



## September Meeting Minutes

Revised

### **In Attendance:**

Michael Gregory ~ Phinney Neighborhood Assoc.  
Diane Carmel ~ Pike Place Senior Center  
Katie Hess ~ Food Lifeline  
Linda Berger ~ Hunger Intervention Program  
Linda Julien ~ Friends of Francois  
Sharon Poole ~ Noel House  
Megan Gibbard ~ University Street Ministry  
Mark Musick ~ Seattle Public Utilities  
Liz Mills ~ YWCA  
Dagmar Cronn ~ South Park Neighborhood Center  
Paul Lacine ~ Senior Services  
Don Jensen ~ Community Lunch on Capitol Hill  
Krista Grimm ~ OPERATION:Sack Lunch  
Brent Herrmann ~ Millionair Club Charity

### **New Seattle Public Utilities Grants/Mark Musick ~**

Mark announced that the Public Utility Grant decisions have been completed. The awardees for this round of support were given a total of \$30,000. There will be another \$50,000 available during the second round of grant applications. Shayne Kraemer will announce the second round of RFPs to MPC members. Any food program is eligible if they have a food recovery program in place. For more information please contact Shayne.

### **H1N1 ~**

Shayne handed out the developed H1N1 FAQ sheet. This FAQ sheet is the product of MPC's last H1N1 meeting last spring, and some procedures added by the King County Health Department. The finalized FAQ will be made available soon.

Shayne discussed the effectiveness of masks within the meal program setting, and when it is appropriate to use them. At the recent EFS-6 meeting it was indicated that unless a worker is in the emergency response system (i.e. medical response) it was not necessary to use the N-95 masks or respirators. One caveat to that suggestion is that if a person who has a compromised autoimmune system has not been immunized, but needs to work near ill people they should wear an N-95 mask or stay home. Clients who are ill should be offered a Kleenex, napkin, paper towel, or surgical mask to help them limit the spread of the virus.

One issue discussed was in relation to limiting the spread of the virus during a meal. The concerns that were raised in the past related to how to determine if a person is ill, and how to not single that person out, but still support them in seeking medical aid. It was decided that Shayne would create signage that explains the symptoms of the H1N1 virus which can be hung at the entrance of meal programs. The signs would ask meal guests who identify with the symptoms to ask for a meal to go, or help in seeking medical attention. It will be up to each individual meal program to decide when to implement social distancing, and to pay special attention to the rights of each meal guest. It was also suggested that by offering clients some form of assistance rather than directing them, many meal guests may be more willing to help ensure the health of their community members.

It was also suggested that each meal program have an emergency phone tree in place to ensure the continuation of the meal service. If you have not tested your program's phone tree in

more than six months, it is highly suggested to run through the phone tree to ensure that all of the phone numbers and contacts are up to date.

Shayne will be checking into obtaining free masks for meal programs, but having a client fully cover their coughs with an elbow, sleeve, or tissue is just as effective. Krista from OPERATION:Sack Lunch is willing to demonstrate how to use a steam cleaner for disinfecting meal programs. Krista will demonstrate at the general meeting in November. Shayne also suggested that if programs would like to purchase hand sanitizers for their programs in bulk to contact him, and he will try to arrange a purchase. **(For more details on how to keep your meal program healthy please see the attached FAQ sheet).**

### **MPC's Seattle Office has moved ~**

The new contact information for the Seattle Office is as follows:

**2515 Western Avenue  
Seattle, WA 98121  
Phone: (206) 957-3857**

### **New MPC Brochures ~**

Through our partnership with the 2010 US Census Bureau MPC was awarded a grant to design and print new brochures that contains information about MPC and the upcoming US Census. The total grant award was close to \$2000. Due to the unexpected move of MPC's office, Shayne will add labels to the brochures to correct the contact info for MPC. Please feel free to use the brochures as tools in your grant processes to show collaboration, and to support the work that your coalition does for you on your behalf.

### **MPC Website ~**

Shayne announced that the MPC website should be up and running soon. We are currently waiting for IT to move the site to the server. On the website will be a map showing all of the Seattle meal programs, and the site will also host a discussion board for announcements, and pertinent community discussions. Each MPC member will be given a login and a password for the discussion board.

### **Eat Real Food Campaign ~**

Shayne opened a discussion regarding the Eat Real Food Campaign and the importance of this campaign to ensure the health and wellbeing of our meal guests. This discussion was used to educate new MPC members about the importance of seeking out sources of nutritional food, and to use those resources whenever possible. During the discussion it was emphasized that for the campaign to be successful, MPC members must insist on using whole, natural foods when possible within their meals. Part of the success for this program has been the increased donations from farmer markets directly to meal programs. In addition, the Eat Real Food Campaign has been recognized as an important part of MPC's role within the community. To ensure continued City support it is vital that MPC members support the campaign by insisting on whole, nutritious food donations, and by becoming involved in the legislative process which led to City funds being dedicated for bulk food purchasing on behalf of meal programs for 2009. In the course of discussion it was also asked if any member had any questions or concerns regarding the Eat Real Food Campaign or the priorities for the coalition, and there was no response.

### **Planned Bulk Food Purchases ~**

Based upon the MPC Bulk Food Surveys, the following items will be purchased on behalf of participating meal programs via EFSP, and City Funded Bulk Purchasing. Items are subject to change due to availability or prohibitive costs.

- Blended Canola & Olive oil (City Funds)
- Frozen Mixed Veggies (EFSP)
- Shelf stable organic milk (City)

- Canned artichoke hearts (City)
- Canned roasted bell peppers (City)
- Fresh Bell Peppers (City)

### **Nutrition Seminar ~**

Don't forget the next Nutrition seminar will be on September 21<sup>st</sup>. This is a back to basics seminar that will help meal providers and volunteers understand food pairings and how foods benefit our health. Breakfast will be served at this seminar so please see the attached flier. The seminar will be held at Community Lunch on Capitol Hill:

#### **The Parish Hall**

#### **Seattle Central Lutheran Church**

**1710 11th Avenue**

**Seattle, WA 98122**

The seminar begins at 9:30am so please arrive on time, and join us for breakfast.

### **Northwest Harvest ~**

There was a discussion regarding the need for more appropriate food for meal programs. There have been complaints that the same items are available week after week with no variation. These products include pie filling, taco seasoning, and crushed red peppers. It was decided that as a group MPC members who utilize NW harvest will make comments regarding quality, and variety of foods intended for meal program use. It was encouraged that meal programs continue to use NW Harvest to encourage the purchase of appropriate foods for meal program use. The needs within the meal program community have changed dramatically throughout the years, but appropriate foods for meal programs have diminished. The following items were stated as being the most relevant to meal programs, and the most desired: Fresh Produce, Dairy, variable proteins, power bars, eggs, oil, flour, sugar.

### **Meals for Many ~**

The 2009 "Meals for Many" event is to be held on October 9<sup>th</sup> from 9am – 2pm at Community Lunch on Capitol Hill. People interested in participating this year will meet at CLCH and can work one shift or two. The shifts will be from 9am-11:30am & 11:30am-2pm. Please contact Shayne at [shayne@mealspartnership.org](mailto:shayne@mealspartnership.org) if you would like to participate. Diane Carmel and Don Jensen will be the chefs this year, and will be preparing the menu. The menu will reflect what is available in the donated food stream from Food Lifeline.

### **Coalition Updates**

- City of Seattle – Not in attendance
- Food Life Line – apologized for glitches in the online ordering system, and are working to remedy the issues.
- Northwest Harvest – Not in attendance.
- SFC – Not in attendance.

**NEXT MEETING: No general MPC meeting in October!!**

**October 9<sup>th</sup>, Meals for Many Annual Event**  
**At**  
**Community Lunch on Capitol Hill**

## Vegetable Beef Stew

allrecipes.com



Rated: ★★★★★

Submitted By: Ruth Rodriguez

Prep Time: 10  
MinutesCook Time: 5  
Hours 30 MinutesReady In: 5 Hours  
40 Minutes

Servings: 200

"Here is a variation of a beef stew that I came across. With sweet flavor from apricots and squash, we think it has South American or Cuban flair. The addition of corn makes it even more hearty. --Ruth Rodriguez of Fort Myers Beach, Florida"

### INGREDIENTS:

38 pounds lean beef stew meat, cut into 1/2-inch cubes	halves, quartered
2 cups and 1 tablespoon canola oil	25 cups chopped carrot
50 (14.5 ounce) cans beef broth	1 cup and 1 tablespoon dried oregano
50 (14.5 ounce) cans stewed tomatoes, cut up	1/4 cup and 1 teaspoon salt
74 cups peeled and cubed butternut squash	1/4 cup and 1 teaspoon pepper
50 cups frozen corn, thawed	6-1/4 cups cornstarch
300 dried apricot or peach	12-1/2 cups water
	6-1/4 cups minced fresh parsley

### DIRECTIONS:

*You have scaled this recipe's ingredients to yield a new amount (200). The directions below still refer to the original recipe yield (4).*

1. In a nonstick skillet, brown beef in oil over medium heat. Transfer to a slow cooker. Add the broth, tomatoes, squash, corn, apricots, carrot, oregano, salt and pepper. Cover and cook on high for 5-6 hours or until vegetables and meat are tender.
2. Combine cornstarch and water until smooth; stir into stew.

Vegetable Beef Stew (continued)

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### DIRECTIONS: (continued)

Cover and cook on high for 30 minutes or until gravy is thickened. Stir in parsley.

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## Lentil and Sausage Soup



Rated: ★★★★★

Submitted By: ANGCHICK

Photo By: Night Owl

Prep Time: 15  
Minutes

Cook Time: 3  
Hours

Ready In: 3 Hours 15  
Minutes

Servings: 200

File this  
recipe...

in your own  
recipe box

Find Out How ↓

"Lentil soup flavored with sausage and herbs. Serve with Romano cheese sprinkled on top of each serving bowl."

### INGREDIENTS:

10 pounds sweet Italian sausage	1-1/4 cups garlic powder
20 large onion, chopped	1-1/4 cups chopped fresh parsley
20 stalks celery, finely chopped	40 bay leaves
1-1/4 cups chopped garlic	3 tablespoons and 1 teaspoon dried oregano
20 (16 ounce) packages dry lentils, rinsed	1 tablespoon and 2 teaspoons dried thyme
20 cups shredded carrot	1 tablespoon and 2 teaspoons dried basil
160 cups water	1-1/4 cups salt, or to taste
40 (14.5 ounce) cans chicken broth	3 tablespoons and 1 teaspoon black pepper
20 (28 ounce) cans diced tomatoes	10 pounds ditalini pasta (optional)

### DIRECTIONS:

*You have scaled this recipe's ingredients to yield a new amount (200). The directions below still refer to the original recipe yield (10).*

1. Place sausage in a large pot. Cook over medium high heat until evenly brown. Add onion, celery and chopped garlic, and saute until tender and translucent. Stir in lentils, carrot, water, chicken broth and tomatoes. Season with garlic powder, parsley, bay leaves, oregano, thyme, basil, salt

### DIRECTIONS: (continued)

and pepper. Bring to a boil, then reduce heat. Cover, and simmer for 2 1/2 to 3 hours, or until lentils are tender.

2. Stir in pasta, and cook 15 to 20 minutes, or until pasta is tender.

### PERSONAL NOTE:

The sausage may be easily replaced with chicken sausage, or leftover roasted chicken.

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### **How can we minimize the spread of flu if staff or volunteers get sick?**

- If staff members or volunteers are ill, ask them to stay away from work until a full 24 hours after fever has gone.
- If there is illness within the home of a staff member or volunteer, encourage that person to monitor her or his health closely and stay home if there is any sign of illness. If someone becomes ill at work, ask them to put on a mask and send them home immediately. Most people will show signs of infection (sore throat, fever, achiness) within a day or two of exposure to flu viruses.

### **What should we do if clients are ill?**

- Have surgical masks available for clients to use if they are ill, when they are not eating. These masks are most effective when worn by the ill person, not the staff.
- Try to seat clients who are ill separately from other clients, or offer them a sack lunch to help minimize the spread of illnesses.
- Talk with clients who are showing signs of illness, and encourage them to seek medical treatment. Be sure to judge their level of illness based upon their normal physical condition (for example, do they usually have a persistent cough?).

### **What else can minimize the spread of the flu in a congregate meal setting?**

- During a flu outbreak, make hand washing stations or hand sanitizer and paper towels readily available for clients to use.
- If worried about the chemical components within general hand sanitizers, there are several effective natural products on the market.
- Sanitize your facility before and after meals. If your program is committed to a non-chemical environment (as recommended by the Meals Partnership Coalition), steam cleaners can kill viruses effectively and safely.
- Create signs that pictorially and linguistically describe the indicators of H1N1 illness and ask those who self identify as being ill to eat separately, or take a meal to go in order to protect others within the community.

### **How should my program prepare for a flu outbreak?**

- Create a business continuity plan that outlines how your program will continue to operate if staff gets sick or supplies are disrupted. To see a short video on continuity planning, go to [www.kingcounty.gov/healthservices/health/preparedness/pandemicflu](http://www.kingcounty.gov/healthservices/health/preparedness/pandemicflu)
- Stockpile sack lunch bags or meal clamshells in the event that social distancing (or minimizing person-to-person contact) is recommended by Public Health – Seattle & King County.

- Create a phone tree within the organization to ensure meal delivery, and to keep volunteers and staff informed.
- Appoint a lead to check in with Public Health – Seattle & King County through their alert system, or at their website <http://www.kingcounty.gov/health/h1n1>
- Create organizational policies that can be put into place in case of an outbreak. For example, determine whether you will wait for Health Department to recommend social distancing, or whether your program will implement social distancing as soon as an outbreak occurs. Decide whether you will quarantine the food preparation areas to keep staff safe.
- Determine what the legal risks are to serving meals during an outbreak, and what you will do to keep everyone safe.
- Ask a Public Health – Seattle & King County representative to present to your program safe mask procedures, and help create individual plans for your program.
- Check best practices recommended by the CDC at [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)

**How can meal providers support one another in preparing for the flu?**

- Share flu response plans or best practices with one another through the Meals Partnership Coalition network.
- Combine resources to purchase emergency supplies such as paper products, hand sanitizers, and masks.
- Ask Operation Sack Lunch to demonstrate steam cleaner procedures.
- Contact City and County leaders about the need for supplies, such as masks for the outdoor meal site, paper products, hand sanitizers.
- Seek donations, or grants for emergency supplies.

For more information and educational materials about the flu, go to [www.kingcounty.gov/health/h1n1](http://www.kingcounty.gov/health/h1n1) or call the Flu Hotline, 1-877-903-KING (5464)