



# Eating With Friends

Newsletter December 2008

## Welcome

to the Eating With Friends Newsletter for December 2008.

### EWF Program Funding Success!

We are very excited and pleased to announce that the EWF Steering Committee has successfully gained funding through Home and Community Care (HACC) to employ a Co-ordinator to support our existing EWF groups and to assist with the development of new groups. This new funding will commence in January 2009 and we hope to have a new Co-ordinator in place early in the New Year. Thank you to everyone who contributed to and supported our application. Particular thanks to the Dept of Health and Human Services for their support.

The Committee would like to extend their best wishes to everyone for a safe and restful Christmas break and we look forward to a very big 2009.

### Thank You...

The Committee would like to thank Lynley Devereaux from Sorell High School for participating in the EWF presentation at the recent statewide HACC (Home and Community Care) conference.

The committee would also like to thank the Kingborough, Hellenic and West Moonah groups for agreeing to participate in a short promotional film that is being produced by Move Media. The film will be used to promote the EWF concept and to attract others to start up EWF groups. The film will be completed in the new year and can be viewed on the Eat Well Tasmania website, [www.eatwelltas.org.au/](http://www.eatwelltas.org.au/)

## Funding & Fees

### We'd like to hear from you...

The 'Eating with Friends' Steering committee is interested in hearing from any group that may have experienced people being unable to attend their EWF group due to an inability to pay the fees charged. To share your experiences contact Rebecca Essex at Glenorchy City Council on 6216 6361 or email [ressex@gcc.tas.gov.au](mailto:ressex@gcc.tas.gov.au).

### COLONY 47

Colony 47 have funding to assist frail and elderly people to engage with the community, up to a maximum of \$2,000. Colony 47 are interested in receiving expressions of interest from Eating with Friends groups to assist with the purchase of food or to fund specific lunches such as Christmas celebrations. For more information contact Kate Churchill on 6222 1523 or email [KateC@colony47.com.au](mailto:KateC@colony47.com.au).

### NEW EWF GROUP

Kingborough Council has started a new EWF group in the Kingborough area. This group operates as a school based model with Kingston High School students working with a qualified chef to produce regular meals for older Kingborough residents at the yspace youth centre at Kingston Beach. Julie Hall, Kingborough Council's Community Development Officer has also recently joined the EWF steering committee and is proving to be a great asset.



Photo to Roger Lovell 2007  
Linda Frame Eating With Friends

### FAREWELL...

Koula Papastamatis, Coordinator of the Hellenic EWF group is stepping down from her role to take a well deserved rest. We wish Koula all the best for the future and thank her for being such a giving volunteer.

This newsletter is produced by the Eating With Friends Steering Committee. For more information on EWF, please contact Nenita at Eat Well Tasmania on 6223 1266 ( [www.eatwelltas.org.au](http://www.eatwelltas.org.au) ) or Kim at the Tasmanian Association of Community Houses, PO Box 1034, Rosny Park, Tas 7018 Ph: 03 6244 1615, email [tach@tach.asn.au](mailto:tach@tach.asn.au)  
Pamphlets and posters to help you promote your group, along with updated Action Kits, are available. Please contact us if you would like some sent to you.

## Enjoy Healthy Eating and Support Local Produce



### WHAT'S IN SEASON IN DECEMBER?

Give these delicious in-season vegies and fruits  
a go!

#### VEGIES

**Tasmanian:** Alfalfa, Asian Greens, Beans, Beanshoots, Broccoli, Cabbage, Capsicum, Carrots, Cauliflower, Cherry Tomatoes, Cucumber, Herbs, Leek, Lettuce and Loose Salad Leaves, Mushrooms, Onions, Peas, Potatoes, Rhubarb, Silverbeet, Spinach, Spring Onions, Tomatoes

**Other Australian:** Asparagus, Beetroot, Brussels Sprouts, Eggplant, Endive, Radishes, Snowpeas, Squash, Sweetcorn, Witlof, Zucchini

#### FRUIT

**Tasmanian:** Apples, Apricots, Blueberries, Cherries, Nectarines, Peaches, Passionfruit, Plums, Raspberries, Strawberries

**Other Australian:** Avocados, Figs, Grapes, Kiwifruit, Mangoes, Melons (Honeydew Melon, Rockmelon, Watermelon), Oranges, Papaya, Pineapple, Pomegranate, Starfruit

This information has been compiled with the assistance of the Eat Well Tasmania program. Please note that there may be some variation based on local market availability.

For further information about Eat Well Tasmania visit: [www.eatwelltas.com.au](http://www.eatwelltas.com.au)

## Yoghurt Mousse with Fruits

Canola or olive oil spray  
10 g sachet of powdered gelatine  
2 tbsp hot water  
2 punnets of strawberries, sliced  
2 egg whites  
100 g sugar  
Pinch of cream of tartar  
1 tbsp lemon juice  
2 cups natural yoghurt  
200 g cherries, pitted  
1 cup diced melon  
A few extra fresh fruits for decoration



#### Method:

Lightly oil a 20-23 cm springform cake tin or a two-litre glass bowl.  
Stir gelatine into the hot water until dissolved.  
Dot the base and sides of the tin with a few strawberry slices.  
Beat egg whites and cream of tartar into stiff peaks then beat in half the sugar.  
Mix diluted gelatine, lemon juice, yoghurt and remaining sugar together. Gently fold in beaten egg whites. Then delicately mix in the cherries, diced melon and remaining strawberries.  
Pour mixture into tin and place in the fridge to set for at least 3 hours.  
Turn out carefully. Decorate with extra fresh fruits

Source: ABC Tasmania Recipe Archive: <http://www.abc.net.au/overnights/stories/s1519141.htm>

## Commonwealth Respite and Carelink Centres

Do you need help to stay at home?

Are you a Carer?

Are you concerned about a family member, friend or neighbour?

Your local Commonwealth Respite and Carelink Centre can provide:

- Information about community, aged care, disability and other support services in your area, including eligibility, costs, waiting times etc
- Guided Referral to services, if required
- Free call transfer to other Centres in Tasmania or on the Mainland via our *freecall* 1800 052 222 number.
- Short term respite options for Primary Carers eg in home respite, residential respite, cottage respite etc
- Referral to ongoing services for Primary Carers
- Support for Carers of people with mental health issues.

For any of the services listed above please contact your local Commonwealth Respite and Carelink Centre in Burnie, Hobart or Launceston on freecall 1800 052 222.



Beaconsfield Eating  
With Friends  
Photo Roger Lovell 2007