

Beaconsfield Eating with Friends - Photo by Roger Lovell 2007



Hello Everyone! Issue 2 has come around very quickly. There has been some great feedback about the newsletter and we will welcome Campbelltown soon to EWF. The Community Health Service is starting a healthy and active program, saw the newsletter, and thought that an EWF group was exactly what they needed. Thanks to those people who responded to the call for hosting forums. There is more information later in the newsletter but I would like to thank Koula Papastamatis from Hellenic EWF, Reg Waldren from Bicheno EWF and Christine Nichols from Sheffield EWF who have agreed to host forums. If you or your group require any assistance or would like to make a contribution to the newsletter, please contact the Project Officer, Louise Manka on 03 6336 2446.

INTERESTED IN OTHER GROUPS? Travelling? Bicheno are welcoming visitors to their next meeting on Friday 4 April. Contact Reg Waldren on 6375 1361 if you would like to attend.

Feature Group this month: Beaconsfield

Based at the Multi-Purpose Health Service this EWF group is a Community Based Model. The group has been operating since 2003. Volunteers coordinate the group, plan, shop, cook, serve and clean up the meals.

There is great community involvement, shared responsibility, team spirit, ownership, growth and lots of fun!

As quoted by the Beaconsfield team "only death stops them from coming"

Send in your group profile for April! Contact Louise on 6336 2446 if you want to know more.

Hints and tips - Want to get your local primary school children involved in your EWF group and teach them about healthy foods? Are you already doing it? Woolworths are offering grants to community groups for projects that help primary school children lead healthier more active lives. Pick up an application form in store or go to www.freshfoodkids.com.au



Upcoming Events

Community Forums

Forums will be held on the following dates;

May 1- Hobart – Hellenic Hall, North Hobart. RSVP to Louise 6336 2446 by Thursday 17 April.

May 13 – Bicheno – Bowls Club and RSL, Bicheno. RSVP to Reg 6375 1361 by Tuesday 6 May.

May 20 – Launceston – Women’s Health and Information Service, Launceston. RSVP to Louise 6336 2446 by 13 May.

May 26 – Sheffield - Senior Citizens Club, Sheffield. RSVP to Christine 64912166 by 13 May.

All forums will start at 11am for registration and finish by 2pm. Lunch and morning tea will be provided. Please book early to secure your place.

If your group requires transport, EWF will meet the cost of hiring buses to ensure you can attend. Contact Louise for further information on 6336 2446. Project Officer hours are 8.30 – 4.30 pm Mondays and Tuesday and 8.30 – 12. 30 pm Wednesdays.

Advance Notice

National Volunteers Week 12th – 18th May 2008 “Volunteers Change Our World”. We need your help to get the message out about your community needs. During National Volunteer Week, ask your groups to write, ring or visit your local politicians and councillors about issues that affect YOU! More next month

LAMB & MUSHROOM KEBABS

**20 minutes preparation
+ 10 minutes cooking
6 serves of vegies in
this recipe**

**500g lean lamb round,
cut into cubes
8 button mushrooms,
halved
1 green capsicum,
seeded and diced
8 cherry tomatoes
1 medium red onion, cut into wedges**



Marinade

**2 teaspoons wholegrain mustard
2 teaspoons mint jelly
2 teaspoons reduced-salt soy sauce**

Thread lamb and vegetables onto skewers. Mix marinade ingredients together and microwave for 40 seconds to combine.

With a pastry brush, coat meat and vegetables with marinade. Preheat barbecue or grill to moderately hot. Cook kebabs for 5–10 minutes, turning frequently and brushing regularly with marinade.

Serves 4.

Recipe from Healthy Food Fast © State of Western Australia, 2008 reproduced with permission.

Available Resources

Pamphlets and posters which will help you promote your group and increase membership can be sent to you by contacting Louise on (03) 6336 2446. The Eat Well Tasmania website also has lots of great information www.eatwelltas.org.au.

The Eating With Friends newsletter is produced by the EWF Steering Committee, York Chambers, Level 1/93 York Street, Launceston 7250. Ph: 03 6336 2446, Fax: 03 6336 2333. Louise Manka is the Project Officer, Eating With Friends. The funding provided by the Department of Veterans Affairs for this project is gratefully acknowledged.