes Pickled Beets Pineapple Graham Crackers*	<b>Chef Salad w/Romaine</b> (with Turkey, Egg, & Cheese) Green Pea Salad Coleslaw Fresh Apples Whole Wheat Roll*
21	22	23	24	25
<b>Meatloaf with Gravy</b> (with Beef) Baked Potato Scandinavian Vegetables Pineapple Graham Crackers*	<b>Chili Relleno</b> (Vegetarian) Cauliflower Mixed Vegetables Mixed Fruit Tortilla*	<b>Chicken Sandwich on WW Bun*</b> Coleslaw Succotash Peaches	<b>Italian Noodle Casserole w/Whole Weat Pasta *</b> (with Turkey) Brussels Sprouts Seasoned Carrots Pears	<b>Tuna Salad</b> Carrot Salad Three Bean Salad Mandarin Oranges Graham Crackers*
28	29	30	31	1
<b>Cheese Ravioli with Meat Sauce</b> (with Turkey) Seasoned Spinach Italian Vegetables Fresh Orange Whole Wheat Roll*	<b>BBQ Pork Rib Patty</b> Sweet Potatoes Brussel Sprouts Peaches Brown Rice*	<b>Enchilada Roja-</b> (Tortilla*) (with Chicken) Mixed Vegetables Summer Squash Mixed Fruit	 <b>Albondigas with Potatoes &amp; Carrots</b> (with Chicken, turkey, beef) Broccoli Capri Vegetables Apricot Halves Tortilla*	<b>Asian Chicken Salad with Whole Wheat Pasta*</b> Corn Salad Coleslaw Fresh Apple

## CONTACT US

**Dining Rooms & Service Areas <i>Open for in-person dining Monday - Friday. Call your site manager to reserve your meal!</i>	Serving Days/Time	Site Manager	Phone Number
** Atascadero, Templeton	Mon-Fri @ 11:30	Jill	(805) 466-2317
** Cambria, San Simeon	Mon-Fri @ 11:30	Robin	(805) 952-2843
** Los Osos	Mon-Fri @ 11:30	Kelly H	(805) 528-6923
** Morro Bay, Cayucos	Mon-Fri @ 11:30	Kat	(805) 772-4422
** Nipomo	Mon-Fri @ 11:30	Carmelita (temp.)	(805) 929-1066
** Oceano, Arroyo Grande, Grover Beach, Pismo Beach, Shell Beach	Mon-Fri @ 11:30	Debbie	(805) 489-5149
** Paso Robles	Mon-Fri @ 11:30	Marlene	(805) 238-4831
** Santa Margarita	Mon & Wed @ 11:30	Becky	(805) 952-2845
** San Luis Obispo	Mon-Fri @ 11:30	Lisa	(805) 543-0469
<b>San Luis Obispo Administrative Office: (805) 541-3312 x100</b> <a href="http://www.mealsthatconnect.org">www.mealsthatconnect.org</a>		Milda: Congregate Dining	(805) 541-1168