



Made with love, shared with joy.

ISSUE#13

MARCH 2022

NEWSLETTER



Movie Night in the Park

Nonna's Cucina helps out at Adey Reserve for Movie Night in the Park.

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Food Word Search Solutions


T H E S E H C I W D N A S T O
 P S E R L L I N G P A U C K A
 V E G E T A B L E S F G T E E
 D F O G O D S O L R R D I S N
 A M E R R I C A I I U S B E R
 E A I U D F E E O T I L L E C
 O C W B E D S G B O T Y R H E
 E A E M C F R I G A G E I C R
 R K A A T E D M I S L C K E E
 G E N H G S C P N T K O O K A
 I D E S A R E I A E D A Y T L
 Y O G U R T F Z N O E A E T C
 E R E A L F S Z C A N N E T D
 S O U P U S A A N D C H O C S
 O L A M T E S X P I C K L E S


Hidden code: The top selling packaged food sold in America is bread followed by refrigerated milk, eggs, cookies, ready to eat cereal, canned soups and chocolates.

CONTENTS

- 3 Message from the President
- 4 Charter of Rights
- 5 Message from the General Manager
- 6 Message from our Patron
- 7 Volunteer's Corner
Volunteer's BBQ
Nonna Maria
- 9 Nonna's Cucina Team Update
- 10 New Catering Menu
- 11 Multilingual COVID Support Line
Memorial Donations
- 12 Compliance
- 13 March Specials
- 14 Crossword Puzzle
- 15 Merchandise & Gift Vouchers
- 16 How You Can Contribute

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 NonnasCucinaItalianMeals

 nonnas__cucina

A message from President - Rebecca Staltari

Welcome to our first newsletter for 2022.

I am looking forward to another year of growth for Nonna's Cucina and working closely with the team to achieve big things in 2022. We hope to bring people together to celebrate food and culture with our daily meals and through our catering events and fundraisers.

It has been a difficult start to the year for everyone while COVID-19 continues to be present in the community. The management team have been working very hard to ensure the safety and wellbeing of all staff and volunteers is not compromised during the pandemic. The way in which our staff and volunteers have navigated and responded during the pandemic is exemplary.

As always, we appreciate the support of volunteers, sponsors and those who make generous donations to our organisation.

Nonna's Cucina has been fortunate enough to be invited to the Governor's Multicultural Award Ceremony at the Governor's House. We have been selected as finalists for the Community Sector Award which celebrates a team of employees or volunteers in a not-for-profit community organisation whose work has promoted multiculturalism and improved community harmony and inclusion.

We are looking forward to a few events we have planned this year, including the exciting Nonna's Briscola World Cup and the Adelaide Food Fringe.



If you are interested in becoming a member of Nonna's Cucina please contact us.

You will find our newsletter specials on page 13 with some authentic products available for you to purchase. We also have our gift cards with in-house recipes on sale just in time for Easter which is around the corner. Happy reading!

Rebecca
President

EASTER SPECIAL

Grab a pack of cards and get cooking for Easter. Recipe pack includes Stefan's Stuffed Calamari, Zeppole, Celebration Cake and the famous Italian Easter cake "Pastiera Napoletana".

\$12
4 CARDS





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 General Manager - Marco Staltari

I hope everyone had a safe and happy Christmas and New Year period. It was undoubtedly a difficult time for a lot of people with the outbreak of Omicron in South Australia. We have had to make some adjustments to our service because of the rapid spread of COVID-19, like contactless delivery for our clients. We also had to make the difficult decision to ask our kitchen volunteers to stay at home and keep our drivers and driver assistants outside the building. The safety of our clients, volunteers and staff is our number one priority, but we will hopefully be able to welcome people back into our building soon, and resume 'normal' practices.

On the topic of volunteers, COVID-19 has made it difficult to find new people to help provide our service. We were fortunate to have Volunteering SA & NT visit Nonna's for a photoshoot as part of their article pleading for more volunteers. You can find the article on our Facebook page. If anyone would like to volunteer, please keep Nonna's Cucina in mind. With the new guidelines from the SA Government, all staff members have received their COVID-19 booster vaccine. We are asking all volunteers to keep the office updated with their vaccination status, for the safety of our organisation. At the end of last year, we hosted a big BBQ lunch to celebrate a difficult year in which our volunteers stuck together and helped provide an amazing service to the community. We are very grateful for their support, even during lockdowns throughout the year.

In December the City of Norwood, Payneham and St Peter's Council approached us to be a part of their Christmas Movie Night in the Park, held at Adey Reserve in Firlie. It was a fun night where we prepared and provided hotdogs, chips, steak sandwiches and ice-cream for a large crowd.



This year looks promising for Nonna's with exciting events to be held later in 2022. For example, we will be hosting our second Nonna's Briscola World Cup. As well as taking part of the Adelaide Food Fringe, and various Italian Festivals across Adelaide. Keep an eye out on our socials for important updates regarding these events! Also, make sure to give the office a call or check our website to view our new daily menu and catering menu that was released in the new year.

Check out the specials page for Nonna's homemade sauce, roasted capsicums and apricot jam! The staff have been busy keeping our Italian traditions alive with these homemade classics for you to enjoy.

Marco
General Manager

**Keep an eye out for this years
Briscola World Cup.
Date to be released soon!**



Rosa Matto, Nonna's Cucina Patron

Rosa's long career as a cookery teacher, caterer and consultant spans three decades. Rosa's greatest passion is to grow fresh fruit and vegetables and support local businesses. With this philosophy and her love of working in the community with happy and talented people, Rosa fits in perfectly with the Nonna's Cucina Family. Rosa enjoys volunteering at Nonna's and working closely with Nonna Maria and Nancy who teach her something new every week. The rest of the staff also teach her about life, love and caring for the community.

Message from Rosa

As in most organisations, things have been tough here at Nonna's Cucina lately but as always, the staff and our volunteers have rallied together to support each other in maintaining our important work. As Patron, I am very proud and humbled by the extraordinary selflessness with which our team approaches their work. Front and centre, always is our core business - providing delicious and nutritious food for our precious clients and responding to their particular needs.



Rosa Matto.

We have missed our usual morning tea chats and birthday cakes but we know that soon we will be able to celebrate in our usual way. For now, the challenge is to build our volunteer team. Do you, or someone you know, have an hour or two a week or fortnight to deliver meals? Later, we'll need people in the kitchens again. Our work is growing and we need, and value, our volunteers more than ever.



Volunteer Christmas BBQ

Just before Christmas, Executive Chef Stefan and the team put together a barbeque lunch for our volunteers, to say thank you for the amazing work they do for Nonna's Cucina. We appreciate the time and effort all our volunteers give to Nonna's and know that our service would not be possible and not be the same without them. We are really glad to see a lot of volunteers return in the new year and welcome some new people to the Nonna's Family.



Nonna Maria

Nonna Maria first started cooking at the age of 12 and enjoys passing on traditional recipes to her children and grandchildren.

Nonna Maria volunteers at Nonna's Cucina every week, sharing priceless recipes and tips with our team. She has a very special bond with her grandson - our Executive Chef Stefan. He grew up by Nonna Maria's side in the kitchen making delicious pasta and biscotti.

Nonna Maria has 4 children, 10 grandchildren and 11 great grandchildren. Her favourite food to make is lasagna and her famous lemon biscotti. Nonna Maria has been generous enough to share her lemon biscotti recipe below. Happy baking!



Nonna Maria with her grandson, Executive Chef Stefan Dimasi.

NONNA'S LEMON BISCOTTI

MAKES APPROX. 90
depending on the size of your cutter

INGREDIENTS

6 eggs	½ cup dry white wine
1 cup sunflower oil	1 ¼ cup caster sugar
1 lemon, zest and juice	1 kg (approx) self raising flour

DIRECTIONS

In a large bowl, beat the eggs, oil, lemon zest and juice, wine and sugar.

Gradually add the flour, mixing to make a soft but not sticky dough.

Using a rolling pin, roll out to a thickness of 1-2 cm.

Cut into rounds using a 4 cm biscuit cutter and place on baking trays lined with baking paper.

Bake at 180°C for 12-15 minutes or until golden.

Allow to cool before icing.

LEMON ICING

500 g pure icing sugar & Lemon juice

DIRECTIONS

Put the icing sugar in a bowl and gradually mix in enough lemon juice to make a smooth coating which is not too runny.

Dip each biscuit into the icing and allow to set on a rack over a baking tray.



Welcome to the Family

At Nonna's Cucina, we like to think of ourselves as one big happy family and we're excited to announce a few new family members who have come on board in the last couple of months. You may have already seen them around the place or heard some new voices on the phone but this is an official welcome and thank you for coming on board.

Harrison and Scott have joined the Nonna's Cucina Family from Meals on Wheels with a wealth of knowledge about preparing and delivering HACCP accredited meals.

Dylan has been volunteering in our kitchen for some time and is now part of the staff team.

Sonia joins us after working several years in a medical centre. Some of you may already know Sonia from the Italian Community in the Campbelltown area, and we are pleased that she is now part of our reception team.

Welcome to the Nonna's Cucina family.



Left to right: Sonia, Harrison, Scott and Dylan.

Baby News!

As we're welcoming new family members, Nonna's Cucina would also like to congratulate two of our staff members on the arrival of their newborn babies. A huge congratulations to Michela on the birth of her first child, Nicolò; and to Amber on the birth of her third child, Paige.

How adorable are they! Welcome to the Nonna's Family Nicolò and Paige. Auguri!



Baby Paige



Michela with baby Nicolò

New Catering Menu

We were very excited to announce that we would be entering 2022 with a new daily delivery menu as well as a new catering menu for the general public to order from.

Our clients have transitioned to the new menu with ease and enjoyed receiving new dishes and different flavours over the past month. Allowing our clients to choose between receiving meals from the Nonna's or Grandma's Menu has given them more variety and the chance to try so many of our tasty meals. Clients now have around 40 different mains and sweets to try, as well as soups every day!

Our new catering menu has also been successful since the new year, keeping our kitchen staff busy with plenty of orders.

If you or someone you know has an upcoming event, keep Nonna's Cucina in mind for catering services. Why not buy a tray of lasagna for your next family dinner!

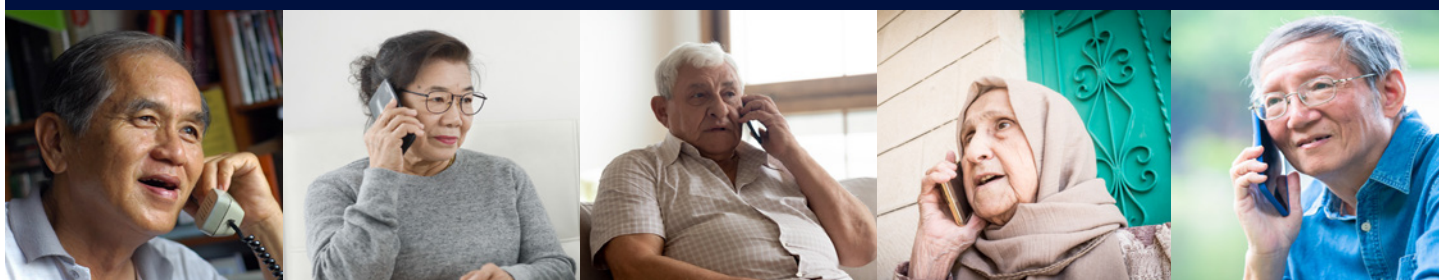
If you would like to view either our new daily delivery menu, or new catering menu, contact the office on 8240 3491 or email reception@nonnascucina.com.au. Alternatively, head over to our website www.nonnascucina.com.au to view them today!



Multilingual Older Persons COVID-19 Support Line

Italian 1800 549 844
Greek 1800 549 845
Vietnamese 1800 549 846

Mandarin 1800 549 847
Cantonese 1800 549 848
Arabic 1800 549 849



The Multilingual Older Persons COVID-19 Support Line provides information about COVID-19 and can support you to connect with aged care services, dementia care and other support services. It is available in Arabic, Cantonese, Greek, Italian, Mandarin and Vietnamese. All calls are free.

Visit www.picacalliance.org for more information about the support line and to download brochures in the six languages.

Support Line hours:

FREE CALL

2pm - 5pm (Melbourne time) Monday - Friday
Excluding public holidays

Memorial Donations

As many of you know, Nonna's Cucina is a non-for-profit organisation and are always thankful for any donations made towards our cause. By supporting us with this generous gift of love, you will provide ongoing services to our most vulnerable in our community.

Sadly, in early January Michele Staltari, the father of our General Manager Marco, passed away. In lieu of flowers, a memorial donation to Nonna's Cucina was made available. We are very grateful to the Staltari family for their kindness and to everyone who made a donation in the memory of the late Mr Michele Staltari. With some of the money raised, Nonna's Cucina was able to purchase new delivery trays that our volunteers use every day to deliver meals to our clients.

We would also like to extend our thanks to everyone who donates to Nonna's Cucina, including volunteers and clients. We are very grateful.



Compliance

Hi Everyone,

It has been a busy couple of months to begin the new year at Nonna's Cucina. The team and kitchen staff have been busy back to it, with a lot of extra safety measures put in place. We are undertaking Rapid Antigen Testing (RAT's) for all our staff three times a week, This is to align with requirements for aged care facilities around the country, to help detect any infections as soon as possible and to protect our clients, volunteers, and staff. Extra masks, gloves and sanitiser have been supplied to all our volunteers and staff, for the safe continuation of our delivery service to the community.

This month we have also ordered individual "Patch & Go" First Aid Kits. They are compact, lightweight First Aid supplies for each of our delivery runs, for the volunteers and drivers in case of an emergency. Along with the iPhone maps, PPE and sanitiser, this will help equip our volunteers for the wonderful work they do for our community.

In line with our HACCP certification, certified technicians completed our annual Test & Tag audit in February and everything came back compliant with no safety issues. The Nonna's Cucina kitchen team has conducted the bi-monthly microbiological testing for the first quarter of the year and the results have been pleasing in that



they were negative of any detection of harmful bacteria. We continue to strive for excellence and maintain a high level of quality control in our business.

Saverio

Compliance Officer



Proud Bronze Sponsor of Nonna's Cucina

1800-GOT-JUNK?
THE WORLD'S LARGEST JUNK REMOVAL SERVICE

nonna's cucina



Made with love, shared with joy.

www.nonnascucina.com.au



MARCH NEWSLETTER SPECIAL OFFERS

Nonna's Mixed Berry Jam \$6.95

Apricot Jam \$9.95

Baby Roma Napoletana Sauce \$6.95

Nonna's Roasted Capsicum \$9.95

PLACE YOUR ORDER TODAY!

Be sure to snap up these specials which are only available for the duration of this newsletter!

Nonna's Mixed Berry Jam \$6.95 - Apricot Jam \$9.95

Baby Roma Napoletana Sauce \$6.95 - Nonna's Roasted Capsicum \$9.95

PHONE (08) 8240 3491 or EMAIL reception@nonnascucina.com.au

*MUST BE PRE-ORDERED. PICKUP ONLY.

T _____

_____ , _____ ,

_____ , _____ ,

_____ X

NONNA'S SPECIAL MERCHANDISE

BAGS
\$12

HATS
\$20

APRONS
\$20

BOTTLE
OPENERS
\$3

PLACE YOUR ORDER TODAY!
PHONE (08) 8240 3491 or EMAIL
reception@nonnascucina.com.au

**GIFT
VOUCHERS
AVAILABLE**





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



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