

# NEWSLETTER

JUNE 2025

EDITION #26



## NONNA'S 26<sup>TH</sup> BIRTHDAY



### NATIONAL VOLUNTEER WEEK

Head over to page 14 & 15 for more information about this year's celebration for National Volunteer Week!



### STEF'S SPECIAL RECIPE

This newsletter's special recipe is Italian Risotto with Broccoli Rabe and Sausage! Turn to page 29 to learn how to make them. Don't miss it!



# CONTENTS

- ABOUT NONNA'S CUCINA ..... 3
- BRISCOLA WORLD CUP ..... 4
- MESSAGE FROM OUR PRESIDENT ..... 5
- SPECIAL OFFER ..... 6
- MESSAGE FROM OUR CEO ..... 7
- STATE LEADERS VISIT NONNAS ..... 8
- UPDATE FROM OUR GENERAL MANAGER..... 9
- NONNAS 26<sup>TH</sup> BIRTHDAY ..... 10
- UPDATE FROM NONNAS CAFE ..... 12
- MESSAGE FROM OUR PATRON..... 13
- VOLUNTEER APPRECIATION BREAKFAST..... 14
- SA & NT VOLUNTEER AWARDS ..... 16
- CO.AS.IT AWARDS ..... 17
- VOLUNTEERS CORNER ..... 18
- SPECIAL VISIT & CELEBRATING REGINA CERRO ..... 19
- CATERING SERVICES..... 20
- RECENT COOKING CLASSES ..... 21
- HAPPY BIRTHDAY VINCENZO!..... 22
- MERCHANDISE ..... 26
- WORD SEARCH ..... 28
- STEPS RECIPE- RISOTTO ..... 26
- ELDER 1800 HOTLINE ..... 30

**FOLLOW US**



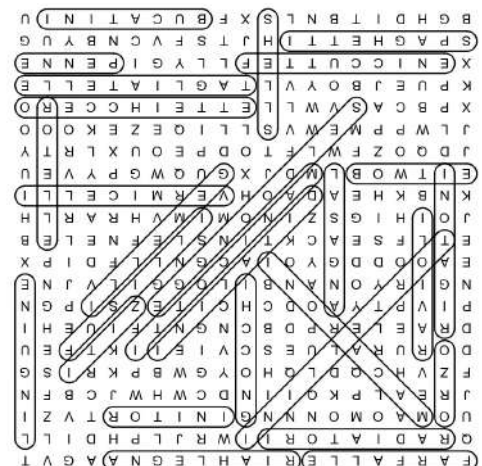
@nonnascucina.com.au



**STATE LEADERS VISIT NONNAS**



**CO.AS.IT AWARDS**



**TYPES OF PASTA WORD SEARCH SOLUTION**



## **About Nonna's Cucina**

Nonna's Cucina is a government funded charity organisation, providing home-style cooked meals to the aged and people with disabilities. Our meals are made to HACCP standards and we are committed to providing our clients with nutritionally balanced and tasty meals.

Nonna's Cucina is predominantly volunteer based, engaging over 100 volunteers in a number of roles. Our volunteers are dedicated to service, excellence and add a personal touch when delivering our meals.

We also provide catering services and meals to the general public! If you have an upcoming event, or have a busy working life, you can purchase our meals anytime. All money raised from events and catering supports our home meal delivery service for those in need.

Call our office on 8240 3491 and speak to one of our friendly staff today for more information.

Nonna's Cucina pursues the vision:

*To be a provider of meals and a point of contact to enhance lifestyle choices of people in the community who are frail, aged, or have a disability.*

**Nonne are the heart  
of the Italian family  
and they bring  
their love to  
Nonna's Cucina.**



MAY NEWSLETTER

**SPECIAL  
OFFER**

**\$8.99**

*Almond*

*Bread*



**\$8.99 PER 200GM**

**PLACE YOUR ORDER TODAY!**

This special price is valid for the duration of this newsletter, or until sold out! Pickup only.

**PHONE: 8240 3491**

**EMAIL: [INFO@NONNASCUCINA.COM.AU](mailto:INFO@NONNASCUCINA.COM.AU)**

# A Heartfelt Farewell and a Warm *Welcome*

As we reflect on the journey of Nonna's Cucina, we are filled with gratitude for the leadership that has shaped our community. Over the past five years, Rebecca Staltari has served as President, dedicating her time and energy to our mission. Her unwavering commitment has been instrumental in our growth and success.

Under Rebecca's guidance, Nonna's Cucina has experienced remarkable transformation. One of the most significant milestones was our move to Holden Hill, a transition that has allowed us to expand our services and reach more individuals in need. This move was not just a physical relocation but a testament to Rebecca's vision and leadership. She has been the driving force behind this change, ensuring that our new facility meets the needs of our community and the Nonna's Cucina family.

Rebecca's leadership has been characterized by a deep passion for our mission and a genuine care for the individuals we serve. Her ability to inspire and motivate those around her has created a culture of compassion and dedication within our organization. Her legacy will continue to influence Nonna's Cucina for years to come.

As we say goodbye to Rebecca, we are pleased to welcome **Michael Costantini** as the new **President of Nonna's Cucina**. Michael brings a wealth of experience, particularly in finance, and a deep passion for our mission. Michael's expertise and dedication promise to guide Nonna's Cucina into a future filled with continued success and community impact. Together, we look forward to building upon the strong foundation laid by Rebecca, ensuring that Nonna's Cucina continues to serve and enrich our community with love and joy.

We extend our heartfelt thanks to Rebecca for her years of service and leadership. Her contributions have left an indelible mark on Nonna's Cucina and the community we serve. We also welcome Michael with open arms, eager to embark on this new chapter together. Here's to a future of continued growth, compassion, and service to our community.



**FUNDRAISER  
EVENT**



**NONNA'S**  
**BRISCOLA**  
*World Cup*

**SUNDAY 3rd AUGUST 2025**



**NONNA'S CUCINA**

**\*Prizes to be won\***

30 LYONS ROAD HOLDEN HILL SA

**GAME STARTS** | **11:30**<sup>AM</sup>

**\$100**<sup>\*</sup> | PLAYER TICKETS INCLUDING  
BRISCOLA REGISTRATION FEE

**DOORS** **10:30**<sup>AM</sup>  
OPEN AT

Food all inclusive, prepared and provided by Nonna's Cucina.  
Soft drinks, beer, wine and spirits will be available to purchase at the bar.

**GENERAL ADMISSION TICKETS \$80**

**BOOK YOUR TICKETS NOW! PHONE 8240 3491**  
**BE QUICK! TICKETS AVAILABLE ONLINE VIA**  
**NBWC25.EVENTBRITE.COM.AU**

**MAJOR SPONSORS**

**STALTARI**  
& ASSOCIATES

**TONY & MARK'S**  
A FAMILY TRADITION

MUSIC &  
ENTERTAINMENT  
OFFERED BY



**PLAYERS WILL NEED TO PRE-PAY AND REGISTER PRIOR TO THE EVENT**

# A message from the CEO Marco Staltari

As we look ahead to the second half of the year, I want to take a moment to thank someone who has played a pivotal role in shaping where we are today - Rebecca, our outgoing President. Over the past six years, a lot has happened under her leadership. Through her guidance and the dedication of our incredible team, we've achieved some significant milestones, and I am truly grateful for her time, energy, and vision.

At the same time, I am pleased to officially welcome Michael as our new President. Michael brings a wealth of experience and a fresh perspective, and I look forward to working alongside him as we continue to grow and serve our community



Looking ahead, one of the major highlights on our calendar is the Briscola World Cup 2025 in August. This is not just a big fundraiser for us, it is a celebration of culture, community and connection. We hope to see many of our clients, volunteers, friends and families there for what promises to be a fantastic event.

We have also had the pleasure of hosting some local schools and the team from Ray White Campbelltown recently for hands-on cooking classes. With our Executive Chef Stefan leading the way, those groups learnt the art of making traditional Italian biscotti and gnocchi. We are also excited to welcome four new members to the Nonna's Cucina family - Cassandra, George, Stacey and Marisa. They've settled in seamlessly and bring wonderful energy and a wealth of experience to our team.

In May, we celebrated National Volunteer Week with breakfast events at our Lockleys and Firlie drop-off locations. It was a great opportunity to catch up and personally thank some of the volunteers who are the heartbeat of our service. Your commitment continues to inspire us all. Over in our cafe, things are going strong. We've introduced some new breakfast specials and a delicious lasagna deal, paired beautifully with a selection of imported Italian wines. And if you haven't tried our fresh pasta yet, you are missing out - it's hands down the best in town. Come in and see for yourself!

Thank you, as always, for your ongoing support of Nonna's Cucina.

*Marco Staltari*

**Marco Staltari**  
Chief Executive Officer

# A Special Visit to Nonna's Cucina: Welcoming National and State Leaders to Our Kitchen

On Monday, 14th April, we had the extraordinary privilege of welcoming some very special guests to Nonna's Cucina. Prime Minister Anthony Albanese, Foreign Affairs Minister Penny Wong, South Australian Premier Peter Malinauskas, and Claire Clutterman joined us in our kitchen to experience firsthand the heart and soul behind what we do.

It was a true honour to share our story, our food, and our mission with such esteemed leaders. We spoke about the power of food in building community, the importance of caring for our elders, and how every meal we serve carries a little piece of love and tradition.

During the visit, we were thrilled to hear that a re-elected Labor Government has committed \$95,000 to support the final stages of our new home at Holden Hill. This investment will help us put the finishing touches on our facility, ensuring we can continue to grow, serve, and reach more people in need across our community.

This support goes far beyond infrastructure. It's a heartfelt acknowledgment of the work we do every single day. It empowers us to continue cooking with purpose and delivering meals infused with care, compassion, and a true sense of community.

We are deeply grateful to our dedicated team, selfless volunteers, and loyal clients of Nonna's Cucina. With this new support, we're ready to grow our impact and keep doing what we do best, serving meals made with love, and shared with joy.



# A message from the General Manager Dario Fabretto

It's certainly been a busy few months at Nonna's Cucina, and I'm proud of the incredible work our team and volunteers continue to do each day.

We've been putting the final touches on our new building, and one of the key upgrades we've recently completed is the new flooring in our dispatch and receival area. This space is used daily by our amazing volunteers, and the upgrade not only improves health and safety but also creates a more welcoming and pleasant environment for the team to catch up before heading out on their delivery runs.



As demand for our service continues to grow, we've made further investments to keep pace. We've added another vehicle to our fleet and introduced two new delivery runs to help improve the efficiency and timeliness of our meal deliveries. These changes are already helping us better serve our clients and reduce delivery times.

We were also fortunate to have Natalie Williams join us recently to deliver an IDDSI refresher session for our kitchen and office staff. This training helps ensure we stay up to date with best practices around texture-modified meals and continue delivering high quality, safe meals to clients with specific dietary needs.

It's been wonderful to see so many volunteers stopping by the cafe before or after their shifts - and even more special to welcome some of our clients who've visited for an outing. The cafe is becoming a real hub for connection, and it's great to see that sense of community in action.

A quick reminder that we will be closed on Monday, 9<sup>th</sup> of June for the King's Birthday Public Holiday. If you haven't already, please contact the office as soon as possible to arrange a frozen meal substitute.

Thank you all for your continued commitment and support - it makes a real difference every single day.

*Dario Fabretto*

**Dario Fabretto**  
General Manager



**Blackwell  
Funerals**

***Proud Silver Sponsor of Nonna's Cucina***

# Nonna's 26<sup>th</sup> Birthday



On Saturday, 29th March, we marked a very special milestone, Nonna's Cucina turned 26! To celebrate more than two and a half decades of serving our community with love, we hosted a joyful birthday function and volunteer appreciation lunch to honour the incredible people who make it all possible.

The event was filled with laughter, shared stories, and heartfelt gratitude. Our chefs Stefan and Rhiannon treated everyone to a beautiful spread of delicious food, made with the same passion and care that defines every meal served from our kitchen. It was a true celebration of everything we stand for, good food, warm company, and community spirit. We also had a raffle, adding a fun and festive touch to the celebration, with a few lucky winners going home with big smiles!



This day was all about our volunteers. To each one of you, thank you. You are the heart of Nonna's Cucina. Your unwavering commitment, compassion, and generosity are the reason we've been able to serve our community for over two decades. We are endlessly grateful for all that you do.



As we reflect on the past 26 years, we're filled with pride and gratitude and excited for what lies ahead. With your continued support, we look forward to many more years of cooking with purpose and connecting with our community through food made with love.



# Come Say Ciao at Nonna's *Café*



We're happy to share a little update from our Nonna's Cucina Café. Since opening our doors, we've been overwhelmed by the support and warmth from everyone who has stopped by. It's been a joy getting to know our locals over a morning coffee or a hearty lunch, and we're excited to keep welcoming more of you into the café.



As a reminder, we're open **Monday to Friday**, from **7:00am to 4:00pm**, with the kitchen closing at 2:30pm. Whether you're starting your day with us or taking a well-earned lunch break, we've designed our menu to offer something comforting and satisfying. We also offer both a breakfast and lunch special, giving you something a little extra to look forward to during your visit.



We've already had a few special visitors and familiar faces from the community which has been a lovely surprise and a real encouragement as we continue to grow.

If you haven't had the chance yet, we'd love to see you soon. Whether it's for a sit-down meal or a quick coffee, Nonna's is here to offer a warm welcome and a familiar face. Thanks for being part of the journey so far.



# Nonna's Cucina Patron Rosa Matto

Winter is upon us with its cold night air, relentless wind and grey skies. It is tempting to stay rugged up inside as many of our clients do.

The feelings of isolation and loneliness are very strong in winter leading sometimes to reactive depression or seasonal melancholy.

We always tell our clients and elders to keep active, take a short walk in the park, take advantage of the feeble sun in the afternoon, and despite the cold, keep hydrated with lemon and honey tea.



Thankfully, here at Nonna's Cucina we have some solutions for those 'winter blues'. Our beautiful café with smiling staff and warm atmosphere offers social support and someone to talk to – be it in English or Italian. There is always someone here with time to have a chat.

Have you considered becoming a volunteer with us? It will certainly get you out of the house and help our not for profit organisation doing such important work for our elders and those in need. But there are benefits for you too.

Volunteers share a laugh with their colleagues, feel useful and make new friends. As well as delivering food, they offer a warm smile and contact with someone who may not have family or other support. I call that a win/win situation.

I hope to see you soon in the café – let's have a coffee together.

**Rosa Matto**  
Patron

***Proud Bronze Sponsor of Nonna's Cucina***





**National** 19-25 MAY 2025  
**Volunteer**  
 Connecting Communities **Week**

## Volunteer Appreciation Breakfast

**National Volunteer Week, held from 19th to 25th May 2025, is Australia's largest annual celebration of volunteering. It's a time to shine a spotlight on the invaluable contributions volunteers make in our communities every day. More than just a celebration, it's also a call to action, encouraging those who haven't yet volunteered to discover the many ways they can get involved. With countless opportunities out there, there truly is a place for everyone in the world of volunteering.**



In honour of National Volunteer Week, we were delighted to host a Volunteer Appreciation Breakfast on Tuesday, May 20<sup>th</sup> & Wednesday, May 21<sup>st</sup>, held at both our Firlie and Lockleys drop off locations. It was a heartfelt opportunity to say thank you to the incredible volunteers who are the backbone of Nonna's Cucina.

The mornings were filled with warmth, good company, and plenty of delicious food. Volunteers were treated to a relaxed and cheerful breakfast, complete with fresh coffee, tasty bites, and sweet treats all prepared with love and gratitude.



We were thrilled to see so many familiar faces come together to celebrate the spirit of giving. There was laughter, storytelling, and plenty of smiles shared between volunteers and staff. A few fun moments and cheeky surprises added to the enjoyment, reminding us once again how special our Nonna's Cucina community truly is.

To all of our volunteers thank you. Your dedication, time, and compassion never go unnoticed. This event was just a small gesture to show how much we appreciate all that you do, and we look forward to many more moments of joy and connection together.

### Membership Renewal Reminder

It's that time of year again! To renew your membership or inquire about joining Nonna's, please contact Reception at (08) 8240 3491.

Annual membership is \$50 and includes an invitation to our Annual General Meeting (AGM).

Be sure to renew or confirm your membership details **before July 1st**

**THANK YOU**



## Honouring Outstanding Volunteer Leadership: Nominations for the 2025 SA and NT Volunteer Awards



**Rosa Matto** (Left) was nominated for the **Joy Noble Medal 2025** in recognition of her outstanding volunteer work with Nonna's Cucina since 2018. A seasoned chef and educator, Rosa has shared her culinary expertise and commitment to sustainability to enhance meal services for the elderly and people with disabilities. Her leadership, mentorship, and dedication to community-building have significantly enriched Nonnas Cucina and its mission. Rosa exemplifies compassion and generosity, making a lasting impact on both Nonna's Cucina and the broader South Australian community.

**Dario Fabretto** (Middle) has been nominated for the **Excellence in Volunteer Management Award**, recognizing his exceptional leadership at Nonna's Cucina. Since joining the organization in 2020 as a volunteer, Dario has demonstrated a deep understanding of its mission and values. His extensive experience, patience and commitment have significantly contributed to the organization's success, ensuring that the team remains aligned with core principles while driving innovation and efficiency across the organization.

**Nancy Colarco** (Right) was nominated for the **Joy Noble Medal 2025** in recognition of her exceptional volunteer contributions at Nonna's Cucina over the past six years. Since 2019, Nancy has shared her culinary expertise by preparing traditional Italian pastries, including her renowned Cannoli Custard, a cherished family recipe. Beyond her kitchen work, Nancy assists with our cooking classes that teach traditional Italian pastry-making techniques, fostering a deeper appreciation for Italian culinary culture. Her humble and patient teaching style ensures that her students feel both encouraged and inspired. Nancy's dedication and leadership have significantly enriched the Nonna's Cucina community.

## Celebrating Community Spirit: Nonnas Cucina Volunteers Shine at CO.AS.IT. Awards

On May 8, a group of dedicated volunteers attended the *CO.AS.IT. (SA) Volunteer Awards* luncheon, a heartfelt event honouring the unsung heroes of the Italo-Australian community. Among them were **Rebecca Staltari**, **Nancy Colarco**, and **Lou Zollo**, each nominated for their exceptional contributions.

The afternoon culminated in a moment of pride as **Lou Zollo** was honoured with the **Community Service Award**. With over 15 years of volunteering, Lou's unwavering commitment to enhancing the lives of others embodies the spirit of volunteerism that strengthens our community.

The CO.AS.IT. Volunteer Awards continue to be a beacon of appreciation, reminding us all of the profound impact of selfless service in fostering a compassionate society.



# Volunteer Corner

## ***The Heart of Nonna's – Rosemary, Rosa, and Concetta's Story***

At the heart of Nonna's Cucina, you'll find more than just delicious food and comforting meals — you'll find community. And few people that embody that spirit are Rosemary, Rosa, and Concetta, three wonderful women brought together by their shared passion for giving back.

Rosemary and Rosa both began volunteering six months ago, and quickly found themselves not only lending a hand, but forming a bond — with each other and with Concetta, a warm and familiar face who has been part of the Nonna's family for over three years. Together, they've become an important part of the team, bringing smiles, laughter, and a sense of connection to everyone they meet.



For them, volunteering isn't just about delivering meals — it's about delivering kindness. Whether it's sharing a quiet moment with someone who hasn't seen another face all day or simply offering a cheerful "hello," they've found deep meaning in being a friendly presence in someone's life. They also bond over their deep care for the clients — always going the extra mile to make sure each person feels seen, valued, and supported. It's this shared compassion that has strengthened their friendship and made their time at Nonna's even more meaningful.

They've come to deeply value the friendships they've formed with fellow volunteers. Some of these new friends live just around the corner — walking distance from their own homes — yet their paths might never have crossed if not for volunteering. Through shared experiences, coffee chats, and the occasional laugh over a missed turn or a funny delivery story, a true sense of community has blossomed.

The trio often unwind together with post-run coffee or a leisurely lunch at Nonna's café. What began as a small catch-up between friends has grown into a lively, ever-changing gathering — with new faces joining all the time. The group is constantly evolving, welcoming other volunteers into the fold and forming a network of camaraderie that extends well beyond the day's deliveries. They love meeting new people and are always ready to pull up another chair at the table — whether it's your first day volunteering or your fiftieth."

Rosa encourages anyone considering volunteering to take the leap. "You get more out of volunteering than what you give," she says. "It's rewarding in ways you don't expect — it fills your heart." In a world that can sometimes feel fast-paced and disconnected, Rosemary, Rosa, and Concetta are proof that kindness, community, and a good sense of humour still prevail. At Nonna's Cucina, they've found a home — and helped create one for others too.

## Muticultural Aged Care visit: Vicki Kanakaridis

On Friday, 11 April, Nonna's Cucina was delighted to welcome Vicki Kanakaridis from Multicultural Aged Care for a guided tour of our new facility.

It was a pleasure showcasing our space and sharing our vision for future collaborations. One exciting idea discussed was hosting a Café 94 social support group session onsite, complete with a traditional pasta-making demonstration, followed by a shared meal and of course, a delicious coffee.

The visit was filled with inspiring conversation and plenty of exciting possibilities for future partnerships and events. We're truly looking forward to working together to support our community.

Thank you, Vicki, for taking the time to visit, we hope to see you again soon!



## Volunteer appreciation: Regina Cerro



At Nonna's Cucina, we're proud to have volunteers dedicated to serving our community. One of our longest-serving volunteers, Regina Cerro, was recently honoured with a special message from Prime Minister of Australia, Hon. Anthony Albanese MP.

Regina has been with us since the start, over 26 years ago, when she helped deliver our first meal to those in need. Her dedication has been key to making Nonna's Cucina such a vital community asset. In his letter, Prime Minister Albanese recognised Regina's selflessness and the important role volunteers like her play in supporting communities nationwide.

We're deeply grateful for Regina's years of service and thrilled to see her continue making a difference. Thank you, Regina, for your unwavering commitment and support. Your generosity is truly inspiring!


# CATERING SERVICES

nonna's  cucina  
*Made with love, shared with joy.*

At Nonna's Cucina, we will help make your events stand out with our catering.

- ✓ Corporate Events
- ✓ Family Events
- ✓ Birthday Events
- ✓ Office Events

**BOOK NOW**

 08 8240 3491

 [nonnascucina.com.au](http://nonnascucina.com.au)

Follow us on Facebook & Instagram

  [nonnascucina.com.au](http://nonnascucina.com.au)



# A Journey Through Italian *Culinary Traditions*



## From School Groups to Corporate Team Building

In a delightful blend of education and team bonding, two recent culinary workshops brought the rich flavors of Italy to life. Led by Executive Chef Stef and the beloved Nonna Nancy, a group of 15 corporate professionals and 50 Year 10 students embarked on a hands-on journey through traditional Italian cooking, mastering the art of lemon biscuit swirls and delving into the history of gnocchi.

We offer a diverse range of hands-on cooking classes designed to enhance your culinary skills and deepen your appreciation for traditional food preservation techniques. Our classes include:

- **Biscuits & Pastry:** Master the art of creating perfect, buttery biscuits and delicate pastries.
- **Pasta Making:** Learn to craft fresh, authentic pasta from scratch, including various shapes and sauces.
- **Vegetable Preservation:** Discover methods to preserve seasonal vegetables, ensuring you can enjoy their flavors year-round.
- **Meat Curing:** Gain expertise in curing meats, a traditional technique that enhances flavour and extends shelf life.



# Happy 100<sup>th</sup> Birthday Vincenzo!

On 11 February 2025, Nonna's Cucina proudly celebrates the 100th birthday of Vincenzo Fragnito, a much-loved client and remarkable member of Adelaide's Italian community.

Born in San Giorgio La Molara, Italy, Vincenzo is the second eldest of seven children. He spent his early years helping his family on the land, herding sheep, hoeing fields, and growing grains and vegetables. At 22, he served in the Italian Army before marrying his beloved Filomena and starting a family.



In 1955, Vincenzo made the life-changing journey to Australia, joining his brother in Adelaide. Filomena and their young sons followed in 1956. Like many post-war Italian families, the Fragnitos built a new life from the ground up. They eventually settled in Glynde, where Vincenzo still lives independently, supported by meals from Nonnas Cucina and surrounded by family.

A proud father of three sons, six grandchildren, and three great-grandchildren, Vincenzo worked hard throughout his life, including 33 years at the SA Gas Co. His dedication extended beyond work. He grew his own organic vegetables, made smallgoods and passata, and was a founding member of the San Giorgio La Molara Community Centre, where he now celebrates his milestone birthday.

Vincenzo's secret to a long life? "Loving life, growing your own food, good genes and helping others." His son George says it best: "Dad would do anything for anybody."

From all of us at Nonna's Cucina, auguri Vincenzo! May your 100th year be as full of love and joy as the life you've led.

# Buon centesimo compleanno Vincenzo!

Il 11 febbraio 2025, Nonna's Cucina festeggia con orgoglio il centesimo compleanno di Vincenzo Fragnito, un cliente molto amato e un membro importante della comunità italiana di Adelaide.

Nato a San Giorgio La Molara, Vincenzo è il secondo di sette figli. Ha trascorso i primi anni di vita aiutando la famiglia nella coltivazione della terra, pascolando le pecore, zappando i campi e coltivando cereali e ortaggi. A 22 anni ha prestato servizio nell'esercito italiano prima di sposare la sua amata Filomena e mettere su famiglia.



Nel 1955, Vincenzo ha fatto il viaggio che gli cambiò la vita verso l'Australia, raggiungendo il fratello ad Adelaide. Filomena e i loro giovani figli lo seguirono nel 1956. Come molte famiglie italiane del dopoguerra, i Fragniti si costruirono una nuova vita dalle fondamenta. Alla fine si stabilirono a Glynde, dove Vincenzo vive ancora in modo indipendente, sostenuto da Resthaven e circondato dalla famiglia.

Padre orgoglioso di tre figli, sei nipoti e tre pronipoti, Vincenzo ha lavorato duramente per tutta la vita, compresi 33 anni alla SA Gas Co. La sua dedizione andava oltre il lavoro. Coltivava le sue verdure biologiche, produceva piccoli alimenti e passata ed è stato uno dei membri fondatori del Centro comunitario San Giorgio La Molara, dove oggi festeggia il suo compleanno importante.

Il segreto di Vincenzo per una lunga vita? "Amare la vita, coltivare il proprio cibo, avere buoni geni e aiutare gli altri". Suo figlio George lo dice meglio: "Papà farebbe qualsiasi cosa per chiunque". Da tutti noi di Nonna's Cucina, auguri Vincenzo! Che il tuo centesimo anno possa essere pieno di amore e di gioia come la vita che hai vissuto.



Tony & Mark's is a leading South Australian family owned and operated grocery retailer, priding themselves on providing the finest quality produce to their customers. With seven successful stores across Adelaide (Newton, Glenunga, Brickworks, Golden Grove, Burnside and Unley), Tony & Mark's offer a huge variety of fresh fruits and vegetables, groceries, gourmet treats and floral arrangements. The business holds strong family values reflected in the service of their staff and friendly atmosphere for the past 45 years. As well as 7 store locations, Tony & Mark's also offers an array of services including:

- Deli: smallgoods, platters, deli meats and cheese
- T&M Butchery: premium quality meats
- Zeea's Eatery: coffee and breakfast/brunch/lunch (Glenunga, Brickworks, Golden Grove)
- Fresh Stems: floral arrangements, floral for events and weddings
- Online shopping and home delivery service at [shop.tonyandmarks.com.au](http://shop.tonyandmarks.com.au)
- Functions: internal and external events, birthdays, christenings, work shows etc.
- Catering: corporate and group catering, business meetings, school events, birthdays
- Tony & Mark's Direct: wholesale sector for hotels, restaurants and cafes across Adelaide

**Website**            [www.tonyandmarks.com.au](http://www.tonyandmarks.com.au)

**Facebook**        <https://www.facebook.com/tonyandmarks/>

# Compliance

## Saverio Catanzariti

Hello, Welcome to the Winter edition. Autumn has passed & Winter is upon us with the olive season wrapping up. As the cooler weather settles in, there is even more reason to enjoy the delicious meals and service Nonna's Cucina provides.

To prepare for the season, in April the staff rolled up their sleeves for the annual Influenza Vaccine. A huge thankyou to Practice Manager Maria and Doctor Jake and at Pro Health Care Beverly, who came and administered the vaccines. As always at this time of year, we are mindful of the cool and wet conditions and focus on the safety and health of the staff as well as paying tribute to the volunteers who withstand the weather to ensure the safe continuation of our meal delivery service to the community.

It was great seeing & celebrating with the volunteers at Nonna's 26th Birthday in March as well as the National Volunteer Week recently in May. Again a big thank you to all the volunteers for everything you do in the community.

Nonna's Cucina have recently conducted our SA Health audit which is mandatory for the quality assurance processes and record keeping of our meal service delivery. We also had our quarterly Microbiological testing for the second quarter of the year in May. The results have come back negative of any harmful bacteria, which is a tribute to the kitchens' high HACCP standards and procedures.

This part of the year is when we also have our yearly compliance schedule which reviews our staff procedures & processes as well as our annual calibration of refrigeration equipment scheduled by certified technicians in the coming months.



This part of the year is when we also have our yearly compliance schedule which reviews our staff procedures & processes as well as our annual calibration of refrigeration equipment scheduled by certified technicians in the coming months

A quick mention on our kitchen team, most of you might not know, we have two apprentices currently at Nonna's Cucina and both are learning from the best team in the business, from using quality ingredients to learning old recipes and modern techniques. Dylan has recently entered his 3rd year of his apprenticeship and Jacob entering his 2nd year.

As we reach the second half of the year, the team is working on a refreshed menu for the cooler months, which is exciting to see some fresh menu options as well as some old favorites.

Until then, stay safe & warm everybody and enjoy Nonna's delicious Menu!

*Saverio Catanzariti*

**Saverio Catanzariti**  
Compliance Manager



# NONNA'S SPECIAL MERCHANDISE

BAGS  
**\$12**

NONNA'S  CUCINA  
*Made with love, shared with joy.*

NONNA'S  CUCINA  
*Made with love, shared with joy.*

NONNA'S  CUCINA  
*Made with love, shared with joy.*

NONNA'S  CUCINA

HATS  
**\$20**

NONNA'S  CUCINA  
*Made with love, shared with joy.*

BOTTLE  
OPENERS  
**\$3**

APRONS  
**\$20**

GIFT  
VOUCHERS  
AVAILABLE



**PLACE YOUR ORDER TODAY**

PHONE: (08) 8240 3491

EMAIL: [info@nonnascucina.com.au](mailto:info@nonnascucina.com.au)



## FAREWELL TO POPE FRANCIS AND WELCOMING POPE LEO XIV: A NEW ERA FOR THE CHURCH

### REMEMBERING POPE FRANCIS: A LEGACY OF COMPASSION AND REFORM

On Easter Monday, April 21, 2025, Pope Francis passed away at 88 in Vatican City. Born Jorge Mario Bergoglio in Buenos Aires in 1936, he was the first pope from the Americas and the first Jesuit to lead the Church. Elected in 2013, he brought a renewed focus on humility, social justice, and interfaith dialogue. His papacy was defined by a deep commitment to the marginalized, care for the environment, and reform within the Church. Through encyclicals like *Laudato si'* and *Fratelli tutti*, he emphasized compassion, unity, and the Gospel's message of God's love and mercy. His passing marks the end of a transformative era in the Catholic Church.



### INTRODUCING POPE LEO XIV: A NEW SHEPHERD FOR THE CHURCH

On May 8, 2025, Cardinal Robert Francis Prevost was elected the 267th pope of the Roman Catholic Church, taking the name Leo XIV. Born in Chicago on September 14, 1955, he is the first American and the first Augustinian pope. His election reflects a commitment to Church tradition and pastoral care.

Previously, he served as Prior General of the Augustinian order and led the Vatican's Dicastery for Bishops. His missionary work in Chiclayo, Peru, highlighted his dedication to social justice and community service. Known for his humility and physical fitness, he values a balanced life of mind, body, and spirit.

In his inaugural address, Pope Leo XIV emphasized dialogue, unity, and compassion, reaffirming the Church's humanitarian mission.



### A TIME OF TRANSITION AND HOPE

The election of Pope Leo XIV marks a new chapter for the Catholic Church, building on the legacy of Pope Francis. Amid global challenges like political division and social injustice, Pope Leo XIV brings a renewed focus on Gospel values: love, service, and reconciliation. His experience as an immigrant and missionary offers a compassionate, global perspective. As the Church mourns Pope Francis, it looks ahead with hope to the leadership of Pope Leo XIV.

# Upcoming Public Holidays - Closure!

**Nonna's Cucina will be closed for the upcoming public holidays:**



**Monday 9th of June - King's Birthday**



To keep everyone informed, we have sent out both email and printed notifications asking if you require frozen meals. Printed notices can be returned to our volunteers during deliveries. If you have any questions or need assistance in the meantime, please don't hesitate to reach out. You can contact us by phone at 8240 3491 or via email at [info@nonnascucina.com.au](mailto:info@nonnascucina.com.au).

## School holiday fun!

We had some sweet surprises to keep the little ones entertained during the April school holidays at Nonna's Cucina Cafe! Colouring-in was available throughout the break, and the kids loved getting creative.

From 9am to 11am each day, we treated the little ones to free hot chocolates and babyccinos! Plus, on Tuesday and Thursday mornings, kids had the chance to decorate their very own smiley face cookies—a true highlight of the holidays.

It was wonderful to see families come down, relax with a coffee, and watch the kids enjoy themselves. We loved seeing their smiling faces and the beautiful cookies they created.

If you missed out this time, don't worry! Next school holidays, on Tuesdays, we'll be hosting fun Kids' Pasta Making Sessions (bookings required), where children can roll up their sleeves and learn to make delicious pasta from scratch!



# Stef's Recipe of the Month

Nonna's Cucina Executive Chef Stefan Dimasi

## *Risotto con Cime di Rapa e Salsiccia*

Risotto with Broccoli Rabe and Sausage

### Ingredients:

- 1 ½ cups Arborio rice
- 300g talian sausage (mild or spicy), casings removed
- 1 bunch cime di rapa (broccoli rabe), trimmed and chopped
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- ½ cup dry white wine
- 4-5 cups chicken or vegetable stock, kept warm
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- ½ cup grated Parmigiano-Reggiano
- 1 small dried chili (optional, for heat)
- Salt & pepper to taste

### Instructions:

- **Blanch the cime di rapa:** Bring a pot of salted water to a boil. Blanch the broccoli rabe for 2-3 minutes until vibrant green and tender. Drain and set aside
- **Cook the sausage:** In a large sauté pan, heat 1 tbsp olive oil. Add the sausage and break it up with a spoon. Cook until browned and cooked through. Remove from the pan and set aside
- **Sauté aromatics:** In the same pan, add another tablespoon of olive oil and sauté the onion until soft (about 5 minutes). Add the garlic and chili, cook for another minute.
- **Toast the rice:** Stir in the Arborio rice and toast for 1-2 minutes until lightly translucent.
- **Deglaze:** Add the white wine and stir until it evaporates. Add stock gradually: Begin adding warm stock, one ladle at a time, stirring constantly. Wait for each addition to be absorbed before adding more. Continue for about 18-20 minutes, or until rice is al dente.
- **Add broccoli rabe and sausage:** When the rice is nearly done, stir in the cooked sausage and blanched broccoli rabe. Continue cooking until everything is heated through and well combined.



Stir in the butter and grated Parmesan. Season to taste with salt and pepper. Let rest for 1 minute off the heat. Serve hot, garnished with extra cheese and a drizzle of good olive oil if desired.

# TYPES OF PASTA

## Word Search



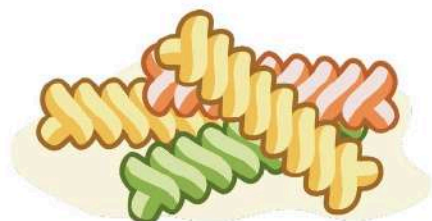
**DIRECTIONS:**  
Find and circle the different pasta names in the grid. Look for them in all directions including backwards and diagonally.



- ANGEL HAIR
- BOW TIE
- BUCATINI
- DITALINI
- EGG NOODLES
- FARFALLE
- FETTUCCINE
- FUSILLI
- GEMELLI
- GNOCCHI
- LASAGNA
- LINGUINE
- MACARONI
- MANICOTTI

- ORECCHIETTE
- ORZO
- PENNE
- RADIATORI
- RAVIOLI
- RIGATONI
- ROTELLE
- ROTINI
- SHELLS
- SPAGHETTI
- TAGLIATELLE

- TORTELLINI
- VERMICELLI
- ZITI





Australian  
Human Rights  
Commission

English | Italiano

# 1800 ELDERHelp (1800 353 374)

I am **treated** with **respect** by family and friends Vengo **trattato/a** con **rispetto** dai miei familiari e amici

I **know** how my **money** is being spend Sono **al corrente** di come **il mio denaro** viene speso

I **choose** what happens in my **home** Decido io cosa succede in **casa mia**

**Decisions** about my life are in my **best interest** Le **decisioni** per la mia vita vengono prese nel mio **interesse**

My will reflects **my own wishes** Il mio testamento rispecchia i miei desideri

I **know** where my **medications** is So **dove** si trovano le **mie** medicine

If you answered “**no**” to any of these statements, you may wish to **talk to someone you can trust.**

Se avete risposto “**no**” ad una di queste affermazioni, potreste voler **parlare con una persona di fiducia.**

**If you experience, witness, or suspect elder abuse, call the free and confidential National Elder Abuse phone line for information, support and referrals. In an emergency, contact 000).**

Se subite, osservate o sospettate casi di abuso sugli anziani (elder abuse), chiamate la linea telefonica **gratuita e confidenziale** di National Elder Abuse per informazioni, supporto e segnalazioni.

In caso di emergenza, contattate il **triplo zero (000).**





## Monetary Donations

As Nonna's Cucina is a not-for-profit organisation, we have many different ways in which you can support us. You can make a direct cash contribution to the organisation 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 and 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.*



Australian Government  
Department of Health



myagedcare

nonna's  cucina

*Made with love, shared with joy.*



30 LYONS ROAD,  
HOLDEN HILL SA 5088

**(08) 8240 3491**