



Eating With Friends

Newsletter Spring 2011

Hii to everyone and I hope you are enjoying the diversity of spring weather. I know the Christmas pageants are about to hit town—but I am going to ignore that fact for a while longer and try and remain blissfully ignorant that the end of the year is approaching.

Lunches for EWF volunteers and organisers were held in October, and a wonderful time was had by all who attended.

October 25th saw 29 people sit down to lunch at Sails Restaurant in Bellerive, on the deck overlooking Kangaroo Bay, on a perfect spring day. Conversation filled the air as everyone kicked back and enjoyed a leisurely lunch, able to relax and take time out to chat with people that they are usually busy working with.

On October 27th 16 people gathered at the LEVEE FOOD Co in Launceston. Again the sun shone and we over looked the Esk River while enjoying beautiful food and great company.

The photos included here are from those lunches.



Thank you to all the volunteers and organisers involved with EWF groups for your efforts and commitment in supporting and running an EWF group throughout the year. I know EWF meals bring a lot of joy to those who attend - and it wouldn't happen without you all !



Enclosed with the newsletter is a brochure from the Food Safety Council that was put out for Food Safety Week 7-13th November. (Bit late I know—sorry!) There are also posters available. Contact the EWF office if you want some sent out—having them on the walls is always a good reminder for people to maintain high safety standards at all times.



For those EWF groups not associated with the TACH network there is also an information brochure about TACH, whose logo appears on everything that comes out of the EWF Project office. TACH is the auspicing body which receives the HACCC funding for the EWF Project and employs me as the Coordinator.



The EWF Steering Committee is sadly losing 2 long-standing members. Julie Williams, from the Community Nutrition Unit, has been involved since the very beginning of EWF 11 years ago. Kim Lethbridge has been the TACH representative for 6 years. We wish them both well in their new endeavours.

Wishing everyone a joyful time in the run up to Christmas.

Cheers

Karen





Wishing you all a very Merry Christmas and a safe, happy New Year



bread and butter pudding

Ingredients

- 3 eggs
- 1 cup low-fat milk
- 1/3 cup sugar
- 8 slices bread (can be stale)
- 2 tbsp butter/low-fat margarine
- dried or chopped fresh fruit or choc chips



Preparation Method

- 1- Pre- heat oven to 160 degrees C
- 2- Whisk together eggs, milk and sugar in a mixing bowl
- 3- Butter each slice of bread, and layer in a baking dish.
- 4- Sprinkle with fruit/choc-chips (optional)
- 5- Pour egg mixture over the bread, ensuring it is all covered.
- 6- Sprinkle a tblsp sugar over the top, then bake in oven for 30 mins, or until custard is set and top is crispy.

SERVES 4
(recipe from Mission: Nutrition)

Chats Program

Chats is a service available to anyone over 60 years of age, living independently in the community who would like to increase their social contact.

Chats volunteers offer support to participants in connecting with their community and building a sense of belonging through regular phone calls and social activities. There is no waiting list and no cost to join. Services Chats provides include: a weekly phone call, a monthly newsletter, social activities, links to other community organisations, transport to social events.

For more information about Chats contact them on:
phone: 62243434

email: sjaan.field@lifelinetasmania.org.au
or checkout their website: www.lifeline.org.au

Some websites to peruse

www.tasfarmgate.com.au - for what's in season in Tasmania

www.puzzlechoice.com - for other game and puzzle ideas

www.nutrition.mrs.monash.edu.au/recipes - for recipe ideas



EWF Contact Details

For more information please contact
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www.tach.asn.au/projects/eatingwithfriends

Pamphlets, posters and badges to help you promote your group, along with updated Action Kits, are available.



The EWF Project is HACC (Home & Community Care) funded, and auspiced by TACH (Tasmanian Association of Community Houses)

