

Welcome to 2020

Even though we are already in March, we would like to wish everyone a happy and healthy 2020.

Everyone receiving meals in their home would have received a letter regarding a price increase. There has not been an increase since 2017 and due to the cost of suppliers increasing their prices, Blacktown Meals on Wheels have increased the cost. This will take affect from 9th March 2020. If you have any concerns or would like to discuss this with staff, please feel free to contact the office.

Garden 2 plate

Blacktown Meals on Wheels in partnership with Riverstone Neighbourhood centre and the Men's Shed have developed this program. The Men's Shed group grow and maintain their vegetable garden. Once a month Volunteers from Meals on Wheels visit Riverstone and cook a delicious meal using produce from the garden.

This program has been nominated for a "Zest Award" which acknowledges and celebrates people who work in the community sector of Greater Western Sydney. We would like to wish the very best of luck to the Garden 2 Plate program.



Photo: Vlad and Wayne (volunteers from Blacktown Meals on Wheels) sharing their passion and cooking an omelette with chives garnished with parsley. Both picked freshly from the garden.

The Friend Effect – evidence for enjoying eating in company

A new study by Oxford Economics, found that people who always eat alone score 7.9 points lower than the national average in terms of happiness. The study found that the more people eat with others, the more likely they are to feel happy and satisfied with their lives. People who eat socially are more likely to feel better about themselves and have wider social and emotional support networks.

https://www.theguardian.com/society/2018/may/23/the-friend-effect-why-the-secret-of-health-and-happiness-is-surprisingly-simple?CMP=Share_iOSApp_Other.

If you are interested in joining our Social days, or organising for a volunteer to come and join you for a one on one lunch (Lunch With You and Me Program) please contact the office and we can arrange this for you. Social days are as follows. Mondays, Thursdays and Fridays in Blacktown and Monday in Mount Druitt.

“Food is always better when shared with friends”

Easy Omelette Recipe

3 fresh free-range eggs
Sea salt

1 teaspoon unsalted butter

1/2 teaspoon extra virgin olive oil

2 tablespoons chopped fresh herbs such as chives, parsley, basil, marjoram

Bread, to serve

Whisk eggs in a bowl. Add salt and pepper to taste

Heat butter in frypan over medium high heat. When butter starts to froth, add egg mixture and as the base begins to cook, use a fork to draw it aside and allow the uncooked egg to run beneath.

Continue doing this until omelette is set.

Scatter herbs on top and fold in half and place on plate.

Serve with some tasty bread

DO YOU HAVE A FAVOURITE RECIPE YOU WANT PUBLISHED? Send it into the office and we may put it in our next newsletter



Important dates to remember 2020

- **9th March**—Prices increase for meals received in the home
- **27th March**—Easter closure notices sent home
- **30th March**—Easter closure notices sent home
- **5th April**—Daylight savings end (turn your clocks back 1 hour)
- **10th April**—Good Friday
- **13th April**—Easter Monday
- **25th April**—Anzac day
- **18th—24th May**—National Volunteers week (say thank you to our wonderful volunteers)

Reducing your plastic bag use



Many of us grew up in the days when plastic bags and single-use plastic were non-existent. Plastic pollution has led to an imminent ban on plastic bags at supermarket checkouts.

Remember to take your re-useable bags to the shops. Insulated bags are strong and keep your food at a safe temperature for longer

Mesh or net bags are available for fruit and vegetable purchases

Avoid pre-packaged fruit and vegetables where possible



Everyone can benefit from a Safety Visit, however there are people within our communities that are statistically at higher risk of incidents occurring, including:

- Over 65's.
- Those who live alone.
- People with limited

mobility, hearing impairments or vision impairments.

- Residents who are supported by carers, family and friends.
- And anyone with English as a second language.

You can organise for your local Fire & Rescue to come out to your property to do a safety visit.

Blacktown— 02 9622 8932

Seven Hills— 02 9493 1043

Mount Druitt—02 9625 4403

Please remember in an emergency,
always call 000

Staff Profile

Gizelle Thomas

Job Role—Financial Administrator

How long have you worked for MOW?

10 years

What do you like most about working for MOW?

Working as a team with my colleagues and the volunteers. Interaction with the clients, be it on the phone or face to face.

What do you enjoy doing on the

weekends? Spending time with my family especially my grandchildren. Watching sport on TV

Do you have a favourite Movie/TV show? I

love watching crime and sport

What is your favourite sport? Soccer—the world game

What is your favourite café/bar/restaurant?

Hurricanes is my favourite restaurant



Have a laugh

Q: Can February march?

A: No, but April may.

Q: Why did the fish blush?

A: Because it saw the ocean's bottom.

