



Behind the Wheel

Nepean Food
Services

June 2017

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

CLIENT NEWSLETTER

A Message from our Operations Manager

Ditte Kozak

Winter is upon us so please make sure you rug up and stay warm. Included in this issue is a preview of some of our *spice it up* winter meal and soup varieties. There is nothing nicer in winter than to sit down to a bowl of hot soup and a fresh bread roll.

Our Social Support services will continue to run throughout winter so if you would like to get out of the house and join other people on these social occasions, just ring the office to see what we have available.

Our organisation is continually trying to improve. We have once again included a feedback form for you to fill in if you have any suggestions in ways we can improve our service. We have also included a tick and flick survey where the volunteers will be asking two questions as to your preferences. This will enable you to let us know where we can improve our service.

Nepean Food Services has about 90 volunteers who give of their time freely to support our services. We celebrated our volunteers in May with an official Appreciation Day that was attended by the Mayor and our local Federal Member Emma Hussar. We cannot thank our volunteers enough for all their efforts as I am sure all of you will agree.



Contact Us

Penrith Program

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

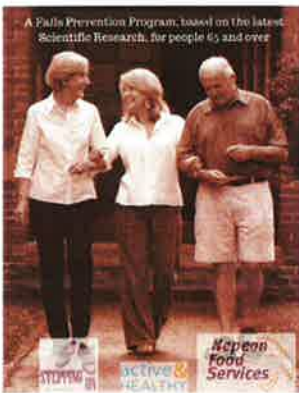
Warragamba Program

15 Weir Road
WARRAGAMBA NSW 2752
(02) 4774 2589

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



We honoured our hard working volunteers with a celebratory lunch and a visit from undercover tenor Mario Lasagne. Mario crooned a lot of beautiful songs then got everybody up and out of their seats for a conga line. There was plenty of fun and great laughter. The Mayor, John Thain, and Member for Lindsay, Emma Hussar, joined us and highlighted the importance of the selfless contribution our volunteers contribute towards the welfare of our community.



The Stepping On Falls Prevention program has successfully delivered life enhancing education to yet another group of new participants. The program consists of seven informative and practical sessions and morning tea along with a booster session on completion. The program is delivered in partnership between NSW Health Active & Healthy and Nepean Food Services. To register for our next program please call us on (02) 4733 7200.



Nepean Food Services has a new website! We invite you to explore each page and we welcome your feedback. Please visit: www.nepeanfoodservices.org.au

While you're there, why not visit our Facebook page too. Simply scroll to the bottom of our website Home page and click the Facebook icon:



Spice it Up

This Winter

Why not try something tasty to warm you up

- Mongolian Pork
- Italian Meatballs
- Beef with Black Bean Sauce
- Beef Chilli Con Carne
- Mixed Vegetable Curry
- Lamb Curry
- Meatballs in Red Wine
- Red Chicken Curry
- Flamegrilled Meatballs in Garlic Sauce
- Tuna Patties with Sweet Chilli Sauce
- Savoury Mince
- Honey Pork & Pineapple

New Supplier

SWEET & SOUR PORK

CHINESE STYLE PORK PIECES IN A SWEET SAUCE WITH PINE CARROTS & CELERY WITH HUI GREEN SWEET CORN

100g

SIMPLOT

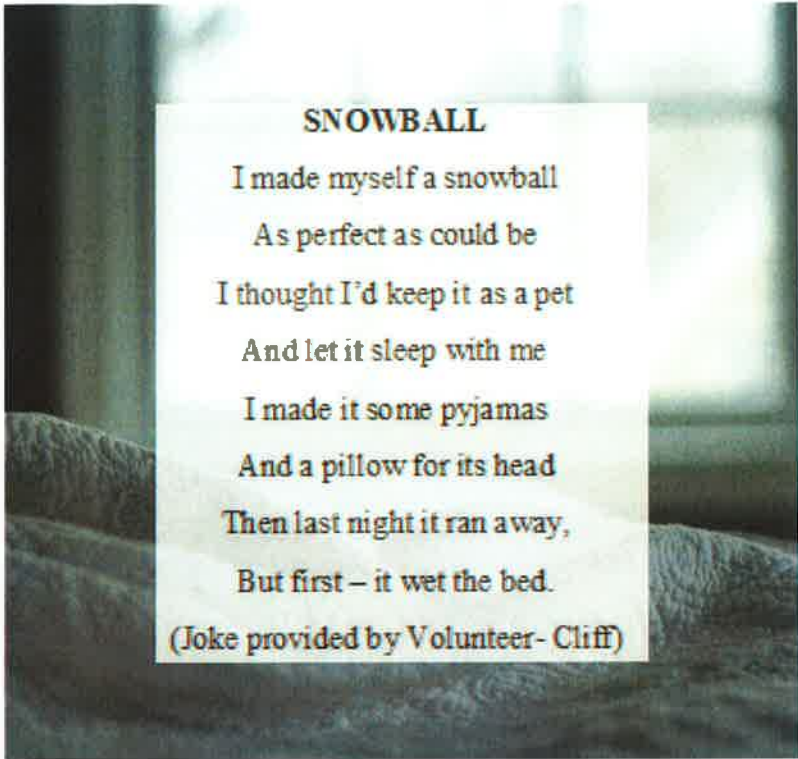
Using Australian grown vegetables

TELL US WHAT YOU THINK

This winter, why not try something tasty to keep you warm? We have a range of meals that will satisfy your taste buds on those cold winter evenings. Each of our suppliers provide a mixed range of foods to enhance your joy of eating and put a satisfied smile on your face. Also, we have a new supplier – Simplot. These meals come in a round tray and are perfect if you like a good serve of Aussie grown veggies along with a nice serve of tender protein and carbohydrate that is easy to eat. Don't forget our delicious soups either. As always, we have a good range of varieties available including – Beef, Barley & Vegetable, Chicken Stockpot, Pea & Ham, Potato & Leek, Pumpkin, and Sweet Corn & Chicken.



Mother's Day Lunch was enjoyed by a happy group of our Warragamba and Penrith clients. They had a delicious, freshly cooked hot breakfast, then morning tea, a raffle, hand massage, fashion parade and listened to a lovely Mother's Day poem.



It's Easy to Join Us

Do you have a friend or relative that would like to join our service? We always have fun, whether it's via our friendly volunteers delivering your meals or when you join us on one of our outings or luncheon clubs. Our food is delicious and we have a wide variety to suit any taste or culture. There are fully self-contained meals packed with good nutrition, soups, purees, omelettes, pies, sausage rolls, pasties and desserts. We have Let's Dine Out vouchers that you purchase for only \$7.00 and can redeem for a meal to the value of \$12.00. We are also an NDIS registered provider. Simply call us our office on (02) 4733 7200. Conditions apply.



Thank You to Our Sponsors

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PENRITH NSW 2750

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