

# nonna's cucina

*Made with love, shared with joy.*

**ISSUE#18**  
**JUNE 2023**

## **NEWSLETTER**



**Co.As.It Italian Community Volunteer Awards**

Read about the event on page 12.



CALABRESE PIZZA SLAB - SPECIAL! PG 6

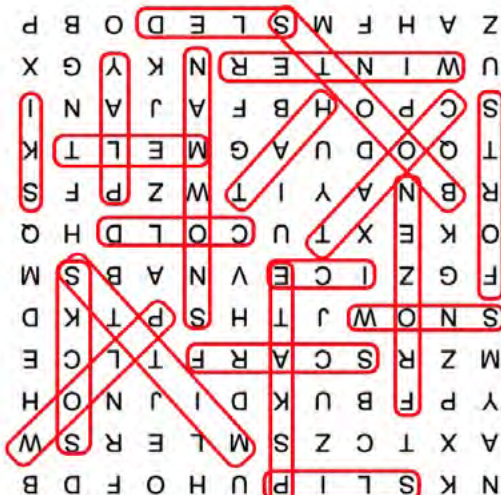


PASTINA SOUP RECIPE PG 21



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## WINTER WORD SEARCH SOLUTIONS



Follow us on Facebook & Instagram

  [nonnascucina.com.au](http://nonnascucina.com.au)



## About Nonna's Cucina

Nonna's Cucina is a government funded charity organisation, providing home-style cooked meals to the aged and people with disabilities. Our meals are made to HACCP standards and we are committed to providing our clients with nutritionally balanced and tasty meals.

Nonna's Cucina is predominantly volunteer based, engaging over 100 volunteers in a number of roles. Our volunteers are dedicated to service excellence and add a personal touch when delivering our meals.

We also provide catering services and meals to the general public! If you have an upcoming event, or have a busy working life, you can purchase our meals anytime. All money raised from events and catering supports our home meal delivery service for those in need.

Call our office on 8240 3491 and speak to one of our friendly staff today for more information.

Nonna's Cucina pursues the vision:

*To be a provider of meals and a point of contact to enhance lifestyle choices of people in the community who are frail, aged, or have a disability.*

Nonne are the *heart*  
of the Italian family  
and they bring  
their *love* to  
Nonna's Cucina.





Australian Government  
Department of Health



Australian Government  
Aged Care Quality and Safety Commission

# Charter of Aged Care Rights

**All people receiving Australian Government funded residential care, home care or other aged care services in the community have rights.**

## **I have the right to:**

1. safe and high-quality care and services;
2. be treated with dignity and respect;
3. have my identity, culture and diversity valued and supported;
4. live without abuse and neglect;
5. be informed about my care and services in a way I understand;
6. access all information about myself, including information about my rights, care and services;
7. have control over and make choices about my care, and personal and social life, including where choices involve personal risk;
8. have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
9. my independence;
10. be listened to and understood;
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf;
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly;
13. personal privacy and to have my personal information protected;
14. exercise my rights without it adversely affecting the way I am treated.

## **If you have concerns about the aged care you are receiving, you can:**

- talk to your aged care provider, in the first instance,
- speak with an aged care advocate on **1800 700 600** or visit **opan.com.au**, for support to raise your concerns, or
- contact the **Aged Care Quality and Safety Commission** on **1800 951 822** or visit its website, **agedcarequality.gov.au**. The Commission can help you resolve a complaint about your aged care provider.

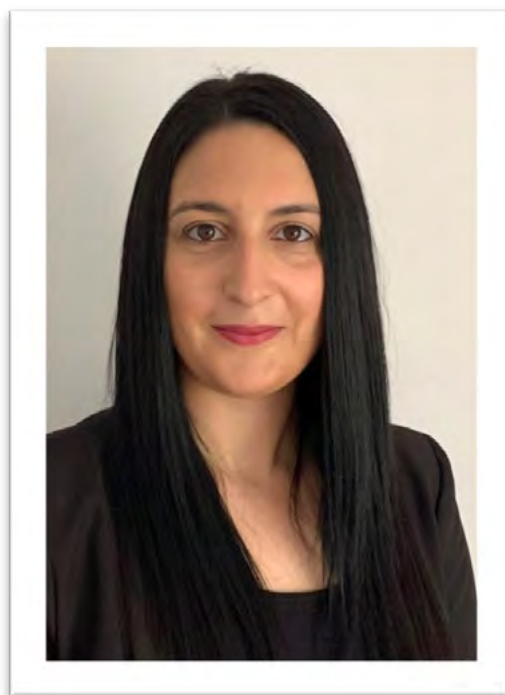
## A message from President Rebecca Staltari

Since the start of the year, Nonna's Cucina team have been putting in a lot of effort to cater to the increasing demand for our services. Our organisation has been expanding rapidly, and we are proud to announce that we are sending out more meals each week and catering for more community events than ever before. Despite our hard work, we still need more volunteers to join our team and help us deliver meals to those in need. If you or someone you know is interested in volunteering with us, please don't hesitate to contact our reception team.

I would like to express my gratitude to our staff and volunteers who have already received their flu shot this season. As winter approaches, it's crucial to keep our team healthy, and we strongly encourage everyone to get their flu shots as well.

Congratulations to Rosa Matto, Nonna's Patron on winning the Aged Care Service Award at the Co.As.It award ceremony. Well deserved Rosa! It was a pleasure to attend the award ceremony and catch up with some of our volunteers.

A reminder to all Nonna's Cucina Members that the sponsorship renewal date is the 1st of July 2023. Please call the office to renew membership before that date or to make



enquiries if you would like to become a Nonna's Cucina Member and join our family. Make sure not to miss out on this newsletter's special offer. Keep supporting our mission to feed those in need! Calabrese pizza for \$30 only!

We look forward to this exciting new chapter for Nonna's Cucina and hope to see you all soon!

*Rebecca*  
**President**

***Proud Silver Sponsor of Nonna's Cucina***

**REN  TURF**

**PROFESSIONAL TURF RENOVATORS  
SPORTS TURF AND PARKS MAINTENANCE**

**JUNE NEWSLETTER  
SPECIAL OFFER**

**\$30**

# Calabrese Pizza Slab



**PLACE YOUR ORDER TODAY!**

Be sure to snap up this special price which is only available for the duration of this newsletter! Preorder at least 48 hours in advance. Pickup only.

**PHONE (08) 8240 3491 OR EMAIL [RECEPTION@NONNASCUCINA.COM.AU](mailto:RECEPTION@NONNASCUCINA.COM.AU)**

## A message from CEO

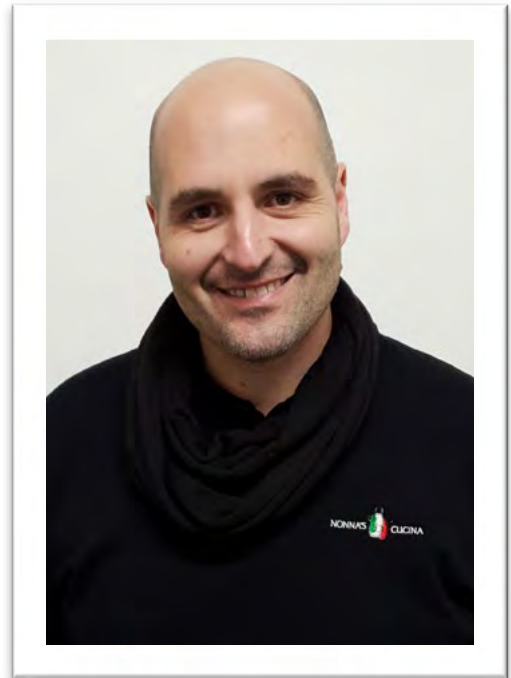
### Marco Staltari

Welcome to our June Newsletter, I hope that you and your loved ones had a wonderful Easter period. My wishes go out to all the amazing mothers out there, particularly those associated with Nonna's Cucina. Congratulations to the lucky winner of our Mother's Day giveaway, make sure to follow our Facebook and Instagram pages for more exciting giveaways in the future.

As expected, the past few months have been hectic, but our team has been working hard to keep everything running smoothly. All our staff members have received their seasonal flu shots, making sure we are prepared for the winter season.

It was great to attend the Co.As.It Community Volunteer Awards Ceremony in May. Some of our volunteers attended a lunch hosted by Co.As.It., where we celebrated the volunteers who support our aging Italo-Australians in the community. Once again, we extend our gratitude to all our volunteers for their unwavering commitment to Nonna's Cucina and our service.

Thank you to St Anthony's for having us at their Feast Celebration on Sunday the 18th of June, it was once again great to see the South Australian Italian Community support the Festa. We had a lot of fun selling our pasta, chicken, sausages and polenta, well



done to all the staff and volunteers who helped on the day.

We are also thrilled to announce that Nonna's Briscola World Cup is back in 2023! After last years enormous success, we are bringing back our biggest fundraiser and hoping to make it bigger and better! So, mark your calendars and stay tuned for more details about this exciting event. Head to page 17 for more information about Nonna's Briscola World Cup

*Marco*

Chief Executive Officer

**Proud Bronze Sponsor of Nonna's Cucina**

**1800-GOT-JUNK?**  
THE WORLD'S LARGEST JUNK REMOVAL SERVICE

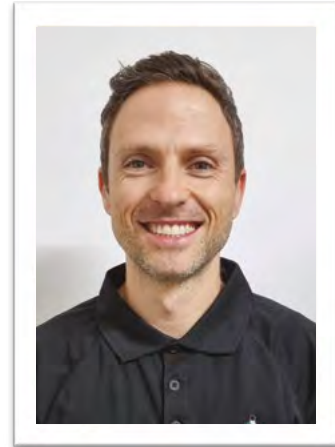
## Compliance

### Saverio Cantanzariti

Hello everyone,

As Winter is upon us and we spend more time at home, there is even more reason to enjoy the delicious meals and service Nonna's Cucina provides.

We continue to focus on the health and safety of everyone, especially during the winter months to ensure the safe continuation of our meal delivery service to the community. In April the staff rolled up their sleeve for their annual Influenza Vaccine, thank you to Doctor Cocchiario from Pro Health Care at Beverley for coming on site to administer these vaccinations. This is a very important tool to protect the community at Nonna's Cucina and is in line with compliance polices and regulations set out by SA Health. We recently had a kitchen training session booked in with our resident Speech Pathologist, Natalie Williams. Natalie was updating and refreshing the kitchen team on their skills and processes on texture modified foods for our menus. Along with our yearly compliance schedule and rigorous auditing processes, we have our annual calibration and maintenance of equipment scheduled for June/July to be conducted by certified technicians. This check is on all our vital cooking equipment, which we need to be continually compliant. Nonna's Cucina have recently conducted our quarterly Microbiological testing for the



second quarter of the year in May, and the results have come back acceptable and negative of any harmful bacteria.

Nonna's Cucina will continue to strive for excellence and to maintain the highest level of quality control in the workplace. Until then, stay safe and warm everybody and enjoy Nonna's delicious Wintery Menu!

*Saverio*

Compliance Officer



***Proud Bronze Sponsor of Nonna's Cucina***



**tilley luccon**



## Nonna's Cucina Patron

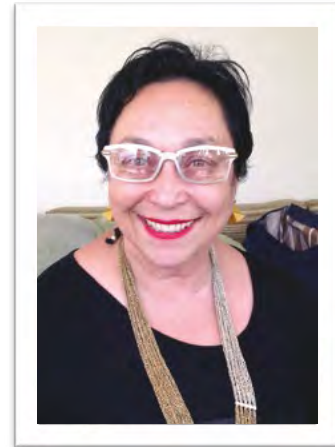
### Rosa Matto

Hello everyone,

Rosa's long career as a cookery teacher, caterer and consultant spans three decades. Rosa's greatest passion is to grow fresh fruit and vegetables and support local businesses. With this philosophy and her love of working in the community with happy and talented people, Rosa fits in perfectly with the Nonna's Cucina family. Rosa enjoys volunteering at Nonna's Cucina and working closely with Nonna Maria and Nancy who teach her something new every week. The rest of the staff also teach her about life, love and caring for the community.

### A Message from Rosa

As the cold weather settles in with the winter season, it is important as ever to fill your life with warmth and joy. Every time I come to help in the kitchen, my heart is filled with warmth and joy, the atmosphere at Nonna's Cucina is like no other and it is a true testament to the sense of community that has been built here. The volunteers at Nonna's Cucina are some of the kindest and most dedicated people I have ever had the pleasure of working with.



Their commitment to making a difference in the lives of others is truly inspiring, and I am honoured to be a part of such a fantastic team. Be sure to try Chef Stefan's recipe of the month; Italian Chicken Pastina Soup - perfect for a cold winter's night. Recipe on page 21.

The Nonna's team were present at the beautiful St Anthony Festa on the 18th of June. I wasn't able to attend but I heard they did a wonderful job, thank you to everyone who supported! Additionally, we are having our Briscola World Cup on the 5th of August. Don't forget to secure your tickets on time before they sell out!

*Rosa*

Nonna's Cucina Patron

### Congratulations Rosa!

Congratulations Rosa on winning the CO.AS.IT Aged Care Service Award! At Nonna's Cucina we are so grateful to have Rosa as our patron and wanted to recognise all she does for us by nominating her for this award. Rosa finds time in her busy schedule to help Nonna's every week by delivering meals to different respite centres. She also offers her advice when we design our new menus and menus for Italian Festas and fundraisers. Rosa helps build brand awareness for Nonna's Cucina and creates connections within the South Australian community and for this we are so grateful. Congratulations also to Roberto Ciccone and Maria Dimasi who were also nominated from Nonna's Cucina, thank you for all that you do.



# nonna's cucina

*Made with love, shared with joy.*

At Nonna's Cucina, we will help make your events stand out with our catering; great for birthdays, social & sporting functions, corporate or office catering and family gatherings.

Phone  
**8240 3491**

Italian Home Delivered Meals & Services  
**[www.nonnascucina.com.au](http://www.nonnascucina.com.au)**

Follow us on   @nonnascucina.com.au

## Changing Menu

Keep an eye out! We will be introducing a new menu every six months! We strive to provide our clients with a unique and fresh menu, so we are bringing back some old menu items and introducing some new ones. Our decision is also based on the feedback and suggestions we received from our clients since we value everybody's input and always strive to improve our services to meet our client's needs.

Pasta alla panna, risotto all'ortolana, rice and orange cake are just a few of the amazing dishes that will be back from the third of July until new year. From classic pasta dishes to lovely desserts, our menu has something for everyone, and we can't wait for you to try it!

## Beware of Colpo D'Aria this Winter!

With the cold season approaching, it is important that everybody stays aware of the so-called colpo d'aria! Colpo d'aria, literally "whack of air", seems to be one of the main causes of health problems. Have you ever had earache, neck pain, sore throat, fever, a cold, headache, or stomach-ache? If you haven't caught the flu, you have most certainly caught a colpo d'aria.

Colpo d'aria is usually caused by cold air. If you're not well covered up, you'll most probably catch it. And if you think that you can only catch a colpo d'aria in Winter, you're wrong! You can catch it in Summer too, especially if you're blasted by air conditioning. That's why, depending on the period of the year, most Italians go around with scarves, hats, maglia della salute – a sort of vest that is usually made of wool and cotton – or zipped up to their noses.

Therefore, beware this winter for the *colpo d'aria!*



## Happy Mother's Day

Nonna's Cucina would like to give a shout-out to all the amazing mothers out there who make the world a brighter place. We know that being a mum isn't always easy, but despite the ups and downs, you have continued to show unwavering strength, patience, and love to your children and those around you.

So, to all the mums who have ever stayed up all night with a sick child, given the world's best hugs, made the best pasta, or just listened when someone needed to talk, we want to say THANK YOU! We appreciate all that you do and hope you had an amazing Mother's Day!

Also, congratulations to Lucy, the winner of our Mother's Day giveaway! Be sure to keep an eye out on Facebook and Instagram for future giveaways.

## Co.As.It Italian Community Volunteer Awards

Nonna's Cucina and some of our volunteers were invited to attend the Italian Community Volunteer Awards in May. Co.As.It organises this event every year and provides a fantastic lunch for all participants. This is an excellent opportunity to acknowledge the dedication of volunteers who generously donate their time and energy to assist elderly Italo-Australians with information, support, advocacy, and services like ours. Congratulations to our Patron Rosa Matto for winning the Aged Care Service Award and Maria Dimasi and Roberto Ciccone for being nominated.





## The Mark Butler Volunteer Awards

Each year we are invited to nominate two of our volunteers for the Mark Butler Volunteer Awards ceremony. This year we decided to recognise Charlie and Dino, two of our long-standing delivery drivers in the western area. The event is held each year during National Volunteer Week and recognises the selfless efforts of individuals who dedicate their time to making a difference in their local communities.

During the morning we got to meet other likeminded volunteers, who do amazing work for a range of organisations. Charlie and Dino's dedication and efforts do not go unnoticed. They were presented with a certificate of recognition, an acknowledgment of their service and generosity at Nonna's Cucina and for the whole community.

The Mark Butler Volunteer Awards serve as a reminder of the importance of volunteers and recognise the extraordinary contributions that volunteers make to the local community.

## National Volunteer Week (15th to 21st of May)

National Volunteer Week began on the 15th of May and is Australia's largest annual celebration of volunteers and their vital role in the community. Nonna's Cucina values our volunteers immensely, and we recognise that our organisation could not function without their selfless contributions. To show our appreciation, we organised a delightful lunch for our volunteers, as a small thank you. Their dedication and kindness are immeasurable, and they allow us to provide meals to those in need across Adelaide.

Thank you to all the amazing volunteers out there, you are truly making a difference!

NATIONAL 15-21 MAY 2023  
**VOLUNTEER**  
THE CHANGE MAKERS WEEK



## VOLUNTEER CORNER

### Meet Rocco!

Rocco has been volunteering with Nonna's Cucina since 2015 as a delivery driver and driver assistant from our Firle site.

At 85 years old, Rocco is still helping out regularly once a week and sometimes twice when we need some extra help!

Originally from a small village called Melicuccà in the province of Reggio Calabria, Italy, Rocco migrated to Adelaide, Australia, in the 1950's when he was just 18 years old, in search of a better life and work opportunity.

Determined to succeed and fearless, Rocco took up various manual labour jobs, often working on farms where he enjoyed the company of other fellow Italian migrants. Later on, Rocco began working as a delivery driver, and it was during this job that he began to grasp the English language, learning bit by bit through everyday interactions.

After some years in Adelaide, Rocco met his beautiful wife Pina, who ironically came from a small town less than 10km from his own hometown in Italy.

After nearly 60 years of marriage, Rocco has been blessed with three children, all



Rocco receiving an award at the Co.As.It Italian Community Volunteer Ceremony 2022

happily married themselves, and now eight grandchildren.

Rocco enjoys catching up with his friends and family, as well as spending time in his backyard, looking after his garden.

Rocco is very passionate about his role at Nonna's Cucina. He enjoys being able to help the elderly receive their meal and maintain their independence within the comfort of their own home. "Volunteering not only supports Nonna's Cucina, but also keeps me active and engaged throughout the week". Rocco enjoys working with the other volunteers, and meeting new clients and hearing their stories.



Rocco, Tony and Mario



Nonna's Cucina volunteers Joe, Salvatore, Frank, Rocco and Mario

## Nonna's Briscola World Cup 2023

Nonna's Cucina is very excited to announce Nonna's Briscola World Cup is back again in 2023. We are hoping to make this year's tournament even bigger and better than last year.

As some of you know, Nonna's Cucina is a not-for-profit organisation that offers home-cooked meals to the elderly and individuals with disabilities. To keep our meal prices affordable, we host fundraising events throughout the year. Our upcoming event, Nonna's Briscola World Cup, is an Italian card game tournament that we're thrilled to bring back in 2023. This tournament serves as an opportunity for us to promote our delicious food, celebrate Italian culture, and bring our community together through some friendly competition. This exciting tournament is open to all Briscola players, young and old, to compete and claim the title of the Briscola World Cup Champion. Bring your competitive spirit and best game face for a chance to win great prizes.

If you're interested in attending Nonna's Briscola World Cup, please don't hesitate to contact our office for more details and to secure your tickets. Secure your spot today by calling 8240 3491 or by booking online through Eventbrite.

Everyone is welcome to come and enjoy a day of family fun with delicious Italian food, drink, and entertainment, with general admission tickets available.



Photos are from our previous Briscola World Cup Events.

### Thank You to Peter Elberg Funerals

Thank you for your kind and generous donation, Peter Elberg Funerals.

From the Nonna's Cucina Family.

The logo for Peter Elberg Funerals, featuring a stylized 'PE' monogram in a circle on the left, followed by the text 'Peter Elberg Funerals' in a serif font on a red background.

Peter Elberg  
Funerals





FUNDRAISER EVENT

**NONNA'S**  
**BRISCOLOLA**  
World Cup

**SATURDAY 5 AUGUST 2023**



**PRIZES**  
TO BE WON!

**SAN GIORGIO LA MOLARA**  
11 HENRY STREET, PAYNEHAM SA

**GAME STARTS | 3:00 PM**

**\$90\*** | **DOORS OPEN AT 2:00 PM**

**GENERAL ADMISSION TICKETS \$60**

Food and coffee all inclusive, prepared and provided by Nonna's Cucina.  
Soft drinks, beer, wine and spirits will be available to purchase at the bar.

**BOOK YOUR TICKETS NOW! PHONE 8240 3491**  
**BE QUICK! TICKETS AVAILABLE ONLINE VIA**  
**[HTTPS://NBWC23.EVENTBRITE.COM.AU](https://nbwc23.eventbrite.com.au)**

MAJOR SPONSOR

**TONY & MARK'S**

A FAMILY TRADITION

\* Cost of ticket includes Briscola registration fee. Players will need to pre-pay and register prior to the event.

## Tasting Australia Pig Day Masterclass

On April 30th we held our first ever Pig Day Masterclass, led by CEO Marco Staltari, Executive Chef Stefan Dimasi and Nonna's Patron Rosa Matto. The event was a part of Tasting Australia 2023, which is something the team has always wanted to be involved in. Attendees witnessed how to break down a whole piece of pork and use all the cuts, producing their own fresh sausages using traditional Italian methods and techniques. It was a delightful day, and everyone had a wonderful time while learning something new and enjoying the food and wine on offer. Radio Italiana 531, Nonna's Cucina's partner, broadcast live during the event.

Attendees got to sample salumi smallgoods, including cacciatore, salami, capocollo, sopressata, and pancetta, and then enjoyed a lunch of fresh handmade pasta with pork-based tomato sugo. Lunch was complimented by some of Patrilli's wines and juices, as well as a Pirate Life Lager Italiana or two. The feedback we received from the attendees was overwhelmingly positive, with everyone expressing their satisfaction with the event. Guests were given salumi samples to take home and a printed book featuring recipes

and cultural history on using pork. If you would like to a copy of the Pig Day Masterclass book it is available to purchase from Reception.

We would like to thank all of our sponsors who helped us make this event possible: City of Charles Sturt, Patrilli Wines, Tony & Mark's, and Radio Italiana 531. Your generous support means the world to us, and we couldn't have done it without you.





## MAJOR EVENT SPONSOR - TONY & MARKS



Tony & Mark's is a leading South Australian family owned and operated grocery retailer, priding themselves on providing the finest quality produce to their customers. With seven successful stores across Adelaide (Newton, Glenunga, Brickworks, Golden Grove, Burnside & Unley), Tony & Mark's offer a huge variety of fresh fruits and vegetables, groceries, gourmet treats and floral arrangements.

At Nonna's Cucina we also pride ourselves on using the finest quality produce, which is why all our fruit and vegetables are supplied by Tony & Mark's. We are grateful for the support of Tony & Mark's in our fundraiser events, including Nonna's Briscola World Cup. Tony & Mark's have been a major event sponsor for a number of years now and we are glad to have their support.

## Stef's Recipe of the Month

### Nonna's Cucina Executive Chef Stefan Dimasi

Servings: 6

Prep Time: 10mins

Cook Time: 1 hr

### Italian Chicken Pastina Soup

#### INGREDIENTS

- 10 cups water, or as needed
- 700gm chicken wings chopped at the joints
- 700gm chicken thin
- 1 small onion peeled and left whole
- 4 medium carrots peeled and cut in half
- 4 medium celery stalks cleaned and cut in half
- 1 teaspoon salt
- ½ teaspoon ground pepper
- 2 bay leaves
- fresh parsley
- Chilli (optional)
- 1½ cups pastina pasta



#### INSTRUCTIONS

1. Place chicken in large soup pot with cover
2. Add enough water to cover the chicken (about 10 cups).
3. Add in the onion, carrots, celery, and bay leaves. Bring to a boil and then lower heat to a low boil and begin to skim the fat (some foam should be floating to the top) off. Do this until most of the foam has been removed (could take 20 minutes more or less). Add in the salt and pepper (optional).
4. Add in the chilli and parsley (optional). Continue to simmer gently for about one hour.
5. Taste soup and add additional salt, pepper.
6. Strain the broth through a fine-mesh sieve or strainer into a large bowl. Reserve the carrots. Reserve the chicken (take off the bones) if you're serving the broth with chicken.
7. If you're cooking the pastina in the broth:
  - a. Strain the broth (reserve the carrots and take the chicken off the bone, if you'll be serving it with the pastina). Bring 6 cups of chicken broth to a boil.
  - b. Add the pastina and reduce heat to a simmer for 3-4 minutes, or until al dente. Ladle into bowls and serve with pieces of the carrots. Add on some grated cheese if you like.
8. The other option is to cook the pastina in a pot of boiling water. Reduce heat to a simmer for 3-4 minutes, or until al dente. Strain the pastina and portion directly to bowls and ladle the broth on top.

**CHEFS TIP** - *This soup is best when feeling under the weather.*

## Winter Word Search

# WINTER

N	K	S	L	I	P	U	H	O	F	D	B
A	X	T	C	Z	S	M	L	E	R	S	W
Y	P	F	B	U	K	D	I	J	N	O	H
M	Z	R	S	C	A	R	F	T	L	C	E
S	N	O	W	J	T	H	S	P	T	K	D
F	G	Z	I	C	E	V	N	A	B	S	M
O	K	E	X	T	U	C	O	L	D	H	Q
R	B	N	A	Y	I	T	W	Z	P	F	S
T	Q	O	D	U	A	G	M	E	L	T	K
S	C	P	O	H	B	F	A	J	A	N	I
U	W	I	N	T	E	R	N	K	Y	G	X
Z	A	H	F	M	S	L	E	D	O	B	P

boots	hat	plow	slip
coat	ice	scarf	snow
cold	melt	skate	snowman
forts	mitts	ski	socks
frozen	play	sled	winter



# NONNA'S CUCINA SPECIAL MERCHANDISE

BAGS  
**\$12**

HATS  
**\$20**

BOTTLE  
OPENERS  
**\$3**

GIFT  
VOUCHERS  
AVAILABLE

APRONS  
**\$20**

## PLACE YOUR ORDER TODAY!

PHONE (08) 8240 3491 OR EMAIL [RECEPTION@NONNASCUCINA.COM.AU](mailto:RECEPTION@NONNASCUCINA.COM.AU)





## Monetary Donations

As Nonna's Cucina is a not-for-profit organization, we have many different ways in which you can support us. You can make a direct cash contribution to the organization and can stay anonymous if you wish, or become a sponsor and have your brand advertised by us.

You can even become a Nonna's Cucina member for a small yearly fee.

We also have sponsorship packages for businesses/families to promote themselves within the communities. Call if you would like to receive a pack.

All donations to Nonna's Cucina are tax deductible.

Donate today and help your community.

## Bequest to Nonna's Cucina in your Will

Why not leave the gift of love by bequeathing funds or property to Nonna's Cucina?

By supporting us with this generous gift of love, you will provide ongoing services to our most vulnerable in our community.

If you are considering supporting a dedicated and reliable service in your will, consider Nonna's Cucina. We would be very grateful for your consideration.

*A donation to Nonna's Cucina would provide funding for equipment and supporting consumers who struggle to pay for their meals.*



Government of South Australia  
Department of Human Services



Australian Government  
Department of Health



Australian Government



myagedcare



*Made with love, shared with joy.*



12 Hardy Street, Royal Park SA 5014

Ph: 8240 3491