

# NEWSLETTER

SEPTEMBER 2024

SPRING EDITION #23



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## UPDATE ON HOLDEN HILL

Head over to page 12 for more information about our new home at Holden Hill!



## THIS NEWSLETTER'S SPECIAL!

This newsletter's special offer is 4 large lamingtons for \$10 only! Turn to page 6 to find out more. Don't miss it!



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*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

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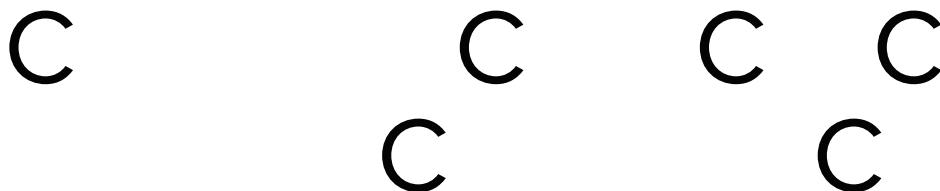
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Hello everyone,

I am excited to start this newsletter by announcing that our new drop-off location in Lockleys is now fully operational! This move marks an important milestone for our organisation, and it would not have been possible without the support of our clients and volunteers. Of course, as with any transition, there have been some challenges and adjustments along the way. I want to take a moment to thank each and every one of you for your patience during this process. Change can be overwhelming, but it is the dedication and positivity of our community that make it all worthwhile. Your willingness to adapt and help out where needed has not gone unnoticed, and I am deeply grateful for your continued efforts to help deliver meals to people in their homes.

As we look forward, I am excited to announce that our Annual General Meeting (AGM) will be held in October. The AGM is an important event where the wider team comes together to reflect on the past year, discuss our plans for the future, and most importantly, hear from our members. Members will receive details about the AGM in the coming weeks.

In addition to the AGM, I am thrilled to announce that the team is organising the fourth edition of the Nonna's Cucina Briscola World Cup, which will be held in October. The team is working hard to ensure it will be an event to remember so follow our social media pages for further announcements on this one. I know that many of you have been eagerly waiting for the date and venue – it will be released very soon!

We are grateful to Nat Cook MP and Hon Zoe Bettison MP for their generous grants towards our new home in Holden Hill. Their support has made a huge difference for us, and it will undoubtedly have a lasting impact on the community once we are fully settled into our new premises. These contributions recognise the important work we undertake, and we are appreciative of their support.



I would like to extend a special thank you to our dedicated staff who worked to ensure the success of our recent events, particularly the St. Anthony celebration at Our Lady Queen of Peace Catholic Church, Payneham. The event was once again a big success thanks to their hard work and commitment.

I would like to congratulate Fr. Michael Romeo on his 10 year anniversary as a Priest. Fr. Michael was ordained in Adelaide on 29 August 2014. I was happy to witness this momentous occasion at the Adelaide Cathedral in 2014 and to now share in celebrating his 10 year anniversary is special. May his ministry continue to provide hope, healing, and spiritual rejuvenation.

Finally, I'm pleased to share a little treat with you all! This newsletter's special offer includes 4 lamingtons for just \$10. Plus, don't miss out on our featured recipe: chicken broth with meatballs. It is a comforting dish that is just right as we farewell winter and welcome the warmer weather of Spring.

Thank you all once again for your continued support and dedication. I am looking forward to all the exciting events we have planned in the coming months and sharing these with you.

*Rebecca Staltari*

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# SEPTEMBER NEWSLETTER SPECIAL OFFER

**\$10**



# LAMINGTONS

**AT ONLY \$10.00 FOR 4 PIECES**

**PLACE YOUR ORDER TODAY!**

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Hi all, and welcome to our September Newsletter!

There has been plenty happening at Nonna's Cucina as our organisation continues to grow and we get closer to moving into our new home at Holden Hill.

Our daily meal service is busier than ever, with more clients utilizing our service. Additionally, our kitchen team has been working hard to keep up with the increasing demand for our catering food.

We have hired two new staff members to help manage our growing service. I am pleased to welcome Alex and Enrico to the team, where they will assist in the kitchen and with meal deliveries.

Congratulations to Dario on his new role as General Manager of Nonna's Cucina. Dario has been with us since 2020 and has a deep understanding of our mission and values.

Dario will provide updates on the progress at Holden Hill, but I would like to take this opportunity to thank some of our recent sponsors and supporters for their help with the garden and landscaping refurbishment. A big thank you to Staltari & Associates, Ideal Mix Concrete, J&M Concrete, Damn Cheap Wholesalers, SA Designer Homes, Bianco Construction & Industrial Supplies, and Jobs Statewide. We also appreciate John for supervising the work on the garden and landscaping at Holden Hill, as part of the Jobs Statewide project.

In August, SA Health and GCC conducted their annual audits of our kitchen processes. We passed both audits with flying colors, a testament to the dedication of our kitchen team and Compliance Manager Saverio in maintaining the highest standards of food safety.



It was also a pleasure to welcome four students from St Mary's College for a week as part of their Community Service Learning Program. This is the third consecutive year that Nonna's Cucina has supported the program, and we look forward to doing so again next year from our new premises in Holden Hill.

I am excited to announce that Nonna's Cucina will be hosting the Nonna's Briscola World Cup again this year. More details about this fundraiser event will be released soon, along with ticket information for entering your team in the tournament! The Nonna's Briscola World Cup is our biggest fundraiser event and an opportunity to showcase our food and raise awareness about our service.

Thank you for your continued support!

*Marco Staltari*

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# V

Italy, renowned for its rich history and breathtaking landscapes, holds many secrets that encapsulate its lifestyle. Among these cherished traditions is "villeggiatura." More than just a vacation, villeggiatura is a centuries-old custom reflecting the Italian passion for leisure, family, and the simple pleasures of life.

## Origins and Historical Significance

Villeggiatura, derived from the Italian word "villa," originally referred to the seasonal migration of the wealthy urban elite to their countryside villas during the hottest months of the year. This tradition dates back to the Renaissance when noble families would retreat to their lavish estates to escape the city heat. These retreats were about relaxation, showcasing wealth, engaging in intellectual pursuits, and hosting social gatherings.

Over time, villeggiatura evolved from an exclusive practice of the aristocracy to a more widespread custom embraced by various social classes. By the 18th and 19th centuries, it had become an integral part of Italian culture, with families from all walks of life participating in this seasonal exodus.

## Modern Villeggiatura: A Celebration of Leisure

In contemporary Italy, villeggiatura still holds a special place in the hearts of Italians. Today, it can be experienced in various forms, from renting countryside cottages and seaside homes to staying in agriturismos (farm stays) and boutique hotels.

The spirit of villeggiatura is characterized by a slower pace of life, an appreciation for nature, and a focus on family and community. It's about disconnecting from daily life and reconnecting with simple joys. Whether it's a stroll through a vineyard, a picnic by a lake, or an evening savoring local cuisine, villeggiatura encourages a deeper connection with the world around us.



## Destinations and Activities

Italy offers a myriad of destinations perfect for villeggiatura, each with its unique charm. The rolling hills of Tuscany, dotted with vineyards and olive groves, provide an idyllic backdrop for those seeking tranquillity. The Amalfi Coast, with its stunning cliffs and azure waters, offers a glamorous escape for sun-soaked days and romantic evenings.

The Italian lakes, such as Lake Como and Lake Garda, blend natural beauty with historical allure, perfect for outdoor activities like hiking, boating, and exploring charming villages. The Italian countryside, with its picturesque landscapes and rich cultural heritage, remains a popular choice. Regions like Umbria, Piedmont, and Marche offer a glimpse into traditional Italian life, where one can enjoy wine tastings, visit medieval towns, and savor farm-to-table dining experiences.



## Embracing the Villeggiatura Lifestyle

To embrace the villeggiatura lifestyle, adopt a mindset of relaxation and presence. Leave behind daily stress and immerse yourself in the local culture. Engage with the community, try regional dishes, and partake in local festivals and events.

Villeggiatura is not just about where you go; it's about how you experience it. It's a reminder to slow down, appreciate the beauty around you, and savor life's meaningful moments. Whether exploring a new region or returning to a favorite spot, villeggiatura invites you to create lasting memories and find joy in simple pleasures.

In conclusion, the Italian tradition of villeggiatura is a timeless celebration of leisure, family, and nature's beauty. It embodies the Italian way of life, intertwining happiness with the appreciation of culture, community, and the natural world. So, as you plan your next getaway, consider embracing the spirit of villeggiatura and discover the true essence of *la dolce vita*.

**NONNA'S**



**BRISCOLA**

*World Cup*

**COMING SOON**

**NOVEMBER 2024**

**HOLDEN HILL**





Our new home at Holden Hill is nearing completion, with substantial progress made and final touches being applied. In July, we launched a Community Garden Project through Jobs Statewide SA to enhance the landscaping and outdoor areas of the property. Special thanks to Christine from Jobs Statewide for helping set up this initiative, which supports community members in gaining valuable work experience.

We extend our heartfelt gratitude to our sponsors and supporters: Staltari & Associates, Ideal Mix Concrete, J & M Concrete, Damn Cheap Wholesalers, SA Designer Homes, and Bianco Construction & Industrial Supplies.

As we approach the final stages of the project, the facility is taking shape beautifully. The installation of fridge panels, coolrooms, and freezers has been completed, thanks to the excellent work by ACE Panels and Amertec. CTPL has also installed the kitchen exhaust hoods and will soon add stainless steel splashbacks and benches, bringing us closer to finishing the kitchen fit-out.

Most of the internal walls have been painted, significantly enhancing the interior's ambiance. Adelaide Alarms is currently installing cameras and a security system to ensure the building's safety. Additionally, solar panels will be installed soon by Advanced Solar & Electrical.

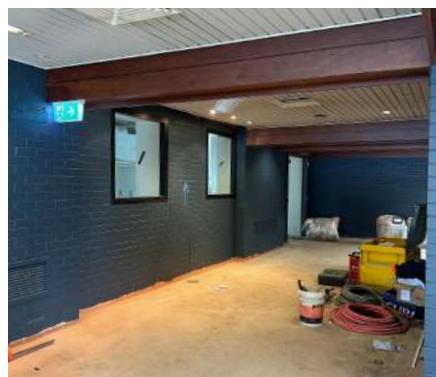
We're also working on painting the exterior and relocating signage to improve the building's appearance, complemented by the new garden.

It's incredibly exciting and rewarding to see so much progress. We look forward to welcoming you all to our new home soon!



*Dario Fabretto*

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# M M M

Spring! It is a beautiful time of the year. It is a time of rebirth and a boost to our energy. May I suggest it is also a time to take a new direction in our lives.

I know many people have been thinking about volunteering and I would like to give you 5 good reasons why you, or someone you know, should be a volunteer.

## **1. VOLUNTEERING IS GOOD FOR YOUR HEALTH**

There is scientific evidence that helping others improves your mood and stress levels, as feel-good chemicals such as serotonin, dopamine and endorphins are released in your brain.



## **2. VOLUNTEERING HELPS YOU USE YOUR SKILLS FOR A WORTHY CAUSE**

You have many skills that can be beneficial to an organisation like Nonna's Cucina. We need help for deliveries, assistant drivers, kitchen helpers and so on.

## **3. VOLUNTEERING IS A GOOD WAY TO MEET PEOPLE**

Volunteering is a good way to connect with likeminded people who care about the things that are important to you. You will meet others who also feel compassion and empathy towards older people.

## **4. VOLUNTEERING HELPS YOU LEARN NEW SKILLS**

It's never too late (or soon!) to learn a new skill or gain knowledge about a sector of society that you aren't familiar with.

## **5. VOLUNTEERING HELPS YOU GAIN PROFESSIONAL EXPERIENCE**

If you are a recent graduate or finishing your studies, volunteering can be beneficial to creating your professional network, while gaining work experience.

We know many employers are impressed to see that a young person cares enough about society to spend a few hours a week to help others.

Have I convinced you? Ring the office to discuss how you can be part of the Nonna's Cucina family. You won't regret it.

*Rosa Matto*

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



**tilley luccon**

# I A

The Mark Butler Award, presented by Hon. Mark Butler MP, honours outstanding volunteers in the electorate of Hindmarsh.

This year's ceremony featured a beautiful morning tea where the community gathered to celebrate their local heroes.

Among the honourees were Meredith, who volunteers on the road, and Teresa, who helps in the kitchen. Their dedication and hard work were rightfully recognized and rewarded. The event was a lovely day filled with gratitude and appreciation for all the volunteers.

In the words of Mark Butler MP, "Volunteering brings people together - our local volunteers are such an integral part of what makes our community so wonderful to live in. There are so many community organisations doing fantastic work here in the Western suburbs, and it is my delight to recognise these organisations and their volunteers each year through my annual Mark Butler Volunteer Awards."

Seeing Meredith and Teresa receive their awards was a moment of pride and joy. The Mark Butler Award not only celebrates individual achievements but also inspires others to engage in volunteer work, strengthening the community spirit.





for



## Meet the girls!

At Nonna's Cucina, we support students from schools by providing opportunities for work experience and community service. Recently, we were fortunate to host four students from St Mary's College - Layla, Mia, Katia, and Elisa - who joined us for a week to gain hands-on experience in our kitchen alongside our experienced chefs.

The students thoroughly enjoyed their time at Nonna's Cucina, and we hope they learned valuable skills. During their stay, they also assisted with deliveries and had the chance to meet some of our clients, gaining a comprehensive view of our operations.



# HOLIDAY

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Please note that Nonna's Cucina will be closed on Monday, October 7, for Labour Day! We'll be sending out a reminder email and including a printed memorandum with your deliveries.

If you'd like to receive a frozen meal for that day, just let us know by returning the note or replying to the email.

Thank you, and enjoy the holiday!



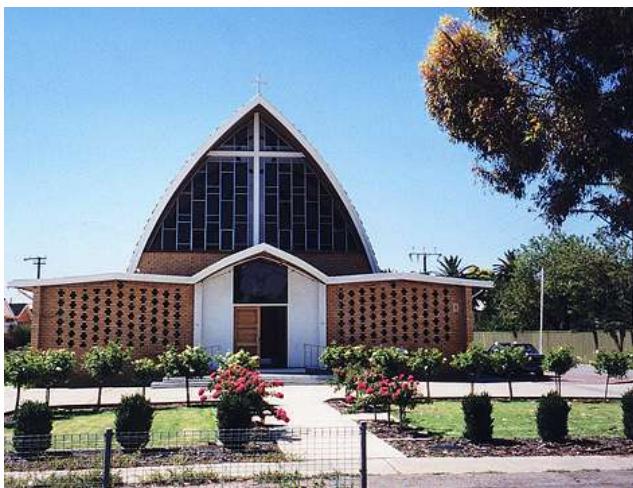
Thank you Nat  
Cook MP, Minister  
for Human  
Services, for  
offering a grant  
towards the supply  
and construction  
of an accessible  
bathroom at  
Nonna's Cucina.



We are excited to announce that, as of the first of July, our new drop-off location at Christ The King Church in Lockleys is now operational. This move, made possible with the generous support of Father Michael, is a significant step in our ongoing efforts to serve the Western area more effectively.

The establishment of this new drop-off point is part of our transition to the new premises in Holden Hill. We are grateful for the partnership with Christ The King Church and are committed to ensuring that this change enhances our services and meets the needs of our community.

Thank you for your continued support as we embrace these important changes and work towards a smoother, more efficient operation in our new locations.



**Nonna's Cucina  
extends a heartfelt  
thank you to Hon  
Zoe Bettison MP,  
Minister for Tourism  
and Multicultural  
Affairs, for providing  
a grant that  
supports our  
organisation's move  
to Holden Hill.**



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On July 28, 2024, we hosted a special giveaway to celebrate Grandparents Day, coinciding with the Fourth World Day for Grandparents and the Elderly. This day, initiated by Pope Francis in 2021, was marked with the theme "Do not cast me off in my old age" (cf. Psalm 71:9), highlighting the importance of valuing and supporting our elderly.

We were thrilled to have Ann enjoy a delicious feast from Nonna's Cucina as part of the celebration. Her meal included our homemade lasagna, garlic bread, mixed salad, and tiramisu - dishes crafted with love to honour her wonderful nonni. It was a beautiful occasion that brought families together to appreciate the significant role of grandparents in our lives.

We hope Ann and her family had a memorable time reflecting on the joy and wisdom that grandparents bring into our world.



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Hi, my name is Luigia and I was born in the Veneto region of Italy. Growing up, we lived a good life as my father worked for the “Giornale di Vicenza” for 45 years. During that time, I also joined the printing industry and packed newspapers and magazines for sale at various newsagents around town.

In 1953, at the age of 22, I migrated to Australia with my husband and son, and started working for the Italian Government in Sydney to help migrants with their applications for the Italian pension. Initially, my English language skills were terrible but slowly they improved over time. Five years later I purchased a women’s clothing store, and it was such a success that I ended up buying a second store in Sydney.

Family is very important to me so when my son founded a travel agency in Adelaide in 2003 my husband and I moved there to support him. Later he joined Singapore Airlines as a senior manager and worked there for 20 years.

Although our life in Australia has been good to us, we have always missed Italy. It's in our blood! Over the years, we have been fortunate to have travelled back to Europe 26 times with the longest trip being away for 7 months. We have also travelled to Asia and the U.S. but our favourite destination will always be Veneto.



One of my favourite things to do is cook. A couple of years ago I started having difficulties with my right hand especially with chopping up vegetables. The care package coordinator mentioned Nonna's Cucina and I haven't looked back ever since. The meals are tasty and plentiful with soup, mains and dessert delivered every day. Sometimes I have the main course for lunch and the soup for dinner. The volunteers who deliver the meals are also such beautiful people who always have a lovely word to say. I appreciate their daily contact with me.

Since having the meals delivered, I have more time to myself to do the things that I enjoy and to follow my passions including praying, reading and relaxing while watching TV. Having the time to do these things brings such pleasure to my life.

I recommend Nonna's Cucina to everyone, including my family and friends. The meals are delicious and tasty, their volunteers are marvellous, and the staff are always friendly.

Thank you, Nonna's Cucina for making such a difference to the quality of my life!

A handwritten signature in black ink that reads "Luigia".

E E E E



Ciao, mi chiamo Luigia e sono nata nella regione del Veneto in Italia. Crescendo, abbiamo vissuto una vita buona poiché mio padre lavorava per il "Giornale di Vicenza" per 45 anni. Durante quel periodo, anch'io mi sono unita all'industria della stampa e imballavo giornali e riviste per la vendita presso vari edicolanti in città.

Nel 1953, all'età di 22 anni, sono emigrata in Australia con mio marito e mio figlio, e ho iniziato a lavorare per il Governo Italiano a Sydney, per aiutare i migranti con le loro domande per la pensione italiana. All'inizio, le mie competenze in inglese erano scarse, ma con il tempo sono migliorate lentamente. Cinque anni dopo, ho acquistato un negozio di abbigliamento femminile. È stato un grande successo e alla fine ho comprato un secondo negozio a Sydney.

La famiglia è molto importante per me, quindi quando mio figlio ha fondato un'agenzia di viaggi ad Adelaide nel 2003, mio marito ed io ci siamo trasferiti lì per sostenerlo. In seguito, lui è entrato in Singapore Airlines come senior manager e vi ha lavorato per 20 anni.

Anche se la nostra vita in Australia è stata molto positiva, abbiamo sempre sentito la mancanza dell'Italia. È nel nostro sangue! Nel corso degli anni, abbiamo avuto la fortuna di tornare in Europa 26 volte, con il viaggio più lungo durato 7 mesi. Abbiamo anche viaggiato in Asia e negli Stati Uniti, ma la nostra destinazione preferita sarà sempre il Veneto.

Una delle mie cose preferite è cucinare. Alcuni anni fa, ho iniziato ad avere difficoltà con la mano destra, soprattutto nel tagliare le verdure. Il coordinatore dei pacchi di assistenza mi ha parlato di Nonna's Cucina e da allora non ho più guardato indietro.

I pasti sono gustosi e abbondanti, con zuppe, piatti principali e dessert consegnati ogni giorno. A volte mangio il piatto principale a pranzo e la zuppa a cena. I volontari che consegnano i pasti sono persone meravigliose, sempre pronte a dire una parola gentile. Apprezzo molto il loro contatto quotidiano con me.

Da quando ricevo i pasti consegnati, ho più tempo per fare le cose che mi piacciono e seguire le mie passioni, come pregare, leggere e rilassarmi guardando la TV. Avere il tempo per fare queste cose porta molta gioia alla mia vita.

Consiglio Nonna's Cucina a tutti, compresi familiari e amici. I pasti sono deliziosi e gustosi, i volontari sono straordinari e il personale è sempre amichevole.

Grazie, Nonna's Cucina, per aver migliorato così tanto la qualità della mia vita!

*Luigia*



# M

## M

Hi, my name is Rosa. I've spent most of my life working in the childcare profession, a career that I absolutely loved. After retiring a couple of years ago and selling my childcare centre, I found myself feeling completely lost and unsure of what to do next. The thing I missed the most was the daily interaction and connection with people, which had always been such a fulfilling part of my work. I knew I still had something to offer, so I started looking around for volunteering opportunities.

About a year ago, I discovered Nonna's Cucina, and it felt like the perfect fit. At Nonna's Cucina, I help out in the office, doing whatever is needed - from putting together information packs to reaching out to clients about the services they receive. Volunteering at Nonna's Cucina feels like being part of a big, warm family. The entire team genuinely cares about the clients, staff, and volunteers. From my very first day, I was embraced with love and appreciation for the work that I do. It's been such a rewarding experience for me. I thoroughly enjoy meeting other volunteers, connecting with clients who love to chat, and seeing how much they appreciate everything Nonna's Cucina does for them.

After hearing me talk about how much I love being part of the Nonna's Cucina team, my partner John decided to join as well. He now volunteers as a driving assistant and is thoroughly enjoying his role.

In our spare time, John and I lead very busy lives babysitting our grandchildren, visiting family in Port Augusta, and entertaining at home. Despite our busy schedule, we find that Nonna's Cucina only takes a small amount of our time, but the rewards we receive in return far exceed our contributions. We both look forward to continuing our volunteer work and making a difference in the lives of those involved with Nonna's Cucina.



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



PROFESSIONAL TURF RENOVATORS  
SPORTS TURF AND PARKS MAINTENANCE

# N

Hi everyone,

Spring has finally arrived, bringing warmth after a few busy winter months at Nonna's Cucina. I want to extend a heartfelt thank you to our tireless volunteers for their generosity and commitment to the community. Nonna's Cucina wouldn't be where it is today without each of you.

In August, we conducted our SA Health Food & Safety Audit, where four auditors meticulously reviewed our procedures, cooking records, documentation, and overall kitchen cleanliness and operations. With our continuous commitment to leading in Food Safety practices, we received excellent feedback from the auditors. The Kitchen team, led by Executive Chef Stefan and Head Chef Rhiannon, along with the food safety team, have implemented robust procedures for our kitchen staff, ensuring we deliver exceptional food service, safety, and quality.

Additionally, Nonna's Cucina recently underwent our HACCP accreditation audit through Global Compliance Certification (GCC). This globally recognized food standard allows industries like ours to implement new practices and update procedures in line with international HACCP principles. I'm pleased to report that this year's audit was a success, with our food safety team setting high standards and making improvements to our processes.



As part of our yearly compliance schedule, we also collected samples from various kitchen equipment and fresh food items from our menu for microbiological testing. The results came back clear, with no pathogens detected. These tests, along with our daily and weekly monitoring inspections, help us maintain high hygiene standards and identify opportunities for further improvement.

Enjoy the warmer weather, and until next time!

*Faverio Catanzariti*

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for



*Saint Anthony*  
FESTA  
Sunday 16.06.24

## Celebrating Saint Anthony

On Sunday, June 16th, we came together at Our Lady Queen of Peace Church in Payneham to commemorate St. Anthony, marking a significant day in our community. St. Anthony of Padua, a highly revered figure in the Catholic Church, is celebrated for his unwavering dedication to the poor and the miraculous acts attributed to him. He is particularly honoured as the patron saint of lost things, and his compassionate legacy holds a special place in the hearts of many within our community.

The day was marked by a strong sense of unity and joy, as attendees enjoyed a variety of delicious offerings, including panini, chips, arancini, and pasta. The food was a hit, with everyone expressing their love for the flavours. In fact, our Italian pork and fennel sausages and chicken were so popular that we ran out of both, as they quickly became the best sellers of the day.

The overwhelming support from the community, reflected in the many smiling faces, made the event even more meaningful. It was heartening to witness such a positive response and to share our culinary traditions with all who came to celebrate with us.

We are profoundly grateful to everyone who contributed to the success of this event. Your presence and support were crucial in making our celebration of St. Anthony truly memorable. As we look ahead, we eagerly anticipate your continued participation in our future events, where we can further strengthen the bonds within our community. Thank you for being an integral part of this special occasion.





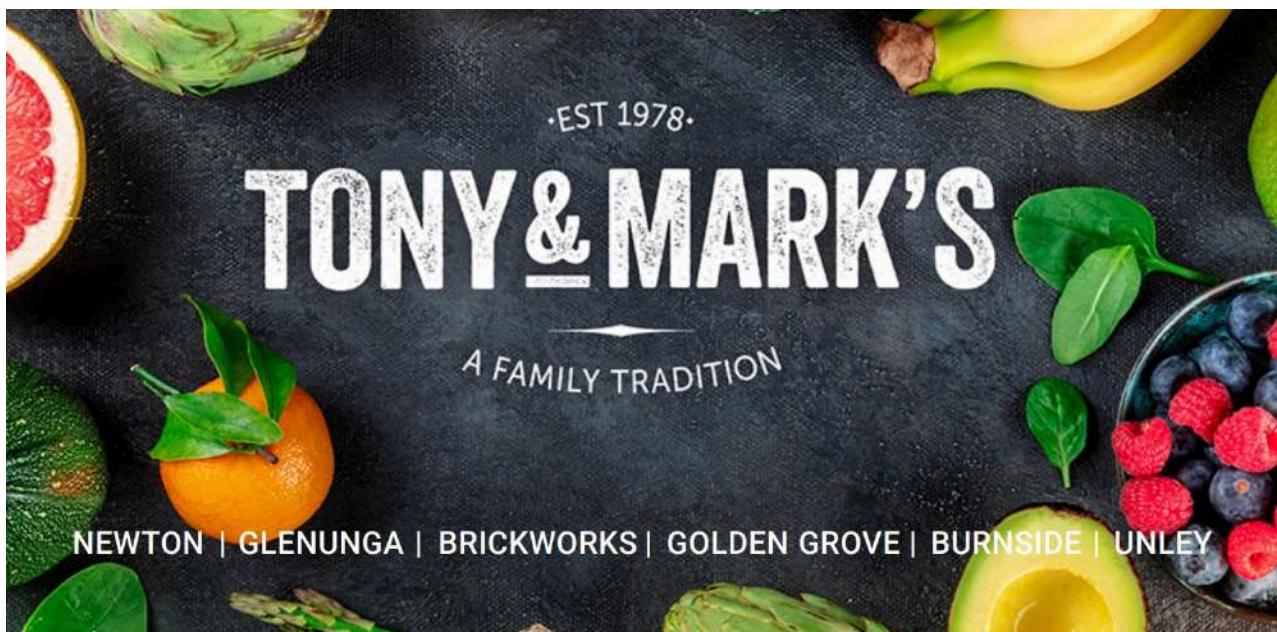
Made with love, shared with joy.

for



Saint Anthony  
FESTA  
Sunday 16.06.24





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

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

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

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

# NONNA'S SPECIAL MERCHANDISE

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**\$12**

HATS  
**\$20**

BOTTLE  
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**\$3**

APRONS  
**\$20**

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VOUCHERS  
AVAILABLE

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D D D D D

# NONNA'S CHICKEN BROTH WITH CHICKEN MEATBALLS



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## Ingredients:

- 2 kg whole chicken (preferably heirloom, roasting, or stewing chicken rather than a young chicken)
- Water (about 14 cups, enough to cover the chicken and fill the pot about  $\frac{2}{3}$  full)
- 500 g carrots (peeled and trimmed)
- Celery stalks (rinsed to remove any dirt)
- 1 large sweet onion (350 g) (peeled and sliced)
- $\frac{1}{4}$  small bunch fresh parsley (curly or flat-leaf, rinsed, with stems removed)
- 2 sprigs fresh rosemary
- 3-4 large basil leaves (rinsed, or 1 tablespoon dried basil)
- 2 tablespoons peppercorns
- 2 teaspoons salt (adjust to taste)
- 2 whole peeled tomatoes from a can (drained and hand-crushed; fresh, peeled tomatoes can also be used)

## Instructions:

- Remove any giblets from the chicken cavity and discard them. Place the chicken in an 8-quart stock pot and add enough water to cover it by a couple of inches. Cook on high heat, uncovered, and skim off any scum that rises to the top.
- While waiting, prepare the vegetables: peel and trim the carrots, peel and slice the onion, rinse and trim the celery, and rinse the parsley, removing the stems and chopping the leaves. Get the tomatoes ready as well.
- Once the scum is gone (about 30 minutes), add the carrots, celery, onion, parsley, rosemary, basil, peppercorns, a tablespoon of salt, and tomatoes to the pot. Cover and cook for four hours if using a roasting or stewing chicken, or three hours for a young chicken. Start on high heat, then reduce once it boils. Taste and adjust the salt after three hours.
- When done, transfer the chicken to a platter. Strain the soup through a fine-mesh strainer into another pot. Discard the peppercorns and set aside the vegetables. Though mushy, the veggies can be eaten as is, or some carrots can be added back to the soup.

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# NONNA'S CHICKEN BROTH WITH CHICKEN MEATBALLS

B B



## Ingredients:

- Shredded cooked chicken from the soup (about 1 pound 11 ounces; bones and skin removed)
- 6 tablespoons grated Pecorino Romano cheese ( $\frac{1}{4}$  cup plus 2 tablespoons)
- $\frac{1}{4}$  cup finely grated Parmesan cheese (plus extra for serving)
- $\frac{1}{4}$  cup plain bread crumbs
- 1 tablespoon finely chopped fresh parsley (washed, with stems removed)
- $\frac{1}{4}$  teaspoon dried basil
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon garlic powder
- $\frac{1}{8}$  teaspoon black pepper
- 2 eggs
- 1  $\frac{1}{2}$  cups soup broth (a standard ladle holds  $\frac{1}{2}$  cup; start with one ladle at a time and mix until moist but not soggy - you may not need all of it)

## Instructions:

- Remove and discard the skin and bones from the chicken, then finely shred the meat with two forks in a large bowl. Add the remaining meatball ingredients (cheese, bread crumbs, parsley, seasonings, and eggs). Gradually mix in the soup broth, one ladle ( $\frac{1}{2}$  cup) at a time, until the mixture is moist but not soggy. Taste the mixture and adjust the seasoning if needed. You can also test a few meatballs by boiling them for 5-6 minutes to check the flavour.
- Roll the meat mixture into 1-inch balls and arrange them in a single layer on sheet pans. The meatballs can stay at room temperature for up to two hours before cooking, or refrigerate them to cook the next day.
- Set up your stovetop with the following: a large pot filled with hot soup (no heat), a pot for cooking pasta (no heat until later), a shallow pan with sides for cooking the meatballs, and a pot halfway filled with soup to hold the cooked meatballs.
- In the shallow pan, bring 2 cups of soup broth and 2 cups of water to a boil. Add as many meatballs as will fit in a single layer and gently boil them for 5-6 minutes, lowering the heat if needed. The meatballs will rise to the top when cooked. Transfer the cooked meatballs to the pot with broth, stacking them as needed. Continue cooking the meatballs in batches, adding more water and soup to the pan as needed.

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# NONNA'S CHICKEN BROTH WITH CHICKEN MEATBALLS

E E E



## Ingredients:

- The prepared broth
- 500 g small pasta shells (or any small pasta; adjust quantity as needed. 500 g is suitable for serving four people)

## Instructions:

- After cooking the meatballs, you can let the pots sit on the stove without heat for up to 1½ hours. When you're ready to cook the pasta, heat the pasta pot on high and place the meatballs and soup pots on low heat. Add the pasta to the boiling soup and cook until al dente. Do not drain the pasta.
- **To serve:** Fill each large soup dish with pasta, meatballs, and broth. Provide extra Parmesan at the table.
- **Storage:** The soup, pasta, and meatballs can be stored separately in the refrigerator for up to four days (store pasta without broth). The soup and meatballs can be frozen separately for up to three months.





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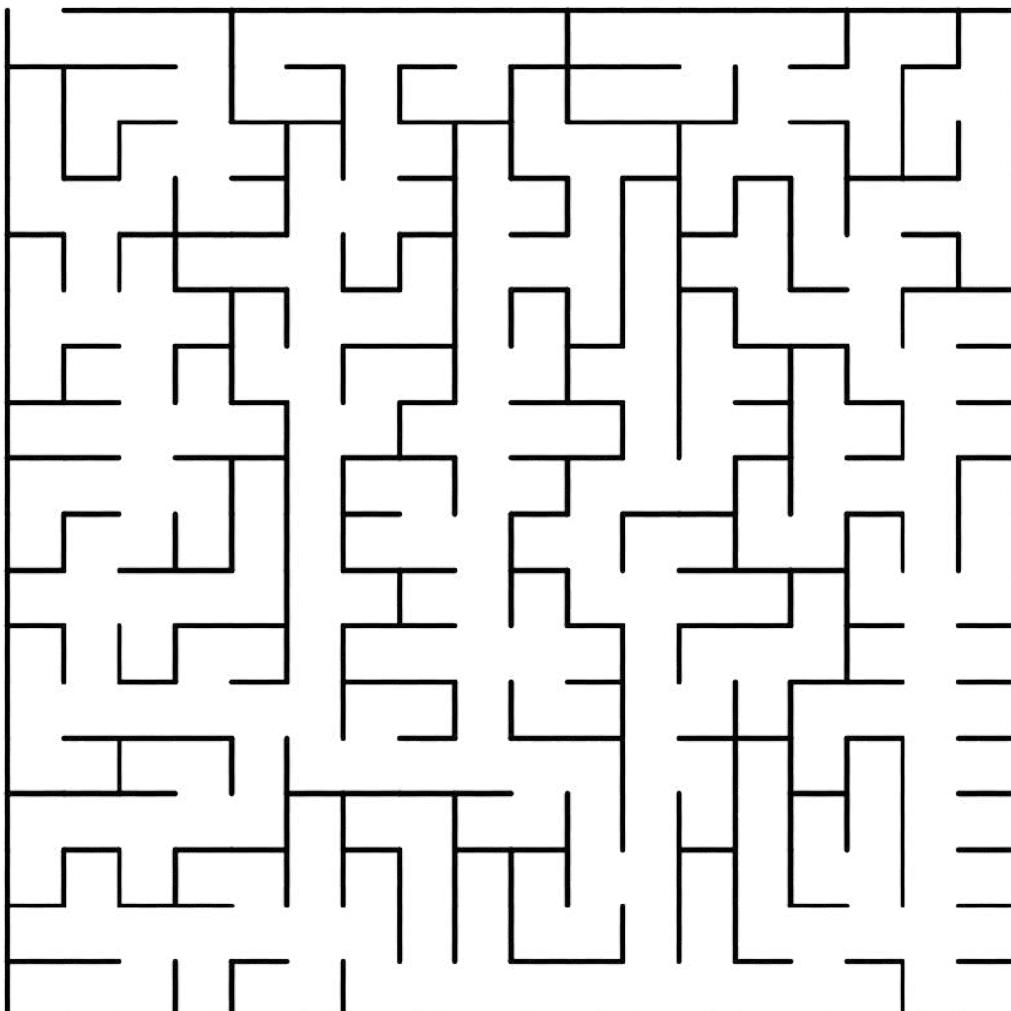
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COASIT SA, The Italian Assistance Association, provides social support programs for people over 65 years registered with COASIT SA and My Aged Care services.

Weekly sessions for a friendly chat, playing tombola, bocce, cards, or enjoy an Italian style lunch with other compatriots.

Our social support groups cover the Adelaide-Metro area, Ascot Park, Modbury North, Paradise, Thebarton, and Unley.

Call Rosalia on 08 8223 3311 or send an email to [admin@coasitsa.org.au](mailto:admin@coasitsa.org.au) to join us.

**COASITSA.**  
SUPPORT SERVICES FOR THE AGED ITALIAN COMMUNITY

Il COASIT SA, Comitato Assistenza agli Italiani in Sud Australia da piu' di vent'anni, offre servizi di aggregazione sociale a tutte le persone che abbiano compiuto i 65 anni di età e che siano registrati su My Aged Care.

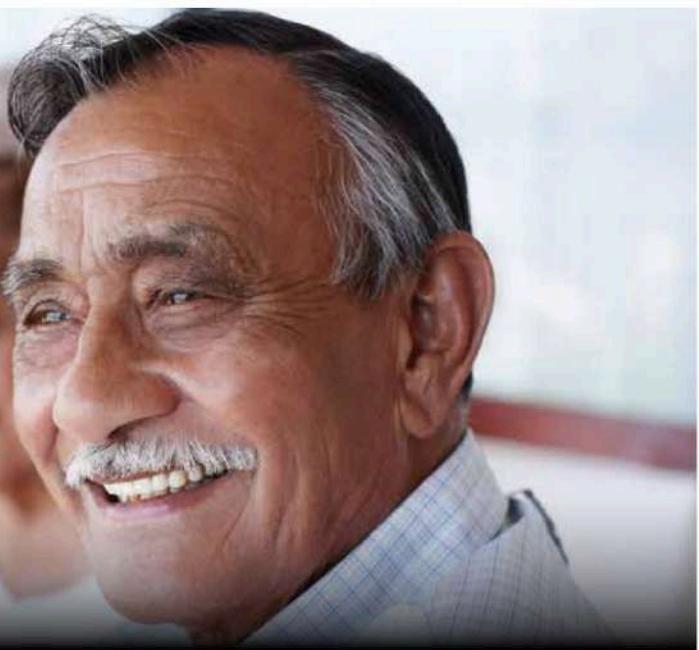
Incontri settimanali, per scambiare due chiacchiere, giocare a tombola, bocce, carte o condividere un pranzo insieme ai tuoi connazionali.

I nostri gruppi si trovano in diversi sobborghi dell'area metropolitana di Adelaide.

Chiama Rosalia allo 08 8223 3311 o scrivi a [admin@coasitsa.org.au](mailto:admin@coasitsa.org.au) se vuoi partecipare.



# 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 **open.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.*



Australian Government  
Department of Health



myagedcare



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