

# nonna's cucina

*Made with love, shared with joy*

**ISSUE#16**  
**DECEMBER 2022**

# NEWSLETTER



## Nonna's Cucina at the Adelaide Italian Festival

See our past events and what we got up to at the AIF 2022 - Pages 9-12

(08) 8240 3491

nonnascucina.com.au

reception@nonnascucina.com.au



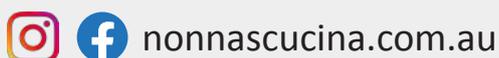
### Christmas Word Search Solutions



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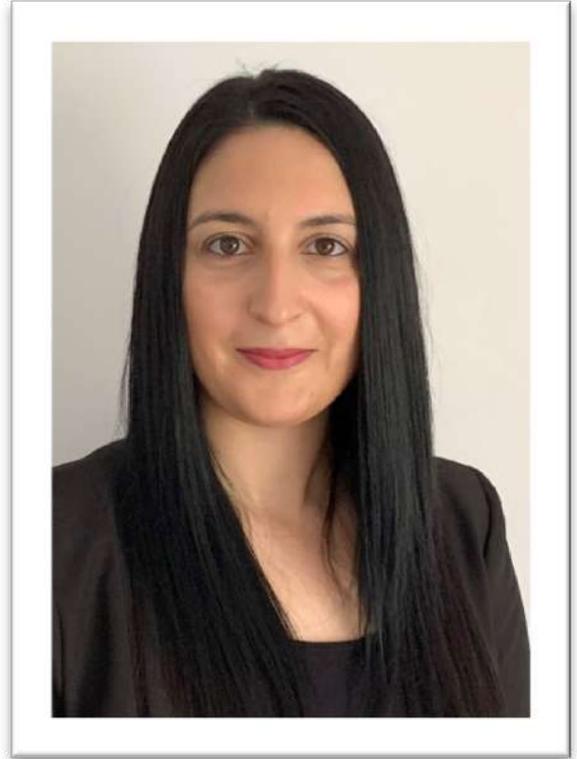
## A message from President - Rebecca Staltari

Congratulations to the amazing Nonna's Cucina team on what has been another successful year for the organisation. The staff have worked together all year to continue delivering great food for the community.

Well done to the Nonna's Cucina management committee who have done a fantastic job again in 2022. Formally welcome Paul Capobianco to the management committee team who was voted in at our most recent Annual General Meeting. I am looking forward to working with Paul in the new year.

Thank you to all the volunteers who have helped throughout the year. The time and effort you give to assisting our staff and to clients who receive our meals is appreciated massively. Nonna's Cucina would not be possible without you!

I would also like to thank our major sponsors and event sponsors for their support during 2022.



I hope everyone has a Merry Christmas and Happy New Year! I am looking forward to another exciting year with Nonna's Cucina in 2023.

*Rebecca*  
President

## New Menu January 3rd 2023

We have been listening to feedback from our clients and are set to release new menus in the New Year! Keep an eye out for some changes to our Nonna's and Grandma's Menu that we think you will love.

We are also making a few changes to our Catering Menu for birthdays, functions, and events. If you would like to see a copy of our menus visit our website or call the office.





Australian Government  
Department of Health



Australian Government  
Aged Care Quality and Safety Commission

## Charter of Aged Care Rights

**All people receiving Australian Government funded residential care, home care or other aged care services in the community have rights.**

### I have the right to:

1. safe and high-quality care and services;
2. be treated with dignity and respect;
3. have my identity, culture and diversity valued and supported;
4. live without abuse and neglect;
5. be informed about my care and services in a way I understand;
6. access all information about myself, including information about my rights, care and services;
7. have control over and make choices about my care, and personal and social life, including where choices involve personal risk;
8. have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
9. my independence;
10. be listened to and understood;
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf;
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly;
13. personal privacy and to have my personal information protected;
14. exercise my rights without it adversely affecting the way I am treated.

### If you have concerns about the aged care you are receiving, you can:

- talk to your aged care provider, in the first instance,
- speak with an aged care advocate on **1800 700 600** or visit **opan.com.au**, for support to raise your concerns, or
- contact the **Aged Care Quality and Safety Commission** on **1800 951 822** or visit its website, **agedcarequality.gov.au**. The Commission can help you resolve a complaint about your aged care provider.

## A message from CEO Marco Staltari

Welcome to our final Newsletter for 2022. I can't believe how quickly this year has gone, and that Christmas and a New Year is now upon us.

Our organisation has continued to grow, and we are sending more daily meals than ever, which has increased the demand on both the office and kitchen staff at Nonna's. I am very proud of our family and their amazing work this year, especially in the past few months which have been especially busy with festas and plenty of catering.

For the second year running we helped at La Madonna di Montevergine Festa selling arancini, chicken and porchetta. Despite the bad weather it was still a busy day and one all the staff and volunteers enjoyed being a part of.

Nonna's then took part in the Adelaide Italian Festival which took place from the 11th to the 20th of November. During this week we brought our food van along to three separate events, each of which was very successful in raising funds for our core business. Throughout the week we sold zeppole, pork sausage panini, arancini, pasta, meatballs, tiramisu, and plenty more delicious food. It was fantastic to see so many people attend the opening night street party in the city, especially young Italian's enjoying traditional food and culture. Sunday at the St Francis Xavier's Cathedral Church was a bit more relaxed as we served those who attended the Journey Mass that afternoon. We wrapped up our Italian Festival week at Patritti Winery who put on a great night at their winery.

Well done to all the staff and thank you to all the volunteers who helped during these events and all other fundraising events during the year. A special thank you to Nonna Nancy who was amazing, making hundreds of zeppole over the weekend.

Nonna's Cucina have squeezed one more event in for 2022, Carols by Candlelight at



Elder Park on Sunday the 11th of December. If you can make it, come say hello the Nonna's team.

I would like to take this opportunity to thank our major sponsors Renoturf, 1800-GOT-JUNK, and tilley & luccon for their support this year. Also, thank you to our event sponsors Tony & Marks, Studio Victoria and Patritti Wines. I am looking forward to working with you all again in the new year.

Most importantly I would like to thank our amazing volunteers who have helped prepare and deliver meals this year. It has been a pleasure working with you all again as well as meeting plenty of new people throughout the year.

Lastly, a quick reminder we will be closed over Christmas and New Year's. If you are a client and need meals over this period, please contact the office as soon as possible. I hope all our staff and volunteers enjoy some time off and some well-earned rest. Wishing everyone a Merry Christmas and Happy New Year!

*Marco*

Chief Executive Officer

## Message from Rosa Matto Nonna's Cucina Patron

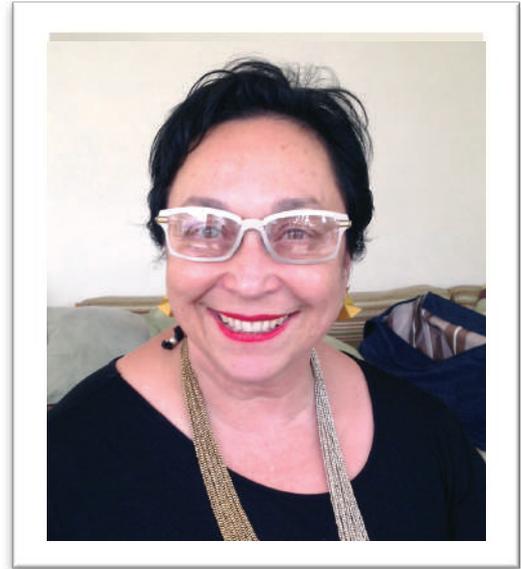
For most of us, the lead up to Christmas festivities is filled with busy times - shopping, cooking, parties and joyful catchups. At this time, more than ever, spare a thought for many of our precious clients who are isolated and lonely in this festive season. The work of our volunteers is appreciated more than ever - they present a friendly, caring greeting as well as delicious and nutritious food.

Our work is always important but in these next few weeks, we are acutely aware of the social impact that Nonna's Cucina makes in the lives of the elderly and the vulnerable.

In preparation for your own personal New Year's resolution, I wonder if you and a friend would consider joining our team of volunteers? The work you do as a volunteer is appreciated by us as an organisation but also by our clients and the community.

Nonna's Cucina has become my family. We share the same values of service for the vulnerable, kindness without judgement and love expressed through food and conviviality.

I personally thank you for a very successful year of cooking for others, fundraising for essential equipment and sharing love and



laughter. Our staff have never worked so hard as this year.. but they are always smiling, always happy to help. Let 2023 be the year that we help THEM to do their work. I look forward to welcoming you to our team.

Our Christmas table is extended to you: our hard working volunteers and our dear clients. I offer you and your families my heartfelt best wishes for a safe, peaceful and happy Christmas. I pray that 2023 brings you everything you need and I sincerely hope you will share it with us.

*Rosa*  
Patron

## Congratulations Rosa!

Rosa was recently awarded the 2022 Culture and Art Award for the South Australian Italian Association Incorporation! This is a fantastic achievement and just recognition for the amazing contribution Rosa makes towards the South Australian Italian and wider community. Nonna's Cucina is very proud to have Rosa as our Patron and grateful for all her support.



## Nonna's Cucina Special Guests

Thank you to Mark Butler MP and Nicole Mazeika the new councillor for West Woodville Ward for coming to visit Nonna's Cucina recently.

We are pleased to have both Mark and Nicole supporting Nonna's and our local community.



## La Festa dei Nonni Grandparents Day!

Sunday the 2nd of October was La Festa dei Nonni or Grandparents Day!

This day recognises the significant role grandparents play in our lives and encourages us to give thanks by creating initiatives to support our Nonni. The day has its own flower symbol, the nontiscordardimé, or forget-me-not and its own song, Ninna Nonna.

At Nonna's Cucina we are grateful for the continued work of our Nonni that helps with the cooking and preparation of our meals and biscotti. We also recognise and pay our respects to the Nonni we service every day!



## Past Events and Festas

Thank you to all those who came along and supported us at our recent events and Festas. We were able to raise funds for our organisation and had a great time doing so serving plenty of delicious food. Well done to all the Nonna's Staff and thank you to the volunteers who helped. A special thank you to Nancy for helping us with the Adelaide Italian Festival, the Zeppole Queen! We kept ourselves busy at three different events as part of the Adelaide Italian Festival, starting off with the Opening Night Street Party. Two days later we served some panini, zeppole and coffee at The Cathedral Church for the Migration Mass. And lastly, we partnered with Patritti Wines for an awesome night at their winery selling our street food. Well done to everyone involved with the Adelaide Italian Festival, it was a terrific week that showcased the beautiful Italian culture and traditions right here in Adelaide.

## Festa della Madonna di Montevergine



## Adelaide Italian Festival





## New Board Member - Paul Capobianco

We are very excited to welcome Paul Capobianco to the Nonna's Cucina Board.

Paul brings a wealth of knowledge to the Nonna's Family and has helped support Nonna's Cucina through Tony & Marks over the past few years.

Congratulations Paul!



## 2022 Commbank Staff Foundation Community Grant!

We welcomed the Commonwealth Bank who generously awarded Nonna's Cucina with their 2022 Commbank Staff Foundation Community Grant!

We will receive \$10,000 to support the vital work we do, allowing us to provide the best quality service for our aged and vulnerable communities.

Thank you to the staff at Commbank who participate in the Workplace Giving, this grant would not be possible without you.



## Grazie e Arrivederci!

Nonna's Cucina is farewelling one of its wonderful team members, Kirsty, who has been with us for the past two years. Many of you will know her welcoming and friendly face on reception when you come into Nonna's. Kirsty has grown into a confident young lady as part of Nonna's family. She is easy to talk to and has a wonderful sense of humour and compassion for others. Volunteers and clients alike are greeted with her friendly voice when they phone Nonna's, with Kirsty always willing to help.

We will miss Kirsty and wish her well with her Italian adventure. Thank you for your contributions to Nonna's Cucina and best of luck for your exciting new future!



## School Holiday Program

Keeping Italian Culture and Traditions alive is one of Nonna's Cucina's biggest passions. We love interacting with the next generation and teaching young people about classic recipes and the history of Italian cuisine. Our Executive Chef, Stefan, with the help of Rosa Matto, Nonna Nancy and Nonna Maria put together a beautiful little cooking class for kids between the ages of 2 and 17. The little chefs had plenty of fun helping pick lemons from our garden and making their own biscotti.

Thank you to Tony & Marks for sponsoring the event.



## Our Executive Chef's Recipe of the Month

### Saffron & Mozzarella Arancini

#### INGREDIENTS

115g (1¼ cups) dried breadcrumbs  
 75g (1/2 cup) plain flour  
 2 eggs  
 100g fresh mozzarella, cut into 2cm cubes  
 Vegetable oil, to deep fry  
 Napolitan sauce, heated, to serve

#### RISOTTO

1L (4 cups) Massel salt-reduced chicken stock  
 Large pinch saffron threads  
 1 tbs extra virgin olive oil  
 40g butter  
 1 brown onion, finely chopped  
 2 garlic cloves, crushed  
 330g (1 1/2 cups) arborio rice  
 125ml (½ cup) dry white wine  
 40g (½ cup) shredded parmesan

#### METHOD

##### Step 1

To make the risotto, bring the stock and saffron just to the boil in a saucepan over high heat. Reduce heat and hold at a gentle simmer.

##### Step 2

Heat the olive oil and half the butter in a saucepan over medium heat. Add onion and garlic and cook, stirring, for 5 minutes or until soft. Add rice and stir for 2-3 minutes or until the grains appear slightly glassy. (Toasting the grains ensures the rice cooks evenly.)

##### Step 3

Add wine and stir until liquid is absorbed. Add 1 ladleful of stock and stir until liquid is absorbed. Continue adding stock, 1 ladleful at a time, and stirring, for 20 minutes, until rice is tender yet firm. Remove from the heat. Stir in parmesan and remaining butter. Season.

##### Step 4

To cool risotto, spread risotto onto a lined tray.



Cover with plastic wrap and place in the fridge overnight to chill completely.

##### Step 5

To make the arancini, place breadcrumbs on a tray, place flour on a separate plate. Crack eggs into a bowl and use a fork to lightly whisk.

##### Step 6

Press your finger into the centre of each rice ball, insert 2 teaspoons of the mozzarella mixture, then pinch the rice around the filling to enclose. Roll the balls in flour and lightly into the egg mixture, and finally into the breadcrumbs and place on a parchment-lined baking sheet. Loosely cover and refrigerate, at least 1 hour or overnight. (If refrigerating overnight, roll in more breadcrumbs before frying.)

##### Step 7

Heat 1/2 inch vegetable oil in a large saucepan over medium heat. Working in batches, fry the rice balls, turning, until golden brown on all sides, about 4 minutes. Remove with a slotted spoon and drain on paper towels; season with salt.

## Annual General Meeting

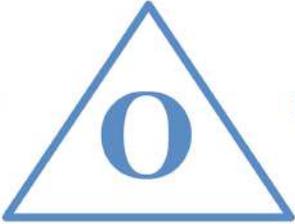
In October we held our Annual General Meeting for 2021-22. It was a great night for all the people who are involved in Nonna's Cucina behind the scenes to come together, review the past financial year and make decisions that contribute to our vision for the future.

Our members voted Rebecca Staltari in for another term as President. In addition, Paul Capobianco was voted onto the Nonna's Cucina board. Congratulations Rebecca and Paul!

If you are interested in becoming a Nonna's Cucina member, contact the office for more information.



*Proud Silver Sponsor of Nonna's Cucina*

REN  TURF

PROFESSIONAL TURF RENOVATORS  
SPORTS TURF AND PARKS MAINTENANCE

## Volunteer's Corner

### Meet Fran!

Volunteering for Nonna's Cucina is like being part of a beautiful and welcoming Italian family.

I already volunteer for a community organization in the Adelaide Hills and was looking for something more, some way to reconnect with my Italian heritage. A friend of mine, Rosa Matto, suggested volunteering for Nonna's Cucina which I started six months ago and have loved it ever since!

There are a number of ways to volunteer for Nonna's Cucina including as a driver, kitchen hand as well as working with the office staff which is where I am located.

My work changes from week to week. Sometimes I am asked to help out with reception duties, at other times to work through volunteer induction documentation and just for something different, one day I was asked to help with placing labels on a new batch of Nonna's vino cotto bottles.

What do I love about volunteering for Nonna's? So many things. The feeling of family and getting to know people, the loud Italian conversations, the laughter and the



stories around the table at coffee break. This morning, the conversation was about the Nonni who came to start a new life in Australia.

For me, volunteering is all about connection and feeling as if I am making a difference. Nonna's Cucina makes a difference through the food that they deliver to the community. Food that is made with love and shared with joy! I am glad to be a small part of this fabulous organization!

*Proud Bronze Sponsor of Nonna's Cucina*

**1800-GOT-JUNK?**<sup>®</sup>  
THE WORLD'S LARGEST JUNK REMOVAL SERVICE

## Upcoming Events

Nonna's Cucina is super excited to be a part of this year's Carols by Candlelight which is returning for the first time since 2019! This will be our last event for the year so make sure you come and say hello to the Nonna's team on the day and enjoy our food.



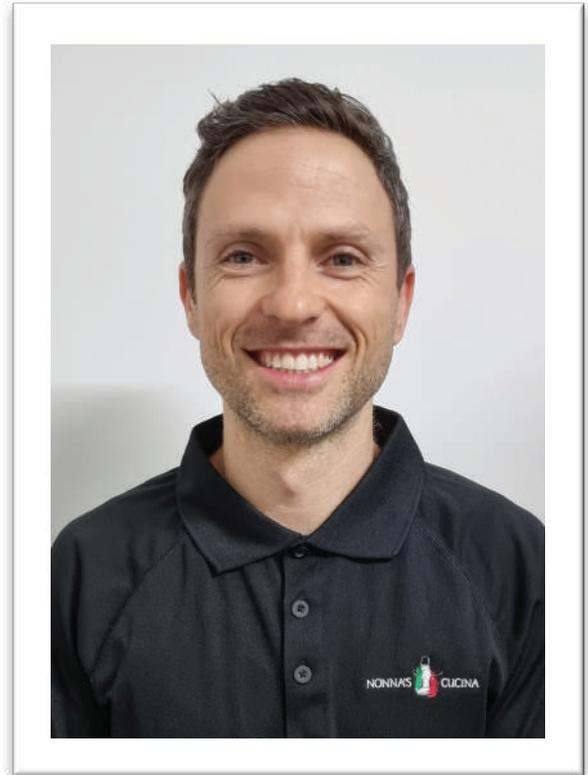
## Compliance

“It’s the Most Wonderful Time of the Year”

2022 has almost come to an end and the team of staff and volunteers at Nonna’s Cucina have put in a tremendous effort in serving the community throughout metropolitan Adelaide.

We have had a great year as we experienced a freedom we haven’t experienced since before the pandemic. Everyone at Nonna’s Cucina has followed HACCP regulation and compliance policies we have in place and given our clients a quality meal and service.

This year we had our annual audits beginning in July with SA Health, and in September our HACCP accreditation audit through Global Compliance. The reports on both were great and given us a creditable score, which deemed us compliant in all areas of our service & cooking facility. The audits are a whole day event, which vigorously checks the cooking processes, cooling processes, the receipt and processing of goods, all documentation records, and the overall cleanliness of the kitchens. Well done to Stefan and the staff for their professionalism!



We pride our selves in continuously improving our compliance processes and standards at Nonna’s Cucina and I look forward to doing so in 2023.

Thank you to everyone, and I wish you all a Merry Christmas and happy holidays!

*Saverio*

Compliance Officer



*Proud Bronze Sponsor of Nonna’s Cucina*



**tilley luccon**

# nonna's cucina

*Made with love, shared with joy.*

At Nonna's Cucina, we will help make your events stand out with our catering; great for birthdays, social & sporting functions, corporate or office catering and family gatherings.

Phone  
**8240 3491**

Italian Home Delivered Meals & Services  
**[www.nonnascucina.com.au](http://www.nonnascucina.com.au)**

Follow us on   @nonnascucina.com.au

## Father's Day Giveaway

Congratulations to Jack who won this amazing bundle back in September as part of our Father's Day giveaway!

If you want a chance to win one of our giveaway bundles, be sure to like and follow us on Facebook and Instagram.

Follow us on Facebook & Instagram

  [nonnascucina.com.au](https://www.facebook.com/nonnascucina.com.au)



## Would you like to meet new people and help your local community?

If you can spare some time and would like to make new friends and work in a happy environment, Nonna's Cucina would love to hear from you. A couple of hours a week or fortnight is required to assist us, as either a kitchen hand, driver or driver's assistant. We have 3 locations!

**Please phone Nonna's Cucina on 8240 3491 to find out more!**

**VOLUNTEERS ARE NEEDED**





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# Christmas Word Search



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CAROLS  
CHRISTMAS  
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ELVES  
GINGERBREAD  
JINGLE

HOLLY  
LIGHTS  
MERRY  
NORTH POLE  
ORNAMENTS  
PRESENTS  
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WREATH



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## Monetary Donations

As Nonna's Cucina is a not-for-profit organization, we have many different ways in which you can support us. You can make a direct cash contribution to the organization and can stay anonymous if you wish, or become a sponsor and have your brand advertised by us.

You can even become a Nonna's Cucina member for a small yearly fee.

We also have sponsorship packages for businesses/families to promote themselves within the communities. Call if you would like to receive a pack.

All donations to Nonna's Cucina are tax deductible.

Donate today and help your community.

## Bequest to Nonna's Cucina in your Will

Why not leave the gift of love by bequeathing funds or property to Nonna's Cucina?

By supporting us with this generous gift of love, you will provide ongoing services to our most vulnerable in our community.

If you are considering supporting a dedicated and reliable service in your will, consider Nonna's Cucina. We would be very grateful for your consideration.

***A donation to Nonna's Cucina would provide funding for equipment and supporting consumers who struggle to pay for their meals.***



Government of South Australia  
Department of Human Services



Australian Government  
Department of Health



Australian Government



myagedcare

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