



Meals on Wheels
Blacktown

More
than just
a meal

Volunteer Newsletter

March 2023

From the Manager

As we say goodbye to Summer, we look back on a fabulous month that we had here at Blacktown Meals on Wheels.

We had a booth at not just one, but two Seniors Expos. First, the NSW Seniors Festival Expo at the International Convention and Exhibition Centre on the 3 February. The Premier of NSW, Dominic Perrottet, visited our stall and snapped a selfie.

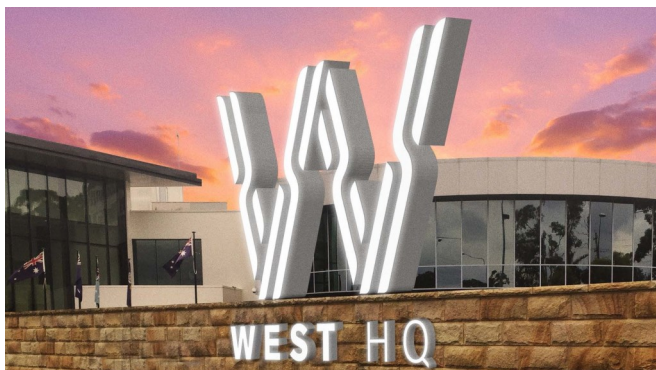
Then, a more local Seniors Expo hosted at Blacktown Workers on the 14 February. We were glad to see so many people come along and chat at our booth about the services we offer.

We also enjoyed a great Social Outing to the Mt Annan Botanical Gardens on the 22 February. The day included a tour of the gardens, a visit to Flower Power and then lunch at the Wild Dragonfly Café.

We look forward to great month ahead.

Upcoming Events

22 March Social Day outing, West HQ





Some reminders

- Please ask clients to call the office if they have any questions regarding payment or delivery
- Don't forget to fill out your mileage form for reimbursement
- Please – wear closed in shoes when volunteering
- We prefer if you continue to wear masks when delivering meals
- Please report to us any 'hazards' you may come across when out on the road

A healthy recipe from the Cancer Council Veggie Pikelet Sandwiches



1½ cups self-raising flour
1 cup wholemeal self-raising flour
2 eggs, beaten
1 1/3 cups reduced-fat milk
1 medium carrot, peeled & grated
2 handfuls baby spinach, finely chopped
1 small onion, grated
225g tin corn, drained
2 tbsp fresh dill, chopped
1 tbsp olive oil
3 tbsp reduced-fat spreadable cream cheese

1. Place flour into a large bowl and whisk in the eggs and milk until smooth. Add the vegetables and dill and mix to combine.
2. Heat the olive oil in a non-stick frypan over a

medium heat. Spoon in rounded tablespoons of mixture into the pan and smooth them into round shapes. Cook until the mixture bubbles and golden on the bottom. Turn and cook other side. Repeat with the rest of the mixture and cool all of the pikelets.

3. Once cooled, spread half pikelets with cream cheese and top each with another pikelet to make sandwiches
4. Makes 24 pikelets



Volunteer of the Month: Katherine Caines

Katherine has been volunteering with us since 23 April 2021.

What do you love about volunteering with Blacktown Meals on Wheels?

"Meeting new people. Helping the elderly in the community and having a laugh: if you can't laugh at yourself, you can't laugh at all. I like hearing about people's life stories, you can learn so much from our elders."

What is a little known fact about you?

"I like growing poppies for Remembrance Day, and sunflowers for summer."

