

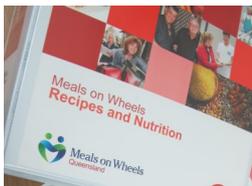
Eating with Friends

Newsletter Winter 2015

Welcome to the EWF Winter newsletter.

The **EWF Capacity grants** for 2015 were sent out in June to 30 groups. There were many and varied purposes that groups identified they were going to use the money for, including purchasing large cooking pots, crockery, transport costs, promotional materials, special events and food items. We were happy to be able to provide these small annual grants again this year as a contribution to supporting the fantastic ongoing work that you all do in running an EWF group.

The EWF Project has recently purchased a copy of the



Queensland Meals on Wheels Recipes book. (I do use the term 'book' lightly as it is a 7cm thick folder that weighs a tonne!) The folder is full of recipes for bulk

cooking, with quantities of ingredients being listed for **serves of 10, 25, 50 and 100**. There is also the nutritional information listed for each recipe. We have permission from QMW to share the recipes within the EWF network. **There is a list of recipe topics overleaf**. A recipe or two will feature in each newsletter, and you can email me for a copy of a specific recipe you may be after. Hopefully having the quantities already worked out to prepare for large numbers will help groups with their preparation and take the headache out of guessing just how many potatoes or carrots to cook.

As part of the **EWF survey** this year groups were asked to share a story to help paint a picture of their group. In thinking of ways to **share these stories** I came across 'Wordle' and have been having a fun time making word pictures out of the stories. (**PTO for an EWF Wordle**). Enclosed with this newsletter is a 'Wordle' for each group. If you sent in a story, it is created from that individual story. If not, the 'Wordle' has been created from key recurring words about EWF. I hope you like them.



The EWF **Action Kit** has had a **makeover**. The content has been updated and some fresh new colour added to the pages. It is now available in an **electronic version** as

well. This resource was first written in 2000 to help individuals and organisations looking to start an EWF group, and is a great example of collaboration by those involved. The first electronic copy of the new version was sent off to Israel this week!

I visited the **Fingal EWF group** in June when they hosted their mid-year Christmas lunch. As the photos show, a feast was cooked up at the Fingal Valley Neighbourhood House and enjoyed by many from the local area.

Thankyou for the invitation!



We are happy to be able to report that the EWF Project has received funding for the next two years from the Department of Social Services. It felt like a long wait to find out, but now we know I can book the dates for this year's Volunteer Lunches!!

Dates for Your Diary : EWF Volunteer Lunches

- ◆ **North: Wed 28th October 2015**
Links Restaurant, Country Club Launceston
 - ◆ **South: Wed 4th November 2015**
Waterfront Hotel, Bellerive
- Both lunches will start at 12 noon.

Reminders and RSVP details will be sent out in Sept

I am on leave from July 20th to August 31st. If you have any queries regarding EWF or information in this newsletter please contact the NHT office on 6228 6515.

Someone will happily help you out.

Cheers

Karen

EWF Project Coordinator

Tomato Chicken Casserole



Ingredients	For 10	For 25	For 50	For 100
Oil	50ml	125ml	250ml	500ml
Garlic, crushed	10g	20g	45g	90g
Onion	200g	500g	1kg	2kg
Mushrooms	200g	500g	1kg	2kg
Tomato, crushed	800g	2kg	4kg	8kg
Tomato paste	30g	80g	160g	320g
Dried oregano	1tbsp	2tbsp	¼ cup	½ cup
Dried basil	1tbsp	2tbsp	¼ cup	½ cup
Chicken, thigh fillets	1.4kg	3.5kg	7kg	14kg
Pasta, boiled	900g	2.25kg	4.5kg	9kg
Vegetables	1.5kg	3.75kg	7.5kg	15kg

Method:

1. Preheat oven to 160°C.
2. Heat oil in pan and saute onion & garlic until soft.
3. Add mushrooms and saute for 2 minutes.
4. Add tomatoes, tomato paste & herbs. Mix until combined.
5. Place chicken in baking dish and cover with sauce.
6. Cover, and place in preheated oven for 40 minutes or until chicken is cooked through.
7. Serve one thigh fillet per serve and 80-100ml sauce with 90g pasta and 150g vegetables.

This recipe is sourced from the Queensland Meals on Wheels Recipe & Nutrition Manual

Queensland Meals on Wheels Recipes 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 and 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.

A 'WORDLE' ABOUT EWF



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.