



Behind the Wheel

Nepean Food
Services

March 2018

EXCELLENCE IN THE WAY WE ENABLE THOSE WE SUPPORT TO STAY INDEPENDENT

CLIENT NEWSLETTER

A Message from our Manager

Ditte Kozak

Happy New Year from all at NFS. We hope this is a healthy and happy year for everyone. Remember that Meals on Wheels is here to help. We have included some information from our client brochure in this issue for your information. Don't forget we can provide breakfast and whole day packs if required. In April we will send out a complimentary soup for each of you to try. This makes a nutritious meal in itself especially if you can add a bread roll and butter. We have started a new supplier so look out for the meals that have the "Meals on Wheels" logo on the packaging and you will be able to try the new varieties. Please let us know what you think.



Contact Us

Penrith Program
Regentville Hall
16 Jeanette St,
REGENTVILLE NSW 2745
Phone: (02) 4733 7200
Fax: (02) 4733 7211

Warragamba Program
15 Weir Road
WARRAGAMBA NSW 2752
(02) 4774 2589

admin@nepeanfoodservices.org.au
www.nepeanfoodservices.org.au

From our Client Brochure:

Our Services

Meals:

- Frozen or chilled meals are delivered by volunteers Tuesday through to Friday between 9.30am and 11.30am.
- Most dietary requirements can be accommodated.
- Volunteers can heat meals for those requiring extra assistance. In this case, meals will be delivered between 11.30am and 1.30pm Monday to Friday.

Group Social Support:

Social Group luncheons are held from 9.30am to 1.30pm at various locations across the Penrith area and also in the Warragamba/Silverdale area. Our bus will pick you up from your home to spend a day out with morning tea, lunch and social activities before returning

Lunch Club:

Every fortnight, transport is provided to and from a local restaurant or café at lunch time. You can buy your own lunch or use a *Let's Dine Out Voucher*.

Let's Dine Out Vouchers:

Let's Dine Out Vouchers cost \$7.00 and can be used at any of our partnering venues to purchase a meal to the value of \$12.00. Vouchers can be ordered over the phone by calling our office.

Social Support:

Nepean Food Services promotes participation & inclusion in community life and support for people living at home. Nepean Food Services provides services that assist in allowing individuals to dine out in the community, access a luncheon club with activities or receive support at home to eat a day-time meal.

Transport:

Transport assistance is provided so that eligible people may participate in day to day activities. In Warragamba/Silverdale Nepean Food Services provides a shopping bus once a week as well as transport to and from medical appointments.

Service User Care Co-ordination:

Nepean Food Services can assist in facilitating access to other services for individuals.





New Menu Items!!

BREAKFAST	PRICE
Ham & Cheese Croissant	\$5.50
Omelette & Juice	\$5.50
Scrambled Egg Crepe	\$5.50
Quiche Lorraine	\$5.50
Farmers Omelette Meal	\$5.50
Cereal, Milk, Fruit Cup, Juice	\$5.50
MEAL PACK FOR FULL DAY	
Breakfast, Soup, Bread Roll, Main Meal & Dessert	\$16.00



Please call the office on 4733 7200 if you would like to order any of these items.

Please contact the office to try our breakfast meals or to request a Full Day Meal Pack. This is an easy and convenient way of enjoying tasty nutritious food all day every day, delivered directly to your door.



We Have These Delicious Varieties:

Broccoli & Cheese, Chicken & Sweetcorn,
Pea & Ham, Potato & Leek,
Country Chicken & Vegetable, Beef & Barley,
Cauliflower & Cannelini Bean,
Cream of Tomato or Pumpkin

Simply heat & serve for a yummy, warm treat.



Nepean Food Services Volunteers were invited to a thank you afternoon tea for local volunteers who offer their services to the local community. They met the State Minister for volunteering The Hon Ray Williams MP and also the Minister for Multicultural and Minister for Disability Services. The Hon Stuart Ayres MP Member for Penrith, Western Sydney, West Connex and Sport was there to offer his ongoing support.



Our Warragamba group enjoyed a lovely outing aboard the Parramatta Rivercat. The weather was good and a fun day was had by all who joined the excursion.



Memory Walk 2018 was a great opportunity for members of our Management Committee, Staff and Volunteers to get together and support Dementia Australia. Led by Volunteer Coordinator Mark, our team completed the 8km walk and raised \$1000 while having fun. The team dedicated their walk to our Meals on Wheels clients.

Thank you to our sponsors

