

# NEWSLETTER

SEPTEMBER 2025

EDITION #27



## NONNA'S BRISCOLA WORLD CUP 2025

Head over to page 10 & 11 for more information about our fourth edition of the Nonna's Briscola World Cup.



## STEF'S SPECIAL RECIPE

This newsletter's special recipe is Fettucine al Tartufo. Turn to page 17 to learn how to make it. Don't miss it!



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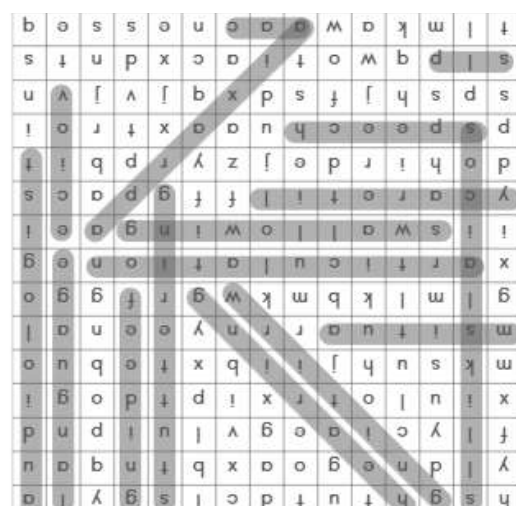
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**THANKYOU MARIO AND CARMEL**



**OUR CAFE KITCHEN IN ACTION**



**TYPES OF PASTA WORD SEARCH SOLUTION**

**FOLLOW**

@nonnascucina.com.au

# ABOUT NONNA'S

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.'*



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 have an on site cafe and 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 any time. All money raised from events and catering supports our home meal delivery service for those in need.

Call our office on 08 8240 3491 and speak to one of our friendly staff today for more information.



*Special Offer*

# MARGHERITA PIZZA SLAB

**\$20**

**PLACE YOUR ORDER TODAY!**

**PICKUP ONLY**

**24 HOUR NOTICE REQUIRED**

PHONE: 08 8240 3491

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



# NONNA'S CUCINA PRESIDENT

## MICHAEL COSTANTINI

It is with great pride and gratitude that I write to you as the newly appointed President of Nonna's Cucina. I'm deeply honoured to take on this role and contribute to an organisation that holds such a special place in the hearts of so many.

I would like to take a moment to acknowledge and thank our former President, Rebecca Staltari, for her outstanding leadership and unwavering dedication. Her vision and guidance have been instrumental in shaping Nonna's Cucina into the vibrant and successful community organisation it is today. The establishment of our new home in Holden Hill stands as a lasting testament to her legacy, and we will continue to build upon the strong foundation which she has laid.

This past financial year has been another remarkable chapter in our journey. Our achievements would not be possible without the incredible support of our clients, partners, and volunteers. Your commitment and generosity enable us to continue making a meaningful impact in the community.

Our team consistently goes above and beyond, and this was especially evident during our recent Annual Briscola World Cup – the first held at Holden Hill. It was a truly memorable day filled with laughter, connection, and of course, delicious food. A heartfelt thank you to all the staff who gave their time to make the event such a success.

Looking ahead, I'd like to remind all members of our upcoming Annual General Meeting on Wednesday, 5th November. If you haven't received your invitation, please contact our office as soon as possible. Thank you once again for your continued support. I invite you to explore the following pages to see what we've been up to and what exciting events are on the horizon. We look forward to sharing more moments with you and continuing to grow together as a community.

Warm regards,



**Michael Costantini**  
President

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



**tilley lucon**

# NONNA'S *Now open* CAFE

7am - 4pm  
Monday - Friday



# NONNA'S CUCINA CEO

## MARCO STALTARI

As we head towards the final stretch of the year, I'm proud to take a moment to reflect on everything that's been achieved at Nonna's Cucina over the past few months. It's been an incredibly exciting and rewarding time for our team, our volunteers, and our broader community.

Firstly, a huge thank you to everyone who contributed to our recent Nonna's Bricola World Cup Fundraiser! With your generosity, we successfully raised \$50,000 which will go towards the purchase of a brand-new MAP sealing machine. This is a huge milestone for us and will make a significant difference to the quality and efficiency of our services. We couldn't have done it without the incredible support from our sponsors, our amazing community, and especially the staff and volunteers who gave their time and energy on the day. You all did an outstanding job – thank you!

Since moving to Holden Hill, the growth of the business has been phenomenal. We are expanding rapidly, and the results are simply unbelievable. Our current team is without a doubt one of the best we've ever had.



In the kitchen, our talented team of chefs, apprentices, and kitchen assistants are working with some of the finest equipment, producing exceptional meals every day. Our office team continues to impress – handling client enquiries, coordinating daily operations, and supporting each other with incredible professionalism. A special shout-out to our managers, who continue to lead by example and keep everything running smoothly across all areas.

We've also had two volunteer meetings recently – one at our Firlie site and another at Lockleys. These catchups were a great opportunity to hear feedback, address any issues, and work together on improving how we do things. It was heartening to connect with the volunteers and share ideas. Their continued support is absolutely vital to the work we do.

Looking ahead, we have our AGM (Annual General Meeting) coming up in November, and we'd love to see all our members there. If you're not yet a member of Nonna's Cucina, now is a great time to join. Please contact our office – membership is available for a small fee and helps support the important work we do.

There are big things coming for Nonna's Cucina. We've been fortunate to welcome visits from prominent figures such as Claire Clutterham MP and Sam Rae MP, who are taking a keen interest in the work we do. We've also been in discussions with the Maggie Beer Foundation about upcoming reforms in the aged care and food space.

As part of our focus on quality and nutrition, we are currently working with ADP Dietician, Tomoko, from Real Nourishment to ensure our menus are aligned with the best dietary standards. This is a crucial step forward in making sure we continue to serve meals that are not only delicious but also nutritious and tailored to our clients' needs.

In closing, I just want to say how proud I am of this team – from the kitchen to the office, to our volunteers, sponsors, and community supporters. Together, we are building something very special at Nonna's Cucina.

**Marco Staltari**  
Chief Executive Officer



## A Special Visit From the Hon. Sam Rae MP

On July 10th, Nonna's Cucina had the great honour of welcoming the Hon. Sam Rae MP, Federal Minister for Aged Care and Seniors, to join us on a very special delivery run. Accompanied by the Hon. Claire Clutterham MP, Labor Member for Sturt, Minister Rae experienced firsthand the joy and connection that comes from delivering our homemade meals to the community. And of course, true to Adelaide form – the rain started just as the Minister began his run! But not even the weather could dampen the warmth and spirit of the day as we showed off our new home at Holden Hill with pride.

Completing a delivery run gave Minister Rae a deeper appreciation of the impact our service has on the lives of older Australians. Beyond the meals themselves, he witnessed the power of human connection and the reassurance it brings. These personal encounters allow him to carry not just policy but lived experience into Parliament, helping to make informed decisions in aged care that will better support and uplift our community.

We extend our deepest thanks to Minister Rae and Claire Clutterham MP for their ongoing support and for taking the time to connect with our volunteers and clients. Together, we continue to spread love and joy, one meal at a time.

## SHARING A PASSION FOR NOURISHMENT

At Nonna's Cucina, our mission has always been clear to provide nutritious, culturally appropriate meals and to be a warm point of contact for older people living at home. Because food is never just food; it is comfort, connection, and support. Each meal we deliver carries with it not only nourishment, but also the reassurance that someone cares, that no one is forgotten, and that community still matters. This aligns beautifully with the work of the Maggie Beer Foundation, dedicated to improving the quality of meals for older people in aged care and at home.

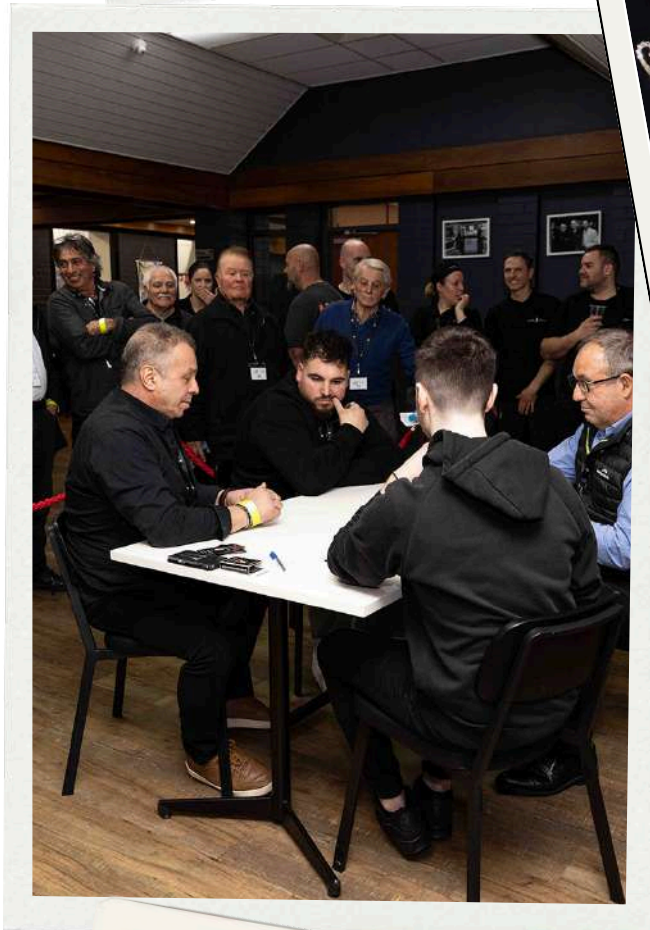
On Tuesday 19th August, we had the privilege of welcoming Jane, CEO of the Maggie Beer Foundation, along with Susie and Clare, to our kitchen. Together, we shared ideas and our passion for ensuring meals truly nourish both body and soul.

We are proud to stand alongside the Maggie Beer Foundation in our belief that every older Australian deserves the dignity of a beautiful meal.





*Briscola World Cup 2025*



# BRISCOLA WORLD CUP 2025

We are absolutely thrilled to share the success of our fourth edition of Nonna's Briscola!

Nonna's Briscola World Cup, held on August 3rd in our wonderful new home at Holden Hill, was so much more than a day of cards and friendly competition - it was a beautiful celebration of collaboration and community. Guests gathered to enjoy the incredible food prepared by our Executive Chef, Stefan Dimasi, while joining together to raise vital funds for our community meal service. What made the day truly special was not only the showcase of skill and passion for the traditional Italian game of Briscola, but the generosity and spirit of everyone involved.



Together, we created an event that brought joy, connection, and most importantly, made a meaningful difference in the lives of those in need of our services across Adelaide.

We extend our deepest gratitude to everyone who joined us. Your participation and generosity made the day unforgettable and helped raise important funds to provide meals and care for people across Adelaide.

A special thank you also goes to our sponsors. Your support made this event possible, and we are truly grateful for your partnership.



*Congratulations*  
**TO OUR FINALISTS**  
& to every team who took part!

**First Place - Robert & Nick**

**Second Place - Daniel & Julian**

**Third Place - Paul & Darren**



**THIS YEAR'S MAJOR PRIZES:**

**First Prize**

2 x \$2000 Tony and Marks vouchers  
Gourmet Chefs table for four people at Nonna's Cucina  
2 x premium corporate box tickets to the AFL

**Second Prize**

2 x 4.5L bottles of Strega Liquor  
10Kg Willow Blend coffee  
Dinner for two at Tunki Ceviche & Woodfire grill  
Exclusive tour for four of the iconic Coopers Brewery

**Third Prize**

2 x 7kg premium- quality Prociutto legs  
2 x \$100 Nonna's Cucina vouchers  
2 x Magnum bottles of Terra Mia Wines



# A BIG THANKYOU TO OUR BRISCOLA SPONSORS

•EST 1978•

# TONY & MARK'S STALTARI

A FAMILY TRADITION

## & ASSOCIATES



HT CAPITAL



tilley luccon



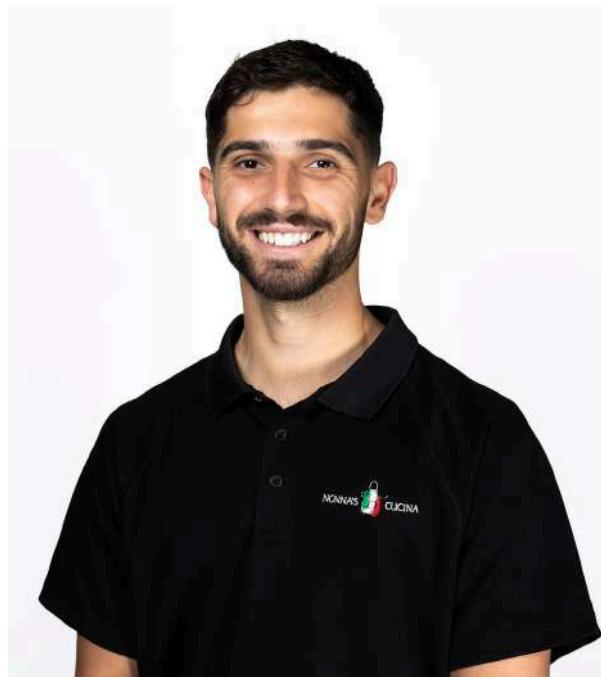
# NONNA'S CUCINA GM

## DARIO FABRETTO

As we turn the corner on the colder weather, we are looking forward to finishing the second half of the year strongly here at Nonna's Cucina.

A huge thank you goes out to our wonderful volunteers. It was fantastic to catch up with many of you at our recent meetings. Your ongoing support, energy and dedication continue to make an incredible difference in the lives of our clients.

Behind the scenes, our team has been working hard. We are continuing to juggle the growing number of daily meals going out to clients' homes. To help manage this demand and better support our volunteers on the road, we've recently added three new vehicles to our fleet. As a team, we are continually looking at ways to improve our service delivery to help ease the workload for our drivers and volunteers, and of course to provide the best quality product for our clients.



Nonna's Briscola World Cup was a huge success, not just as a celebration of culture and connection, but also as a fundraiser to support our mission. With the money raised we were able to purchase a new fully automatic MAP sealing machine from Nupak. Thank you to everyone who was involved.

We are excited to share that our brand new website design has officially launched, we hope you like the design. Soon, we will be introducing an online registration form, making it even easier for people to connect with our services.

Finally, please note that our last meal deliveries for 2025 will be on Wednesday 24<sup>th</sup> of December, with services resuming on Monday 5<sup>th</sup> of January. This short pause allows our wonderful volunteers to enjoy a much earned rest with their families. Our office and Cafe will remain open during this period, so please feel free to drop by and say hello, we'd love to see you.

Together we have achieved so much already this year, and there's plenty more ahead. Thank you once again for being part of the Nonna's Cucina family.

A handwritten signature in black ink that reads "Dario Fabretto".

**Dario Fabretto**  
General Manager



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

# CATERING SERVICES

EXTERNAL CATERING

DINING PARTY

CORPORATE EVENT

OTHER EVENT

**BOOK  
NOW**


## ABOUT US

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

**Phone** 08 8240 3491

**Email** [cafe@nonnascucina.com.au](mailto:cafe@nonnascucina.com.au)

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

**Follow us** on   [@nonnascucina.com.au](https://www.facebook.com/nonnascucina.com.au)

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



# NONNA'S CUCINA PATRON

## ROSA MATTO

At last the days are finally getting longer and warmer, and it is inviting to spend time outdoors absorbing some valuable Vitamin D. I have been busy in the garden, nurturing the soil and planting seedlings for the spring and summer. I am looking forward to making healthy and delicious recipes straight from the garden. While I have been deep in nature I have had time to ponder the important things in life.

There is a well known saying which is suitable in this context: 'We reap what we sow' and this saying comes to mind whenever I think of my volunteering work at Nonna's Cucina.

It is not often we make new 'best friends' as we age and yet that is what has happened to me and others that I know. I have forged beautiful memories and made firm friends who are as precious to me as my family. I met them here at Nonna's Cucina. Like me, they are busy people - with families of their own, work commitments at the office, households to run and yet they make time to volunteer a few hours every week.

What makes us do it, I am often asked. Because there is important work to be done: biscuits and cakes to be baked for the cafe; deliveries to make for our precious clients; office work to complete for the staff; garden maintenance that never seems to finish.

What makes it all worthwhile are the people we 'work' with - from the beaming smiles of Annalise, Alessia and Angela at the cafe who greet us warmly as we enter, to the calm and efficient office staff always ready to help us, to the frenetic pace of the kitchen led by the amazing powerhouse of Stef Dimasi and his team.

Why not join me and my friends at Nonna's Cucina: give us an hour or two of your time and we will repay you with a sense of purpose, a warm welcome and a lifetime of friendship.



*Rosa Matto*

**Rosa Matto**  
Patron

## CONGRATULATIONS TO ROSA MATTO

### FOR THE HONOUR OF KNIGHT OF THE ITALIAN REPUBLIC

A heartfelt congratulations to our dear Patron, Rosa Matto, on being awarded the Cavaliere della Repubblica!

This recognition is so well deserved for her lifelong dedication and contribution to the Italian community in South Australia. We are also deeply grateful for her ongoing support through Nonna's Cucina, where her passion, wealth of knowledge, and generosity continue to inspire us all.





# STEF'S RECIPE OF THE MONTH

*By Nonna's Cucina Executive Chef Stefan Dimasi*

Fettuccine al Tartufo - Mushroom, Truffle & Sopressa

## INGREDIENTS

400g fresh fettuccine  
 200g mixed mushrooms (porcini, swiss brown, or button – sliced)  
 100g sopressa salami, thinly sliced into strips  
 2 tbsp olive oil  
 40g butter  
 2 cloves garlic, finely sliced  
 1 small shallot, finely chopped  
 100ml dry white wine  
 600ml thickened cream (for richness)  
 50g Parmesan cheese, grated (plus extra for serving)  
 1 tsp truffle paste  
 Salt & cracked black pepper, to taste  
 Fresh parsley or chives, finely chopped (for garnish)

## Stef's Tips:

If you want it more luxurious: add a dollop of mascarpone at the end instead of cream.


Sopressa can be swapped with pancetta or guanciale if needed.

A sprinkle of toasted breadcrumbs gives a nice crunch.



*fettuccine al Tartufo*

## METHOD

 4 servings

1. Cook pasta – Bring a pot of salted water to the boil. Cook fettuccine until al dente. Reserve ½ cup pasta water, then drain.
2. Sauté base – In a large pan, heat olive oil and butter. Add shallot and garlic, cook until fragrant.
3. Mushrooms – Add mushrooms, season lightly with salt, and sauté until golden and tender.
4. Deglaze – Pour in the white wine, stir, and let it reduce by half.
5. Sopressa – Add sopressa strips and cook briefly until they just start to crisp.
6. Creamy sauce – Lower heat, stir in cream and Parmesan. Add reserved pasta water if needed to loosen.
7. Truffle – Stir through truffle paste/oil. Taste and adjust seasoning with salt & pepper.
8. Finish – Toss in the cooked fettuccine until coated in sauce.
9. Serve – Plate with extra Parmesan, a drizzle of truffle oil, and chopped parsley/chives.



**JOIN OUR TEAM TODAY!**

# VOLUNTEERS NEEDED



**Looking for a valuable way to spend  
a few hours each week?**

Join Nonna's Cucina as a volunteer delivery driver or assistant and help us bring home-cooked Italian meals to those who need it most in our community.

## WHY VOLUNTEER WITH US?

- ✓ Make a real impact
- ✓ Develop new skills
- ✓ Meet new people
- ✓ Improve well-being

 **Monday - Friday**  
10:30am-2:00pm



## CONNECT WITH US!



Connect with us for more info:  
**(08) 8240 3491**



Visit our website:  
**[www.nonnascucina.com.au](http://www.nonnascucina.com.au)**



# VOLUNTEER COMMUNICATION MEETING

Coming Together to Connect,  
Reflect, and Celebrate  
**August 2025**

This August, our volunteers gathered bright and early at both Lockleys and Firlie for our communications meetings. These catch-ups are always such a special part of our calendar, a chance to share updates, connect with one another, and celebrate the heart of Nonna's Cucina: our volunteers.

Despite the challenges that come with our ongoing growth, one thing has never changed; the extraordinary care our volunteers show to their clients. Each day, they go above and beyond to make sure meals are delivered on time, often forming bonds that go well beyond the doorstep. Their commitment, reliability, and kindness are the reason we can continue to serve our community, and for that we are truly grateful.

As our service continues to expand, so too does our need for support. Right now, we have a great need for additional volunteer drivers. If you, or someone you know, could spare a few hours each week to lend a hand, we would love to hear from you. Joining our team means more than delivering meals – it means bringing comfort, connection, and care to those who need it most.

These meetings also serve as a reminder that every delivery is part of something bigger – a network of compassion, community, and shared purpose. Whether you're new to the team or have been with us for years, your presence and contribution help shape the heart and soul of Nonna's Cucina.



CONTACT US



Phone 08 8240 3491

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

# THANKYOU

## *Mario and Carmel*



There is something quietly extraordinary about Mario and Carmel. For almost 20 years, they have given their time to Nonna's Cucina - through 40-degree summer scorchers, through wind and relentless rain, through mornings when most of us would rather stay tucked in bed. They have shown up, week after week, delivering meals and smiles to those who need them most.

Of all the things we can offer, time is the most valuable. Mario and Carmel have given theirs generously, choosing to spend countless hours in service of others. It's a gift that has touched many lives, and one that speaks volumes about their character.

Their story is one of dedication and quiet strength. With consistency and kindness, they have given generously of themselves, offering stability and care to those who needed it most. Their service has been more than volunteering- it has been a lasting example of commitment to community, one that will be remembered for years to come.

Now, after a long chapter of tireless dedication, Mario and Carmel are taking a step back to focus on their health. It is a well-deserved pause, and one we honour with the deepest respect. Their legacy at Nonna's Cucina is not measured in hours but in the countless meals delivered, the smiles shared, and the quiet reassurance they have offered to so many. For this, and for the time they continue to gift, we are endlessly grateful.

# CLIENT FEEDBACK

In recent months, we've been gathering client feedback through surveys to help us improve our services, and we are so grateful to everyone who took the time to share their thoughts. Some surveys came in without names. If your request hasn't been actioned, please contact us at [info@nonnascucina.com.au](mailto:info@nonnascucina.com.au). Your input is invaluable – it guides us in tailoring our services and inspires new ideas for the future.

## Volunteer feedback

"Volunteers are amazing, caring, compassionate and very kind individuals. Thankyou! You are outstanding in the selfless service you generously provide"

"Such wonderful people always delivering with a smile and genuine kindness. THANKYOU!"

"Volunteers are absolutely WONDERFUL I look forward to seeing them everyday"

"Always polite and friendly! Really appreciate them!"

## Meal feedback

"Catering to fussy eaters is challenging. You do this so well. Thanks for the delicious meals, caring when you drop off the meals. Thankyou for placing the meals in containers that are easy to open. Your attention to detail leaves me speechless"

"Your food is delicious, not at all bland it is the highlight of my day"

"Great food nice size and very enjoyable. You are stars BRAVO!"

"AMAZING, even being open to feedback for improvement speaks volumes"

## Service feedback

"Goldstars to the whole Nonnas Cucina team, You are AMAZING!!"

" Your staff, meals, service and flexibility are outstanding. Please don't Change! Everything is perfect. WELL DONE!"

"You are ALL doing an excellent job with your clients which supports the family around them, keep up the exceptional standard"

"Your food is great and my mum is always pleased to see your friendly and caring volunteers who delivery to her"

# VOLUNTEER'S CORNER

## How Nonna's Cucina Volunteers are Inspiring the Next Generation

There is something special about seeing a child learn kindness through action rather than words. In today's world of busy schedules and constant screens, moments of genuine care can feel rare. On the delivery runs of Nonna's Cucina, something lasting is being passed on - the values of care, respect, and connection.

Our volunteers don't just deliver meals. They bring with them stories, conversations, and a sense of belonging. And sometimes, in the passenger seat or walking beside them, are their grandchildren. These young companions see something important - an older generation showing what it means to give without expecting anything in return.

Regina knows this well. A volunteer for more than 26 years, she began bringing her grandchildren on runs when they were ten. Now at university, they still join her when they can - this time in the driver's seat. What started as a childhood outing has grown into a deeper appreciation for people, service, and the quiet dignity of showing up for others.



Nick, who has been delivering meals for six years, often takes his granddaughters during school holidays. For them, the run is more than a trip between houses - it's a valuable time together, noticing people, and seeing that community is built not in grand gestures but in steady, small acts of care.

Franca, with over 20 years of service, is sometimes joined by her grandsons. Carrying meals in their hands, they also carry values in their hearts. By knocking on doors, smiling at clients, and offering warm greetings, they learn that nourishment isn't only in the food, but in the way it is given. Nonna Nancy, too, has shared this gift, bringing her grandchild into the kitchen to roll pasta and bake biscuits, passing down traditional recipes with the same care she gives to the community.

One day, they may see that the most important lessons weren't in classrooms, but in the simple acts of a delivery - knocking, smiling, handing over a meal, and sharing quiet moments where care speaks louder than words.

At Nonna's Cucina, meals will always be cooked, packed, and delivered. But with them travels something more - a legacy of care. A tradition lived in moments, passed from grandparent to grandchild, and preserved for the generations still to come.



## HONOURING TRADITION, SHARING JOY: OUR CAFE KITCHEN IN ACTION



### SCHOOL HOLIDAYS PASTA PARTY

During the school holidays we hosted kids pasta making parties



### NONNAS

A huge thankyou to our Nonnas spending time making pasta and biscotti.



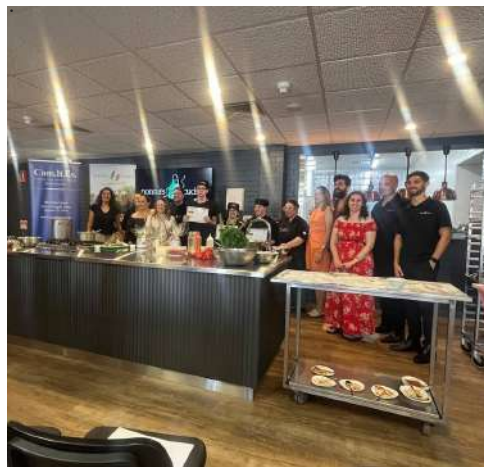
### KIDS PASTA MAKING CLASSES

Thankyou Nonna Nancy, Nonna Lousia and Stef for your careful guidance.



### HIGH SCHOOL STUDENT CLASSES

Over the past few months we have had many high school groups learn the art of Gnocchi and lemon biscuits



### TUTTI A TAVOLA

An inclusive masterclass in Italian cuisine, celebrating culture, community, and culinary tradition.



### OHSC GROUPS

It was all hands on deck to teach a group of 60 OHSC students pasta making.



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 eight successful stores across Adelaide (Newton, Newton Village, Glenunga, Brickworks, Golden Grove, Burnside, Unley and now Port Adelaide), 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 8 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



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

## WORK EXPERIENCE AT NONNA'S CUCINA ST MARY'S STUDENTS JOIN THE KITCHEN

In July we were delighted to welcome a group of students from St Mary's into our kitchen as part of their Service Learning Program. Over the course of a week, the girls immersed themselves in the daily operations of Nonna's Cucina, from rolling out trays of fresh gnocchi to helping deliver meals to our clients at home. Their enthusiasm and willingness to learn quickly made them part of the team, and their genuine interest in the stories behind the meals was heartwarming to see.

Beyond their official placement, the girls even chose to return in the following weeks as volunteers, lending a hand to our Nonna in the kitchen. Together, they prepared traditional biscuits and we can only hope a recipe or two managed to sneak into their notebooks!

It was a joy having them with us, and we thank the St Mary's students for their energy, kindness, and eagerness to give back to the community.



Thank you ♡

## WELCOMING OUR NEW CORPORATE SPONSOR

On Wednesday 12th June, Marco, Dario and Mel visited the Holman Hodge office in the city to share the important work we do at Nonna's Cucina. We are grateful for their generous \$5,000 donation, which will directly support our mission of delivering nutritious meals and meaningful connections across the community. It was also a wonderful chance to explore future corporate volunteering and sponsorship opportunities, and we're excited about what's ahead with such valued partners.



# 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)

# COMPLIANCE

## SAVERIO CATANZARITI

Hello,

I hope everyone is excited for September as Spring has sprung again!

The past few months at Nonna's Cucina have been kept busy with events, including our biggest event on the fundraising calendar; Nonna's Briscola World Cup! This year was our first being held at our new home at Holden Hill, which was another great success and brought plenty of smiles, great food and a fun day celebrating Italian Culture! Thanks to the success and fundraising efforts, the kitchen has been able to purchase a new Industrial Blixer food processor, which will be a very valuable piece of equipment to produce texture modified meals for our clients experiencing eating difficulties.

Since our last newsletter edition, we have had a few updates in the workplace:

Last month we had our friends at Fire Safe Services come in and conduct a routine service on fire hydrants and extinguishers to keep us compliant in our fire safety. We have also booked in a fire safety course for staff, which we will keep you updated on, so watch this space.

Another feature in our food safety calendar is our microbiology test samples. Every quarter as part of our compliance schedule, we send off samples to the lab which includes samples from various kitchen equipment, food samples as well as staff cleanliness swabs, to be tested for any microbiological activity. These were sent in last month and the results came back negative with no pathogens present, which is a great result for our meal service.

For our Food Safety we have two upcoming food & safety audits scheduled. The first is a Hazard Analysis Critical Control Point [HACCP] audit to be carried out in September followed later in the year with an SA Health Food & Safety Audit in November. The team have been busy maintaining their commitment in the workplace and following industry guidelines including best practices, to be an Industry leader in Food & Safety procedures. With all audits, the team will receive a report which we take on board and follow up on any recommendations to improve our food services.

Looking forward to speaking to you soon & ciao for now!

*Saverio Catanzariti*

**Saverio Catanzariti**  
Quality Assurance Manager



# UPCOMING PUBLIC HOLIDAYS



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

**Labour Day - Monday 6 October:**

**Christmas – last meals Wednesday 24th December, meals resume**

**Monday 5th January 2026**

Our on-site café will remain open during this period (excluding public holidays), and our office will continue operating to support our clients.

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 08 8240 3491 or via email at [info@nonnascucina.com.au](mailto:info@nonnascucina.com.au).

## Celebrating St. Anthony with food, community, and joy

On Sunday, 15th June, Nonna's Cucina gathered at Our Lady Queen of Peace Church in Payneham to celebrate the Feast of St. Anthony – and what a beautiful day it was! Sunshine, laughter, and the aroma of delicious food filled the air as our community came together for this special occasion.

The atmosphere was buzzing with joy as we served up a feast of panini, pasta, and of course, Stef's signature sausages, which were a crowd favourite. Our dedicated team worked side by side to feed the large crowd, creating a true spirit of unity and celebration.

We were absolutely thrilled to see so many happy faces throughout the day. The support we received was overwhelming, and every smile reminded us why these gatherings are so important – they bring people together, strengthen community bonds, and celebrate tradition in the most delicious way.

A heartfelt thank you goes out to everyone who joined us and supported Nonna's Cucina. Your presence and enthusiasm made the day truly special. We can't wait to welcome you again at our future events – stay tuned, and come hungry!





# FERRAGOSTO 2025: A CELEBRATION OF TRADITION, MUSIC, AND SUMMER JOY

Every year on 15th August, Italians celebrate Ferragosto, one of the most eagerly anticipated holidays of the summer. Whether spending the day at the seaside, enjoying excursions, or gathering with friends for picnics and barbecues, Ferragosto is a time to relax, connect, and savour the joys of summer.

The origins of Ferragosto date back to Roman times. The term derives from the Latin *Feriae Augusti* "August rest" a festival introduced by Emperor Augustus in 18 BC. Initially held on August 1st, the celebrations honored Conso, the god of the earth and fertility, and offered a well-earned break after weeks of agricultural work. Later, the Catholic Church moved the celebration to 15th August to coincide with the Assumption of Mary, commemorating her passage into heaven. Over centuries, Ferragosto evolved into both a religious and cultural tradition. During the Fascist period, "popular trains" allowed people of all economic backgrounds to travel affordably for holidays, further embedding the holiday as a cherished summer break. Today, Ferragosto is celebrated across Italy with a mix of devotion and delight. Religious ceremonies, such as the *Vara* procession in Messina, honor the Assumption of Mary, while historic horse races, like the *Palio dell'Assunta* in Siena, showcase local pride and tradition.

For many Italians, Ferragosto is a time for relaxation and outdoor enjoyment. Families gather for picnics, beach outings, barbecues, or excursions to scenic villages and lakes. Water games, beach fun, and firework displays light up the evening, blending fun with cultural celebration. Music festivals, open-air film screenings, and local fairs add to the festive atmosphere.

Ferragosto is also celebrated beyond Italy. Countries with Catholic or Orthodox traditions, such as France, Spain, Croatia, Romania, and Greece, observe similar holidays, while Latin American nations like Colombia and Chile also embrace the mid-August festivity.

In 2025, Ferragosto was an unforgettable experience across Italy. In Olbia, Sardinia, the Red Valley Festival (13–16 August) brought international music stars to the stage, while Amalfi hosted a spectacular sea procession celebrating the Madonna Assunta, complete with live music and fireworks. Siena held its famous *Palio dell'Assunta*, a historic horse race full of passion and local pride. Up north, Prato Nevoso in Piedmont hosted the Ferragosto Symphony Concert, offering classical music against the breathtaking backdrop of the Cuneo Alps.

Whether through faith, family, or festive traditions, Ferragosto remains a celebration of community, culture, and the joys of summer. It is a moment to pause, connect, and enjoy life's simple pleasures by the sea, in the mountains, or in historic towns.

## **Main events Ferragosto 2025:**

***Red Valley Festival, Olbia***

***Ferragosto Feast, Amalfi***

***Palio dell'Assunta, Siena***

***Ferragosto Symphony Concert***

***Prato Nevoso***

# PIZZA WORDSEARCH

Can you find all the words related to pizza?

h	x	k	c	t	u	t	d	c	l	h	g	y	p	m
y	s	d	f	h	g	o	a	x	b	r	k	q	e	a
f	g	y	c	d	e	e	g	v	l	t	d	p	p	r
x	c	u	l	o	m	e	x	i	p	o	x	o	p	g
m	r	s	u	h	j	y	s	b	x	m	w	b	e	h
m	h	a	m	u	a	r	o	e	y	a	v	n	r	e
g	y	m	l	k	b	m	k	l	c	t	h	g	o	r
x	z	d	c	r	u	s	t	c	i	o	o	n	n	i
i	e	n	p	x	g	d	w	p	g	v	y	p	i	t
y	x	b	a	s	i	l	h	f	f	w	e	a	r	a
d	r	h	i	r	d	e	j	z	y	c	p	s	y	k
p	d	o	u	g	h	p	u	a	r	x	t	r	p	i
s	p	s	h	j	f	s	d	h	q	j	v	j	g	n
a	w	v	q	w	o	t	k	s	a	u	c	e	t	s
t	l	m	k	a	w	r	y	f	n	e	s	m	e	q

cheese

dough

olives

Sauce

crust

tomato

margherita

pepperoni

ham

Basil



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).**



## NONNA'S CUCINA

# 30 LYONS ROAD HOLDEN HILL

SEPTEMBER 2025

EDITION #27



### DONATE TODAY AND HELP YOUR COMMUNITY

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.**

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



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