



# St. Francis of Assisi Catholic Church Mobile Loaves & Fishes News

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## MLF Ministry Operations Remain On Hold

With the continuing [COVID-19](#) surge in the San Antonio area, the **MLF Core Team** has decided to continue with its current limited operations. The full re-opening of our ministry will be postponed until health conditions improve and local city / county officials declare that the pandemic is lessening.

## Sharing the Harvest

Back in September, I met some people who are connected to the [San Antonio Clubhouse](#). The **San Antonio Clubhouse** “is a community center where adults with mental health conditions can volunteer, learn, and grow.” I later was introduced to a group called [Impact San Antonio](#). **Impact San Antonio** encourages and empowers women to join together to achieve meaningful change in the Greater San Antonio area through substantial grants to local nonprofits that serve our communities. These two agencies joined forces as noted in this **Impact San Antonio** article:

### [Agency Update: SA Clubhouse’s Urban Garden Grows More Than Greens](#)

You might not know by looking, but there’s a farm in the parking lot of San Antonio Clubhouse. And it’s not only growing crops. It’s also helping the members of Clubhouse, a nonprofit that works with those facing mental health challenges, gain skills and self-confidence.

On March 6, members of Impact SA joined staff and members of Clubhouse to celebrate their new Hydroponic Urban Garden. The farm grows a variety of salad greens and herbs in 88 vertical strips. They grow in foam, not soil. Water is pumped into the foam, and red and blue LED lights simulate sunlight and promote fast growth. The farm can grow up to 550 small heads of lettuce per week. Impact SA President Jennifer Bennett noted that one reason the project was chosen as one of 10 grant finalists for 2018 was the “multilayered benefits that it delivers to the community.”

“It gives Clubhouse members meaningful and therapeutic work to assist in their recovery and provides healthy food choices for members and their families at no cost to them,” she said. “The project extends beyond Clubhouse, too — extra produce will be donated to several nonprofits to encourage healthier eating for their clients.”

Starting in July, the Clubhouse has been sharing their lettuce products with St Stephen’s Care Center. Along with our lunches weekly, **MLF** has delivered some of the produce to the Care Center to share with the clients. A beautiful partnership!

Julie Mellin □

## YMSL Partners Always Come Through

Our **MLF** ministry has many great partners. One very consistent and dedicated group is the Young Men’s Service League (YMSL). You have read about them in numerous issues of our newsletter as they have helped us over the past 3-4 years. They often work on a Saturday sorting clothing and cleaning up our truck.

On 2 Fridays in July (yes, hot, hot July), 2-3 moms and 5-6 boys worked really hard to deep clean the **MLF** kitchen. The boys removed EVERYTHING from the back storage area and the ice maker room. They shop vacuumed everywhere and got rid of a ton of dust bunnies, bugs, debris. A volunteer that stopped by the kitchen thought we were having a garage sale!

The moms helped to clean all the cabinets and drawers in the kitchen area as well as cleaning fridges and freezers. The kitchen is in tip top shape and ready for us to return whenever that might be. Thank you **YMSL** for your excellent assistance and God bless you for working so hard!

Julie Mellin □

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## Food Safety Reminders

These **Food Safety Tips** are adapted USDA guidelines and from the City of San Antonio web site: [http://www.sanantonio.gov/Health/FoodLicensing/Food Safety](http://www.sanantonio.gov/Health/FoodLicensing/FoodSafety)

### HAND WASHING

- \* Wet your hands with warm or cold running water and apply soap. According to the FDA, you should use plain soap and water—skip the antibacterial soap. Rub your hands together to make lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers, and under your nails. Continue rubbing hands for at least 20 seconds. Need a timer? Hum “Happy Birthday” from beginning to end twice.
- \* Rinse your hands well under running water. Dry your hands using a paper towel.
- \* Wash hands:
  - Before putting on gloves.
  - Before, during, and after preparing food.
  - After touching anything unclean.
  - After handling uncooked eggs, or raw meat.
  - After blowing your nose, coughing, or sneezing.
  - After touching garbage.
  - After using the toilet.

### PREP AND STORAGE

- \* Thaw frozen lunch meat in a refrigerator or under cool running potable water or in a microwave if in smaller quantities. Never thaw at room temperature. The plastic wrap on the turkey lunch meat is not microwave safe. The turkey must be removed from the wrapping and put in the microwave-safe dish and cover provided. **Thaw only enough for immediate use.** Any unused turkey thawed in this way should not be returned to the refrigerator.
- \* Wash fruits in a clean container that is used only for food preparation. Do not prepare food in the sink used to wash or sanitize dishes or wash hands. Always use potable water for all food preparation processes.
- \* Keep potentially hazardous food, which must remain cold, at 41degrees F or below. This includes eggs, turkey meat, cheese, and refrigerated deserts.

Glenn Darilek □

## Finding the Latest MLF Information

Both **MLF News** and the **MLF Facebook** page are key sources for keeping current on our **MLF** ministry. Newsletter articles, announcements, photographs, etc. can be sent directly to John Deosdade via email @ [deosdade@gmail.com](mailto:deosdade@gmail.com).

Joining the **MLF Facebook** group is quick and easy. It simply requires you to sign-up for a free **Facebook** account. Once you join the page, you can begin

posting items and photos on it. Click this  link to begin accessing the **MLF** group. □

## HELP WANTED

Openings – August 1, 2020

Our **MLF** ministry needs help for these crucial roles:

- 1) **Core Team** members for the **Core Team Director, Site Coordinator, Special Intentions Leader, & Day Volunteer Coordinator** (see [Job Descriptions](#)); and
- 2) **Meal prep and delivery volunteers** are needed for various meal shifts. For the complete listing, click this [Immediate Team Openings](#) link.

If you can assist with any of these jobs, please contact **Julie Mellin** @ [volunteermf@gmail.com](mailto:volunteermf@gmail.com) .

## Contact Us

**St. Francis of Assisi Catholic Church**  
**Mobile Loaves & Fishes**  
4201 De Zavala Road  
San Antonio, TX 78249



Email: [mlfnow@sfasat.org](mailto:mlfnow@sfasat.org)



**MLF** website: [www.sfasat.org/MLF/index.htm](http://www.sfasat.org/MLF/index.htm)

**MLF News** files: [www.sfasat.org/MLF/mlfnews.htm](http://www.sfasat.org/MLF/mlfnews.htm)

## A Quick Reminder...

- **Team Captains** should notify [mlfnow@sfasat.org](mailto:mlfnow@sfasat.org) **before** canceling a meal run.
- **Team Captains** should sanitize all “touch surfaces” (e.g. door knobs, light switches, etc.) **before and after each meal prep shift.**
- **Team Captains** should record the walk-in freezer and refrigerator temperature readings in the temperature log book.
- Call the Commissary person (listed on the bulletin board) on duty when you encounter food supply shortages.
- Wear face masks, gloves and a baseball cap / hairnet when prepping meals .
- Sweep the floor and empty trash / recycling (into commercial bins) after each meal prep.
- Fill-out the [MLF Truck Run Log](#) after deliveries **and** use the bottom section to report any unusual events / problems that occur.
- Report truck maintenance issues / concerns to **David Aguilar** @ [tgeagle2@att.net](mailto:tgeagle2@att.net). □



Our **MLF** ministry mourns the passing of Nerio “Jun” Belvis. A long-time parishioner of St. Francis of Assisi, Nerio worked with the Knights of Columbus while his wife, Linda, was active with the Ladies Auxiliary. They both served as volunteers in our Mobile Loaves & Fishes ministry. On June 29, 2020, Nerio entered his eternal rest. He is survived by his wife of 54 years, Linda, and several adult children. Please join us in prayers of comfort and support for his wife and the entire Belvis family.