



Eating With Friends

Newsletter Autumn 2016

Welcome to the EWF Autumn newsletter. I know... I know its winter now but the stamps were applied to the envelopes in the right season!

Thankyou to all the groups that returned the **annual EWF survey**. 35 surveys were sent out, with 32 returns. That is a response rate of 94% - which is fantastic! The information gathered paints a clear picture of the EWF network ... and what a wonderful picture it is!

Here is a quick snapshot of information gathered from the survey:

- There are approximately 930 EWF participants across all groups in Tasmania.
- There are approximately 175 volunteers involved in organising and running EWF groups.
- 28 groups prepare and serve a meal in-house, with 2 groups eating out, and 2 groups offering both options at different times of the year.
- 21 groups meet monthly, with 4 meeting fortnightly, 4 meeting weekly and 3 meeting every 6 weeks or more.
- The price of meals varies from gold coin donation to \$20.

We are happy to be able to offer a **small capacity building grant** again this year. Yeah! The request form for the grant is included in this mail out. Please complete and **return the form** to the EWF Project by **Wednesday 15th June** so the grants can be sent out before the end of the financial year. Although small, the grants are provided to help sustain and support groups and to acknowledge the wonderful work you all do.

Telling the stories of what groups are doing is a great way to show the impact that EWF groups can have in their local communities. NHT recently launched the book 'Our Stories' - a collection of stories from Neighbourhood Houses. Included here is the story from Zeehan Neighbourhood Centre's Lunch With a Mate, which is part of the EWF network.

We are wanting to gather more **EWF stories** and put them together in a similar book format for EWF. So expect to hear from us soon as we gather stories, quotes and pictures from groups.

Zeehan's senior community members have minimal opportunity to socialise outside of their home environment or to access cheap, nutritional meals. Subsequently, social isolation and depression is a major issue on the West Coast of Tasmania. We wanted to assist to minimise the impact of this on our senior community members. We approached the local Senior Citizen Club and asked if we could start running a session once a month that did not clash with their current programs. The club supported us and began to attend.



Community lunch, May 2106

The numbers quickly grew and we applied for a grant to cover the ongoing costs of the program. Senior community members are attending lunches at the Centre with a mate as well as linking in with other programs that the Centre runs – such as community morning teas and bus trips up the coast. Those attending have taken ownership of the program and assist in menu planning, as well as often bringing in vegetables and desserts to share. Some that attend assist others by carpooling so that no-one misses out. Senior citizens play an important role in our community and at times this has been over looked. Their life experiences and skills are invaluable and something we will never get back once they pass on.

*" I was invited to the lunch and thought it was a good idea. It is a great place to interact with other West Coast people."
Pat P*

Cheers

Karen

EWF Project Coordinator

Recipe : Minestrone Soup

Ingredients	10 serves	25 serves	50 serves
Onion, chopped fine	200g	500g	1kg
Carrot, chopped fine	200g	500g	1kg
Oil	50 ml	125 ml	250 ml
Potato, chopped fine	200g	500g	1kg
Celery, chopped	100 g	250g	500g
Zucchini, chopped	100g	250g	500g
Cabbage, chopped	100g	250g	500g
Bean Mix can, drained	400g	1kg	2kg
Water	800ml	2L	4L
Minestrone soup mix (pasta, lentils, split	100g	250g	500g
Tomato, can, diced	600g	1.5kg	3kg
Parmesan cheese,	100g	250g	500g

Method:

- Heat oil in pan and saute onions until soft
- Add carrots, potatoes and celery and cook for 5-10 minutes
- Add zucchini, cabbage, beans, soup mix and tomatoes, and bring to boil
- Reduce heat and simmer, covered for 30 minutes or until vegetables and macaroni in the soup mix is tender
- When serving, top with 10g of parmesan cheese per serve
- Serve 180 – 220ml soup per serve

Queensland Meals on Wheels Recipe Book

Recipe Topics:

- Soup x 30 recipes
- Pork x 5 recipes
- Chicken x 10 recipes
- Lamb x 8 recipes
- Fish x 7 recipes
- Beef x 22 recipes
- Egg & Cheese x 6 recipes
- Dessert x 20 recipes



Recipes are given in quantities for 10, 25, 50 & 100 serves. Nutritional information for all recipes is included.

To get a full rundown of the recipes available, contact the EWF Project. Copies of individual recipes can be emailed or posted out.



EWF Contact Details

For more information please contact

Eating With Friends Project

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www.nht.org.au/projects/eatingwithfriends

Pamphlets, posters and badges are available to help you promote your group, along with an Action Kit for new groups.