

More  
than just  
a meal



# Chatter Box

Meals On Wheels November 2020

## Important Dates to remember

### Knit Bomb Morning Teas

- Thursday 26<sup>th</sup> November
- Tuesday 1<sup>st</sup> December
- Tuesday 8<sup>th</sup> December
- Wednesday 9<sup>th</sup> December
- LAUNCH  
Wednesday 2<sup>nd</sup> December

### Christmas Closure

### Meal Deliveries

Last day of deliveries 23<sup>rd</sup> December 2020 and we reopen Monday 4<sup>th</sup> January 2021

### Social Day

Last day of Social Day 23<sup>rd</sup> December 2020 and we reopen 18<sup>th</sup> January 2021

**Have you tried** the new Banana Bread that is on the menu? If not, give the office a call and add it to your order to try.



## **SERVICE UPDATE**

Its springtime again but the world looks different this year. With everything that has changed over the last 6 months, the one thing that remains the same is Meals on Wheels being delivered to you in your home.

Our Social Days have recommenced, and due to the Mount Druitt site closing, all Social Days will be held in Blacktown. While we are in this pandemic, there will be a limit of 15 people allowed to attend per day. There will be a booking system and you will have to phone the office Thursday, the week before to book your place. We can provide transport on some days (this will change soon). Your temperature will be taken, and strict hand sanitising measures must be followed. Contact the office on **9622 6183** for more information.

National Meals on Wheels day was 26<sup>th</sup> August. The day recognises our dedicated volunteers, especially this year as they have stepped up, to keep the health and wellbeing of our clients, not only during this pandemic but every day. We also recognise and celebrate you, our clients, who are a part of our community. We hope you enjoyed your freshly baked scones delivered to you during that week. If you are interested in making the scones, please see the recipe below.

### **Maria's Scones**

- 2 cup self-raising flour
- 60g butter (salted)
- 1/2 cup milk
- 1/2 cup water

### **Method:**

- Rub butter with flour, add liquid and knead 4 or 5 times. Cut out and bake
- Preheat oven to 200°. Once the scones go in turn down to 180°.

**Notes:** Replace water with lemonade for extra fluffiness.

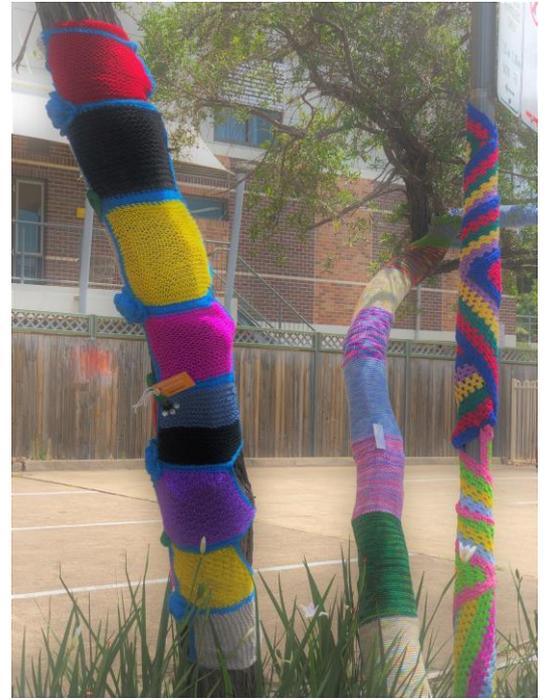


# Knit Bomb

Thank you to everyone who has contributed towards knitting squares and other knitted items for our knit bomb.

What is a Knit Bomb you ask?

A knit bomb is a form of street art with knitted and crocheted items which is displayed on outdoor objects such as trees, poles, letter boxes or cars. Our knit bomb will start in November and run for 16 days to represent the 16 days of Activism against family and domestic violence. See the dates for morning teas and the launch on the front page. If you are interested in coming along to have a look at the great work done by everyone, please contact the office to book a spot.



## Something Meaningful

**Start a gratitude Jar** - Add a positive word, something you are grateful and thankful for or a happy memory and add in the gratitude jar every day. You can decorate your jar like the one below or you can leave it plain.



What you need:

An empty, clean jar

A pen

A small note pad to write down your gratitude.



# GOOD HYGIENE IS IN YOUR HANDS.

Wash your hands thoroughly with soap and water for at least 20 seconds to prevent passing on germs. Dry your hands.

**TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus (COVID-19)** visit [health.gov.au](http://health.gov.au)

Coronavirus (COVID-19)



## Christmas period closures

We will be closing over the Christmas and New year period from Friday 25<sup>th</sup> December and we reopen Monday 4<sup>th</sup> January.

We have started sending home the Christmas Frozen Order Form. If you require meals for the period of closure, these meals will be sent during the month of December. You will either receive a double delivery or on a Thursday. Please fill in the form and return it to the office with the volunteer. If you did not receive one of the forms, phone the office and inform us if you require these meals.



**From everyone at Blacktown Meals on Wheels, We wish you a Merry Christmas and a safe and happy New Year!!**



**If you have any Comments or feedback about the service, please contact the office.**