

NEWSLETTER

JUNE 2024

EDITION #22



NONNA'S 25TH BDAY



NATIONAL VOLUNTEER WEEK

Head over to page 16 & 17 for more information about this year's celebration for National Volunteer Week!



STEF'S SPECIAL RECIPE

This newsletter's special recipe is Italian Pork Salsicce! Turn to page 22 to learn how to make them. Don't miss it!



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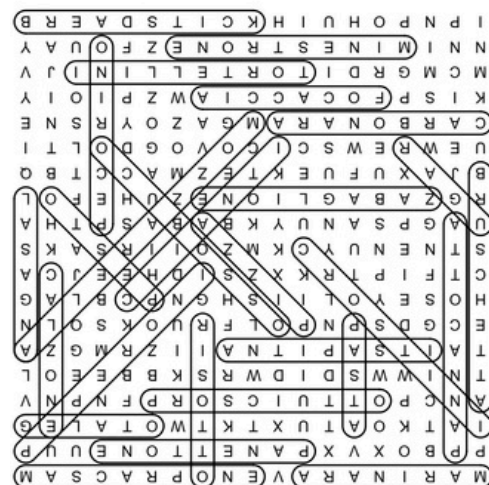
@nonnascucina.com.au



NONNA'S 25TH BIRTHDAY



TASTING AUSTRALIA



**ITALIAN FOOD 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.**



CATERING SERVICES



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

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  nonnascucina.com.au



A message from the President Rebecca Staltari

Welcome to our June newsletter! I am delighted to share our latest updates and news with you in this newsletter.

Congratulations to our team for their exceptional efforts over the past quarter. It has been a busy and exciting time, which has included the celebration of our 25th birthday. A few other events we have been busy with include facilitating a cooking class in partnership with Tasting Australia, collaborating with the Italian Consulate in Adelaide for Italian Design Week, hosting and attending various Volunteer Week events, and participating in positive ageing expos to promote our services. I would like to extend our sincere thanks to Mr. Steve Georganas MP for inviting us to these events; his support is greatly appreciated.

This engagement with the community has been fulfilling and is a testament to our dedicated workforce. A great accomplishment for our staff and showcase of teamwork. Your hard work and dedication do not go unnoticed, and we are grateful for everything you do.

As we approach mid-year, please remember that the 1st of July marks the expiration date for both membership and sponsorship. To continue enjoying the benefits of being a part of Nonna's Cucina, please renew your membership and/or sponsorship before that date. You can easily do this by calling our office at 8240 3491 or sending an email to info@nonnascucina.com.au. We value your support and look forward to another year of collaboration in the community.



As a special treat for this newsletter, we are offering a delicious olive and parmesan focaccia for \$20 (see page 6). Also, don't miss out on our special recipe highlight on page 25 - Italian Salsicce! We hope you enjoy making and sharing these wonderful dishes with your loved ones.

Thank you for your ongoing support and commitment to Nonna's Cucina. Together, we are making a significant impact in our community.

Kind regards,

A handwritten signature in black ink that reads "Rebecca Staltari". The script is elegant and cursive.

Rebecca Staltari
President

JUNE NEWSLETTER
**SPECIAL
OFFER**

\$20 EA.



OLIVE & PARMESAN FOCACCIA

AT ONLY \$20.00 EACH

PLACE YOUR ORDER TODAY!

Make sure to get this special price, it's only valid for the duration of this newsletter or until sold out! Pickup only.

PHONE: 8240 3491

EMAIL: INFO@NONNASCUCINA.COM.AU

A message from the CEO Marco Staltari

Hi all and welcome to our June Newsletter! I hope everyone enjoyed a safe and happy Easter period with family and friends. I hope all the amazing mother's got spoilt on Mother's Day, and congratulations to the lucky winner of our Mother's Day Giveaway. Thank you to everyone who attended our 25th Anniversary Celebration in March and for making it such an amazing celebration. Well done to all the staff who worked hard to prepare and serve food and drink on the night, and those that volunteered their time to help make the event a success. We couldn't have done it without our generous sponsors and supporters, on behalf of Nonna's Cucina – thank you for your donations. I am so proud to be a part of this great organisation, especially in its 25th year of service. Being able to celebrate the great work that has been done and we are continuing to do in the community is an honour.

The month of May is typically a very busy period for all the staff and volunteers as we celebrate National Volunteer Week. The celebrations began at the Sicilia Club on O.G Road, for the CO.AS.IT. Community Volunteer Awards Ceremony. Thank you to CO.AS.IT. for allowing us to invite some of our volunteers to attend the lunch, where we celebrated those who support the elderly Italo-Australians in the community. Congratulations to all the volunteers who were nominated and won awards on the day. Riccardo, Dario and I were also lucky enough to attend Volunteering SA & NT's Volunteer Award Ceremony at the National Wine Centre of Australia. There were some truly inspiring stories of volunteers making a big difference in their local and wider community. Again, congratulations to all those who were nominated and won awards on the night.



We held celebrations of our own for National Volunteer Week, inviting all our volunteers for an afternoon of Bingo at the Molfetta Club. Thank you to Anna for letting us use the space – it was a fun afternoon and many volunteers left with some cool prizes. This is just a small way we can say thank you to our amazing volunteers for their time and effort.

For an update on our progress at Holden Hill, check out Dario's Report on page 10. We are getting closer to moving into our new premises and I look forward to welcoming you all there once it is completed.

In the meantime, come and say hello to us at the St Anthony's Festa on June 16th and at Patriitti Winery on the 5th and 6th of July, where we will be serving food from our food van!

Marco Staltari

Marco Staltari
Chief Executive Officer

NONNA'S 25TH BDAY

On Saturday 23rd of March, we celebrated 25 years of Nonna's Cucina with our wonderful community at the Carrington Function Centre. It was warming to see so many volunteers and families attend the event to honour this achievement, as it was a testament to their ongoing hard work and support.

The evening began with guests treated to various wines complemented by focaccia and ascolo olives, before a welcome from MC, Amelia Mulcahy and President, Rebecca Staltari. The cutting of our 25th Anniversary cake then took place, accompanied by cheers and applause from the guests.

As the night unfolded, the room was filled with conversation and laughter as friends came together to celebrate this milestone, creating a lively and bubbly atmosphere. The menu on the night featured a wide array of home-style Italian meals including Ossobuco ravioli with beef tail ragu as an entrée, and Beef fillet served with various vegetables as a main course, all prepared and cooked by our chefs. Our guests were also accompanied by live music from Sonic Circle who put on a fantastic display throughout the night, performing classic favourites. Later in the evening, our 4-course meal was finished with a cherry and amaretto semifreddo cake, along with coffee and biscuits providing the perfect end to the occasion.

We would like to give a big thank you to Amelia Mulcahy for hosting the event, photographer Giuseppe Silvestro and all our sponsors who made this occasion possible. We would also like to congratulate those who won prizes in our raffle on the evening. It was a night filled with warmth and joy and one to definitely remember. It was a pleasure to share this achievement with our community and we look forward to providing many more meals in the years to come.



Thank you to our sponsors!

Bidfood Australia, Coles, LocumFinderd, Nupak Australia, Patritti Wines, Pirate Life Brewing, Renoturf, Santa Vittoria Acqua Minerale, Specialty Foods, Staltari Associates, TilleyLuccon, Tony & Mark's, Totino Wines



An update on Holden Hill from the Operations Manager Dario Fabretto

As many of you know, later this year we will be leaving Royal Park and starting a new chapter at our new home in Holden Hill. Since the previous Newsletter, plenty has happened on site with the commencement of refurbishment works. It has been an exciting project to be a part of, with a lot of challenges and learnings along the way. We believe we have created a space and design that will allow our service to continue to grow well into the future. There is still a bit of work to be done, but a major milestone was achieved in May with the assembly of our freezer rooms.

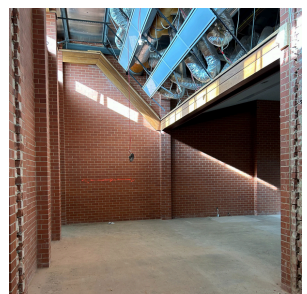
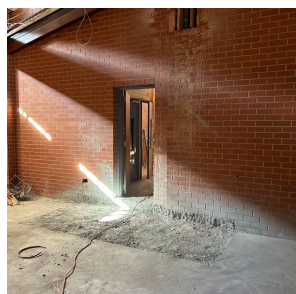


It was very exciting to see the vision from the plans come to life and brought an extra sense of reality to the project. The next steps are for the coolrooms to be assembled, and then the walls will be lined with fridge panel before the kitchen equipment is moved across from Royal Park.

I would like to take this opportunity to thank Nonna's CEO, Marco, for his support throughout the project. As well as our project architect, Nando from Mellano Building Designs, has helped massively with the design and planning process. Check out some photos below of the progress. I am looking forward to hopefully welcoming everyone to our new home in the next Newsletter!

Dario Fabretto

Dario Fabretto
Operations Manager



ITALIAN DESIGN DAY

On Thursday 7th of March, our team visited Ferrari Adelaide as part of Italian Design Day. Hosted by the Italian Consulate, we had the privilege of catering canapes throughout the event. The theme of Design Day in 2024, 'Making Value – Inclusivity, Innovation and Sustainability', celebrated Italy's contribution to design. The day was organised as part of the 'Integrated Promotion' initiatives coordinated by the Ministry of Foreign Affairs and International Cooperation to recognise Italy's rich connection to the design sector.

Many people attended the event, who had the opportunity to admire and appreciate the various items on display. The event presented a great opportunity for like-minded individuals and industry experts to connect and discuss the impact Italian design is having on communities all over the world as well as the latest developing trends. It was a great day for everyone involved and we were honoured to be a part of such a unique event within the Italian community.



VISIT AT AVEO RETIREMENT VILLAGE

On Wednesday, April 10th, we had the pleasure of visiting the Aveo Retirement Village in Seaton. It was wonderful connecting with the residents, sharing laughs, and enjoying coffee and cake together. The purpose of the visit was to raise awareness about Nonna's Cucina's services, ensuring more people can benefit from them.

A particularly special moment was meeting Robert, one of our long-term clients. It was great to finally put a face to the name and voice our reception staff have known for so long. Overall, it was a delight to meet so many lovely people. The residents also had the opportunity to purchase our meals to enjoy at home. Thank you to everyone who joined us, and we look forward to many more interactions in the near future!



Nonna's Cucina Patron Rosa Matto

BRRR! It is getting colder by the day and that means our clients tend to stay indoors and risk becoming a little more isolated than usual. So, it is even more important for our generous volunteers to make contact with them in this winter season. Nonna's Cucina not only delivers delicious food, but offers a friendly smile, a little conversation and a shared joke – a ray of sunshine on a bleak day, nutrition for the soul.



Our talented chef, Stef Dimasi and his hardworking team, tweak the menu every season so that each dish is delectable and comforting. Every need and circumstances is taken into account when designing the menus and I can tell you each dish is delicious.

If your circumstances change and you need our support for yourself or a family member please ring our caring office staff to discuss how we can help. Indeed, if you have a couple of hours a week or fortnight to volunteer, we will welcome you with open arms. The coffee is always hot and the smiles are warm and inviting.

See you soon.

Rosa Matto
Patron

Proud Bronze Sponsor of Nonna's Cucina



tilley luccon



for



ABC Radio Visit

On Wednesday 8th of May, as part of Tasting Australia, our Executive Chef Stefan and Operations Manager Dario had the privilege of discussing Nonna's Cucina on ABC Radio. Tasting Australia is the country's longest running eating and drinking festival that aims to celebrate people, produce, and place, as well as inspiring visitors, chefs, producers, and buyers to experience the best of what our state has to offer.

Stefan and Dario discussed our purpose as an organisation and how we serve the South Australian community. Stefan also cooked some freshly prepared gnocchi for the hosts. We greatly appreciate ABC Radio for the opportunity to have us on.



Tasting the World in Charles Sturt Cooking Workshop



The following Saturday, 11th May, we had the honour of hosting a cooking class with ABC Adelaide, in collaboration with the City of Charles Sturt, to give a taste of the flavoursome dishes to follow at Tasting Australia. Our team, led by Stefan, prepared homemade potato gnocchi and shared some of his invaluable tips on perfecting the dish. It was a fantastic experience, and we hope everyone who attended enjoyed the class and gained some valuable insights!

Nonna's Cucina's internship program

Meet Luke!

Hi, I'm Luke Silvestri and I have been grateful for the opportunity to intern at Nonna's Cucina. Forming a major part of my Business Management Degree at The University of Adelaide, I am required to conduct 120-150 hours of work at an organisation of my choice to experience a hands-on professional environment and apply various skills and knowledge I have developed over the duration of my course.

I have always been aware of the excellent work Nonna's Cucina does, not only in providing freshly prepared meals for the community, but also the commitment to involve volunteers as they play a vital role in Nonna's success.



One thing that has particularly stood out during my time is the friendly and welcoming nature of everyone. This allowed me to settle in quickly and feel comfortable within the working environment.

I have taken on various administrative duties during my time at Nonna's such as writing newsletter excerpts, creating feedback forms, calling clients for reassessments, and filling in spreadsheets, which I have enjoyed doing. I've been able to learn many things such as how day-to-day operations are run, the importance of various databases, and observing first-hand the amount of effort that goes into preparing meals.

I also had the privilege of assisting the team at the 25th Birthday celebration dinner at the Carrington Function Centre on Saturday 23 March. It was a great night, and I was honored to be part of such a special occasion.

Finally, I want to express my appreciation to Marco, Dario and Riccardo for allowing me to take on the internship and making me feel part of the team, it has been a fantastic experience!

Luke Silvestri



for

National 20-26 MAY 2024
Volunteer
 Something for Everyone Week

National Volunteer Week is Australia's largest annual celebration of volunteering and was held on 20-26 May 2024. This special event provides an opportunity to highlight the important role of volunteers in our community and invites people not currently volunteering to give it a go. It's an invitation to explore the myriad of opportunities available, emphasising that there's a place for everyone in the world of volunteering.

SA&NT Volunteer Awards

On Wednesday, May 22nd, our team had the privilege of attending the South Australian Volunteer Awards, held in partnership with Volunteering SA&NT at the National Wine Centre. These prestigious awards serve to acknowledge the invaluable contributions of volunteers to the South Australian community.

During the event, we proudly nominated Nick and Toni, both of whom have been outstanding contributors to Nonna's Cucina for several years. It was a memorable occasion, complemented by good food and wine.

It was incredibly inspiring to witness the dedication of volunteers from various organisations, all coming together to drive the SA community forward. Seeing the commitment and passion displayed by everyone present was truly touching and reaffirmed the importance of volunteerism in creating a stronger and more vibrant community.



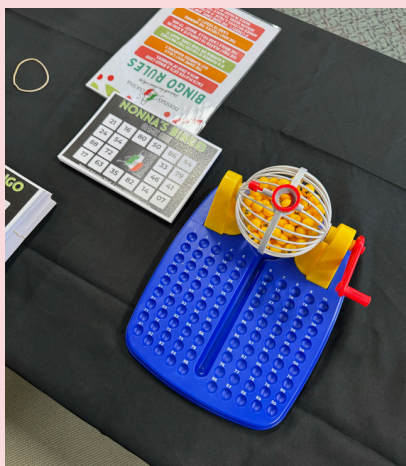


for

National 20-26 MAY 2024
Volunteer
Something for Everyone Week

Volunteer Bingo

On Tuesday, May 21st, in honour of National Volunteer Week, we held our Volunteer Bingo event at the Madonna Dei Martiri Molfetta Club. It was a wonderful opportunity to show our appreciation for the hard work and dedication of our volunteers. We were thrilled to see so many of our volunteers come together for the festivities. The event offered a fun chance for everyone to enjoy a game of bingo, known affectionately as "Tombola" in Italian culture. Amidst the relaxed atmosphere, attendees enjoyed delicious snacks, sweets, and coffee. Adding to the fun, someone also had to dance the chicken dance when mistakenly calling "bingo" without actually having one. Seeing volunteers and staff dancing like chickens brought laughter and joy to everyone, making the event even more fun. Congratulations to all the prize winners who added an extra level of excitement to the event. We truly value their contributions and commitment, and this event was a small gesture of our gratitude for all that they do.





CONGRATULATIONS

Certificate of Recognition

presented to

Nonna's Cucina

for its

25th Anniversary Celebration in 2024

Heartfelt Congratulations to the founding members, President - Rebecca Staltari, Board Members, CEO – Marco Staltari and the Nonna's Cucina team on your special milestone of 25 years of achievements and service in South Australia.

It was an absolute honour to join your wonderful celebration and acknowledge your passionate team and dedicated volunteers who deliver valuable services and home-style meals to clients in our community. Sincere thanks for hosting a successful and memorable 25th Anniversary Celebration on 23 March 2024.

*Sincere Thanks for Your Outstanding Contributions to
Enriching Multicultural South Australia.*

The Honourable Jing Lee MLC

Deputy Leader of the Opposition in the Legislative Council
Shadow Minister for Multicultural South Australia
Shadow Minister for Tourism and Hospitality



BREAKING NEWS

NEW DROP-OFF POINT FOR THE WESTERN SUBURBS

BREAKING NEWS

We're excited to share the exciting news that we've recently secured a brand new drop-off point for our dedicated volunteers as we prepare to transition to our new headquarters in Holden Hill. This new site, conveniently located behind Christ the King Catholic Church on Henley Beach Road in Lockleys, has been carefully chosen to ensure ease of access and convenience for all our volunteers.

Interestingly, this location was the old drop-off that Nonna's Cucina used to have several years ago, and it was Joe Cutillo's merit that it was found and used the first time.

One of the key features of this new location is the ample parking space available, providing our volunteers with peace of mind when arriving for their shifts. Additionally, we've designated a specific area where volunteers can gather and meet.

This milestone represents a significant step forward for our organisation as we continue to grow and evolve. It demonstrates our commitment to providing the best possible experience for our volunteers and ensuring smooth operations as we transition to our new home.

We're truly excited about this new chapter and can't wait to welcome all our volunteers to our new location in Lockleys.

FESTA DELLA REPUBBLICA *Republic Day*

Italy's Republic Day, celebrated on 2nd June, marks a pivotal moment in the nation's history. In 1946, after the end of the Second World War, Italians voted in a referendum to abolish the monarchy in favour of a republic. This was also a historic moment as women in Italy voted for the first time. The day is commemorated with grand military parades in Rome and vibrant fireworks, with one of the highlights being the "Frecce Tricolori" (Tricolour Arrows) flying over the Victor Emmanuel II Monument and various locations across Italy, leaving smoke trails in the national colours of green, white, and red. It's a time for Italians to honour their rich heritage and reflect on the democratic values that shape their nation.

Buona Festa della Repubblica!



Volunteer Corner

Meet Carmel!

This newsletter features the story of Carmel who has been volunteering for Nonna's Cucina for over 10 years.

Carmel's parents were from the town of Benevento near Naples in Italy. Initially Carmel's nonno migrated to Australia in 1927 followed by her nonna and parents 12 years later. They settled in Adelaide and raised their family of 5 children of which Carmel is the eldest.

Carmel had a simple but happy childhood. Her fond memories include playing in her parents' market garden, running through the cornfields with her brother and sisters, and sleeping on their front lawn on mattresses on hot summer nights.

After finishing high school at Mary MacKillop, Carmel worked for 10 years at Elders Smith as a typist in the commercial and merchandising part of the business.

In 1968, Carmel left work and married Mario. Three children and now 2 grandchildren later her life has been spent in creating a beautiful family life together with Mario. Family is very important to Carmel. Her twin sister lives next door, and her son lives behind her, making for close family connections. In her spare time, Carmel is actively involved with the Senior Citizen's club and the local church.

It was thanks to Mario that Carmel accidentally fell into volunteering for Nonna's Cucina. Mario had been volunteering for Nonna's Cucina as a driver for some time. At some point, his assistant was unable to continue so Carmel stepped in to help her husband and has stayed ever since.

Carmel loves to talk to the clients who are always happy to see her. In her words "they are beautiful people. I feel very attached to them and getting to know them." Carmel sees her volunteering is important in making a difference in their lives. "It's all about them", she says. When new volunteers start at Nonna's Cucina, Carmel makes a point of finding out what runs they are on and goes out of her way to make them feel welcome. She understands completely the importance of volunteers to Nonna's Cucina. "You need people who are dedicated and enjoy helping others".

Carmel sees her volunteering as a way to give back to the community and make a difference to the lives of others. Having seen the proposed premises at Holden Hill, Carmel is eagerly looking forward to being part of the next part of her journey of volunteering for Nonna's Cucina.



Compliance

Saverio Catanzariti

Ciao a tutti!

Autumn has passed and Winter is upon us and with the cooler weather, 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, with a huge thankyou to Doctor Antonio Cocchiario from Pro Health Care Beverly, who came and administered the vaccines. In this time of year, we are mindful of the conditions and focus on the safety and health of everyone on site and the volunteers to ensure the safe continuation of our meal delivery service to the community. Vaccines are a very important tool for everyone to consider protecting the community, and most vulnerable, which at Nonna's Cucina we encourage everyone to be vaccinated. This requirement is in line with compliance policies and regulations set out by SA Health.

Nonna's Cucina have recently conducted our quarterly Microbiological testing for the second quarter of the year in May. The results have come back acceptable & 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 and rigorous auditing processes. With this we have our annual calibration of refrigeration equipment scheduled by certified technicians One-Air refrigeration, which was successful.



In the coming months we have maintenance scheduled for all our vital cooking equipment, which we need to be continually compliant of any safety issues.

As we reach the second half of the year, the team is working on a refreshed menu for the cooler months, which is exciting and has some old favourites. As the team strives for excellence, we will continue to maintain the highest level of quality control in the workplace. Stay safe & warm everybody!

Saverio Catanzariti

Saverio Catanzariti
Compliance Manager





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
- 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

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



WE LISTENED!



In recent months, we've been on a mission to gather insights from both our clients and volunteers through surveys aimed at improving our services. Your feedback has been invaluable.

To each and every person who dedicated five minutes to filling out these surveys: your input helps us tailor our services to better meet your needs and your ideas inspire us to innovate and improve. We're analysing the feedback carefully, and we're committed to listening to what our clients and volunteers have to say and adjusting accordingly. Your contributions help us make the right decisions as we move to the new premises in Holden Hill. Thank you!



MOTHER'S DAY GIVEAWAY

Pauline was the lucky winner of our Mother's Day giveaway! She received a \$140 sweet treats box just in time to spread joy with her family at their get-together the following afternoon.

Congratulations, Pauline! We hope the treats brought smiles to your gathering, and thanks for participating in our giveaway and sharing the joy with us!

For everyone else, keep an eye out for our upcoming giveaways on our socials. Who knows? You could be the next fortunate winner! Stay tuned for more exciting opportunities to win and spread happiness with us. Until then, congratulations again to Pauline!



NONNA'S SPECIAL MERCHANDISE

BAGS
\$12

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

NONNA'S  CUCINA

HATS
\$20

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

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

APRONS
\$20

BOTTLE
OPENERS
\$3



GIFT
VOUCHERS
AVAILABLE

PLACE YOUR ORDER TODAY!

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

Stef's Recipe of the Month

Nonna's Cucina Executive Chef Stefan Dimasi

ITALIAN SAUSAGE

Ingredients:

- 2 kg pork shoulder about 4.4 lbs
- 26 g kosher salt about 1.5 Tbsp
- 4 g black pepper about 2 tsp, coarsely ground
- 4 g sugar about 1 tsp
- 6 g fennel seed about 4 tsp, coarsely crushed in a mortar
- 2 g caraway about 1 tsp, coarsely crushed in a mortar
- 2 g coriander about 1 tsp, coarsely crushed in a mortar
- 1 g fennel pollen about 1/2 tsp; omit if you don't have it
- 1 g oregano about 1.5 tsp
- 1.5 g basil about 1 heaping tsp
- 4 g of hot red pepper flakes
- 125 ml dry white wine or 1/2 cup of cold water

Instructions:

- Grind the meat through $\frac{3}{8}$ " (10 mm) plate.
- Add the spices, wine or water, and mix well, until the mixture becomes sticky.
- Stuff into 28 - 36 mm hog casings and tie into 5" (12 cm) links.
- If not cooking immediately, refrigerate, or vacuum seal and freeze for up to 3 months.
- Cook before serving. Best pan-fried, grilled or on the barbecue.





Mamma Mia!

ITALIAN FOOD

DIRECTIONS:
Find and circle the words in the grid.
Look for them in all directions including backwards and diagonally.

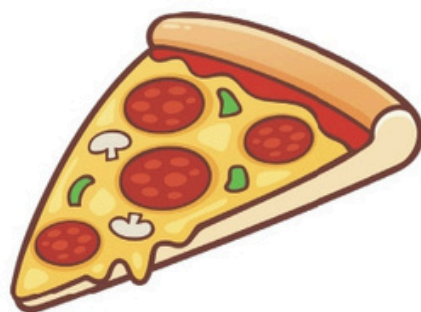


Antipasti
Breadstick
Bruschetta
Calzone
Carbonara
Chianti
Crostini
Focaccia
Gelato
Lasagna
Marinara
Mascarpone

Minestrone
Mozzarella
Osso Buco
Panettone
Panna cotta
Pasta
Pecorino

Peperoni
Pesto
Pizza
Prosciutto
Ragu
Risotto
Tortellini

Zabaglione





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.



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.



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Department of Health



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