NEWSLETTER

SEPTEMBER 2023

EDITION #19





NONNA'S BRISCOLA WORLD CUP 2023

We are thrilled to share the success of our third edition of Nonna's Briscola World Cup, our biggest fundraising event that took place on the 12th of August at the South Australian Italian Association. You can find more information and pictures of the event on pages 12 & 13.

This year, Anthony and Peter secured first place at the Nonna's Briscola World Cup. The first prize included a \$4,000 Tony & Mark's voucher and two bottles of Patritti Wine. Congratulations to second and third prize winners and all the raffle winners on the day!



STEF'S SPECIAL RECIPE

This newsletter's special recipe is Stefan's much loved pizza slab. Turn to page 20 & 21 to learn how to make this fluffy pizza slab step by step by our Executive Chef Stefan Dimasi. This special also contains the instructions on how to do the pizza sauce as well as the dough. Don't miss it!



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@nonnascucina.com.au



NONNA'S BRISCOLA WORLD CUP



STEFAN'S RECIPE

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WINTER WORLD SPECIAL SOLUTION



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.







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 the President Rebecca Staltari

I am delighted to start the September newsletter by showcasing the great journey and accomplishments Nonna's Cucina has achieved from the start of the year. It is with great pride that I reflect on the dedication of our team, the unwavering support of our valued clients, partners and volunteers, and the positive impact we have made in the industry.

We have remained steadfast in our commitment to excellence and customer satisfaction. Our focus on delivering tasty meals has been instrumental in our continued growth and success.

I extend my gratitude to our talented team members who have consistently gone above and beyond to exceed expectations and drive our organisation forward. Their passion, expertise, and commitment have been the bedrock of our achievements.

I would like to remind you about our Annual General Meeting on the 12th of October. If you are a member and you still haven't received the invitation letter please call the office as soon as possible.

Well done to our volunteers for their constant support every day. If you or someone you know wants to become a volunteer in the kitchen or on the road, feel free to call 8240 3491 or email reception@nonnascucina.com.au.



Make sure not to miss out on this newsletter's special offer. Keep supporting our mission to feed those in need! Tortellini alla Rosa!

Thank you for your support, have a look at the following pages to discover what Nonna's Cucina has been up to lately and our upcoming events. We look forward to this exciting new chapter for Nonna's Cucina and hope to see you all soon!

Rebecca Staltari

becca Staltari

President





WITH TOMATO, CREAM, CHICKEN & MUSHROOM

PLACE YOUR ORDER TODAY!

Make sure to get this special price, it's only valid for the duration of this newsletter! Pre-order 48 hours in advance. Pickup only.

PHONE - 8240 3491 EMAIL- RECEPTION@NONNASCUCINA.COM.AU

A message from the CEO Marco Staltari

Hello everyone and welcome to our September newsletter. We have freshened up the design for this newsletter and we hope you like it as much as we do. These pasts few months have been super busy for the Nonna's Cucina family, with a lot of events and functions.

Thank you to those volunteers who attended the volunteer lunch in July, and all those volunteers who have supported us in the past year. Your commitment to our cause is deeply appreciated, and it was great to see so many of you enjoy the event at the Altavilla Club.

We are pleased to report the massive success of our third edition of Nonna's Briscola World Cup. This event showcased the enthusiasm, fellowship, and traditions of Italian culture around South Australia. Thank you to all those who participated and made the event memorable, and to our sponsors who supported the event and made it all possible.

Nonna's Cucina was invited to take part at the SAHMRI BRIGHT Walk fundraiser event in July to raise money for life-saving medical research. We sold our traditional Nonna's biscotti and cannoli. We also attended the St. Anthony Festa, serving a variety of traditional dishes, helping celebrate and honour St Anthony from Padua.

Throughout the past month, we have offered special promotions and discounts including Cannoli for International Cannoli Day, Chocolate Mud Cake on International Chocolate Day, and Lasagne on International Lasagna Day. These are all opportunities for our clients and the general public to enjoy our food. We encourage you to stay updated on our social media channels for upcoming special offers.



Recently, two Year 11 students from St. Mary's College joined us for a week, volunteering their time and skills in our kitchen as part of their work experience school program. The students enjoyed their time at Nonna's, helping our chefs and apprentice.

As always, anyone interested in becoming a volunteer, reach out to us by calling 8240 3491 or email reception@nonnascucina.com.au to explore volunteering opportunities. Your support can make a lasting impact

Thank you for your continued support in our journey. Together, we can continue making a positive impact in our community and beyond.

Marco Staltari

Chief Executive Officer

Marco Staltari

Compliance Saverio Catanzariti

Hello everyone, I hope everyone has braved the cool weather as Spring arrives & everyone gets excited for daylight savings to start again!

The past few winter months at Nonna's Cucina have been kept busy in & out of the office with our Volunteer Lunch Party, thanking our tireless volunteers for their generosity. Also, in August our biggest event on the fundraising calendar, Nonna's Briscola World Cup, was another great success and brought plenty of smiles, great food and a fun day celebrating Italian Culture! The event was topped off with the Matilda's playing in the quarterfinals that night & well done to the Matilda's for a great world cup!

In July we had our friends at Fire Safe Services come in and conduct a 2-hour Fire Extinguisher and Awareness training session with the kitchen and office teams. Roger an ex-Victorian CFS member, was great at explaining the different types of fires and extinguishers needed for these fires. He has a wealth of knowledge, and we thank him for a great training session.

Our Compliance and Food Safety was also busy with our annual SA Health Food & Safety Audit, conducted in August. Our commitment to be an industry leader in food and safety practices, meant that we had a great response from the auditors on the day with our processes and compliance structure being above standard! The kitchen team run by Executive Chef Stefan and Head Chef Rhiannon is committed in maintaining best food practice and have followed their due diligence in all food safety and quality assurance. With this audit we will receive a report which we follow up on any recommendations to better our food service.



As a community leader in Food Safety, every quarter as part of our compliance schedule, we send off samples to the lab from various kitchen equipment, and food to be tested for any microbiological activity. These were sent in August and the results came back negative with no pathogens present. Coming up we also have our annual HACCP accreditation audit through Global Compliance Certification (GCC) scheduled in September.

We look forward to this audit every year, as it gives us the opportunity to implement new practices & update our procedures. I will inform you in our next Newsletter of these result and other news.

Finally, it was also great to have our local counsellor for Woodille West, Nicole Mazeika, come in and see our new mixing bowl which we were able to purchase thanks to the help of the Discretionary Ward Allowance Grant from the City of Charles Sturt.

Saverio Catanzariti
Compliance Manager

Caverio (atanzariti



Nonna's Cucina Patron Rosa Matto

Things have certainly changed here at Nonna's Cucina headquarters since I started my regular shifts as a volunteer more than 5 years ago. The kitchen has expanded into a bright open space and the staff have increased in number. There is a whirlwind of energy and enthusiasm when I arrive in the mornings. Everyone seems to be happy to be at work. Smiles are genuine as I go around saying hello to my colleagues (and interrupt them while they are trying to work!) but this is why we say that we are a family here at Nonna's Cucina.

One of the things that has become obvious to me over the years is that the staff is getting younger (or is that because I am getting older?). And this reminds me that our volunteer team could certainly use a burst of youthful energy. Remember, volunteering is a two way street. Certainly our beautiful clients respond positively to our visits but we, as volunteers, gain a lot too.



If you know of any young person who has a bit of time to spare, encourage them to become volunteers with us. They will have fun mixing with the older generation but also remind them that they are more employable with volunteering experience. Those who have volunteered stand out amongst their peers. Taking the time to give back to the community shows compassion and willingness to help others, which are great qualities many employers are looking for. Volunteering can teach skills that are valuable in the workplace: teamwork, communication, time management, organisation, and project planning. You'd be surprised at the number of people who started volunteering here who have now paid work with us.

For the more 'experienced' person, volunteering is great too. There are loads of studies that show how volunteering can have positive impacts on both physical and mental health. Volunteer work gives us a sense of purpose and can keep us mentally stimulated, as well as reducing loneliness and self-isolation. Experts say that when we're focused on helping others, our stress levels decrease. As little as two or three hours of volunteering can improve our mood and perspective, and regular volunteer work can even further protect mental health. Now that's what I call a winwin situation.

Rosa Matto

losa N/atto

Patron



SAHMRI BRIGHT Walk

On Saturday July 22nd, Nonna's Cucina participated in the SAHMRI BRIGHT Walk at the Migration Museum in the city. The event aimed to raise funds for life-saving medical research. Despite the rain and cold, the day was filled with warmth and compassion.





We want to extend our thanks to everyone who participated in this beautiful initiative and supported us by purchasing our cannoli and biscotti. Despite the weather, your presence and support didn't go unnoticed. Well done to those who attended and made a positive impact in medical research. Keep an eye out for upcoming events featuring Nonna's Cucina on our Facebook and Instagram!

St. Anthony Festa

On Sunday the 18th of June, we had a great time at the St. Anthony Festa at Our Lady Queen of Peace Catholic Church in Payneham South, honouring St. Anthony from Padua. St. Anthony is known for the recovery of lost items and credited with many miracles involving lost people, lost things, and even lost spiritual goods.

Nonna's Cucina helped cater the event with pasta, polenta, sausages, and chicken.

A big thank you to all those who came to say hello and had a bite of our food. We also want to extend our gratitude to all our amazing volunteers who came to help and the St. Anthony committee for their organisation.

We are looking forward to the next Italian Festa!





















NONNA'S BRISCOLA WORLD CUP

We are thrilled to share the success of our third edition of Nonna's Briscola World Cup, that took place on the 12th of August at the South Australian Italian Association on Carrington Street. This gathering was not just about card games and friendly competition, but an opportunity to showcase our food, raise funds for our community meal service and make a positive impact on the lives of those in need across Adelaide.

Participants from all over Adelaide came along, ready to display their Briscola skills and win the ultimate prize. The competition was fierce, and the stakes were high as players engaged in strategic moves and tactical plays.

Throughout the day, everyone enjoyed the tasty food and drinks prepared by Executive Chef Stefan Dimasi and his kitchen team. It was great to bring people together, creating strong bonds within our community.

Today, we are delighted to celebrate the achievements of the three winners of our Briscola tournament:

- Sam and Cesi secured third prize, walking away with a Patritti wine experience for six, along with two bottles of Patritti wine and two tickets to the MTX Lounge at Adelaide Oval.
- Nunzio and Federico secured second prize, a \$1,000 Mitre 10 voucher, two 3L Cradles of Jack Daniels, and two \$100 vouchers at Nonna's Cucina.
- Anthony and Peter emerged as champions, taking home first prize; a \$4,000 Tony & Marks voucher and two bottles of Patritti wine. Congratulations, Anthony and Peter, on your victory!

A special word of appreciation goes out to everyone who attended and participated in this event. Your involvement and enthusiasm contributed to the success of the day. Moreover, your generous support helped us raise funds to extend a helping hand to those in need throughout Adelaide.

We would also like to extend our heartfelt gratitude to our sponsors. Your support and commitment to our cause made this event possible.





















Volunteer party

On the 30th of July, we had the chance to celebrate our incredible volunteers. over a beautiful lunch provided by the Altavilla Club in Norwood. It was a heartwarming occasion as we expressed our gratitude to those who have dedicated their time and efforts to serve our community, with some receiving awards for long time service.

Our volunteers are the backbone of our organization, and their dedication and selflessness play an integral role in our ability to make a positive impact on the lives of those in need. Their contributions, whether big or small, make a significant difference and create a ripple effect of kindness that spreads throughout the community.





The day was accompanied with good music and laughter, creating an atmosphere of joy and fellowship. One unforgettable moment from the event was the chicken dance, featuring some of our enthusiastic volunteers and staff. Our raffle draw added an extra layer of excitement to the event. Congratulations to all the lucky winners who walked away with a prize. Your support and participation in the raffle is deeply appreciated.

To all our volunteers, we extend our heartfelt thank you. You are the heart of our community, and your commitment does not go unnoticed. Your selfless actions inspire us all to be better everyday.























Ferragosto

Ferragosto is a public holiday celebrated in Italy every year on August 15th. It originates from Feriae Augusti, the festival of Emperor Augustus, who made the 1st of August a day of rest after weeks of hard work on the agricultural sector. This holiday was an addition to earlier ancient Roman festivals which fell in the same month, such as the Vinalia rustica or the Consualia, which celebrated the harvest and the end of a long period of intense agricultural labour. The Feriae Augusti linked the various August festivals to provide a longer period of rest, called Augustali, which was felt necessary after the hard labour of the previous weeks.

During the Roman Empire, it became a custom for the workers to wish their employers "Buon Ferragosto" and receive a monetary bonus in return. This became law during the Renaissance throughout the papal states. As the festivity was created for political reasons, the Catholic Church decided to move the festivity to the 15th of August which is the Assumption of Mary allowing them to include this in the festivity.



Volunteer Corner Cesare



Cesare has been volunteering at Nonna's Cucina since 2019 as a gardener. At 76 years old, he comes to the garden every week and makes sure everything looks neat and tidy.

Cesare's story started in Taurianova, a small town in Calabria, South of Italy. When he was just 10 years old, he and his mom and sister moved to Adelaide. His dad had already moved there six years earlier to make a better life for their family. Italy was not doing well after the war, and there were not many jobs, so Cesare's parents decided to move for a better chance. They had choices like South America, the United States, and Australia, but they had relatives in Australia, so that's where they went.

When Cesare arrived in Adelaide, he didn't speak English at all. He started going to Seaton Park Primary School in the fourth grade. It was hard for him because he didn't speak English well, and other kids would sometimes make fun of him and his Italian friends who also couldn't speak English very well. Nevertheless, this didn't stop him from rolling up his sleeves and giving his best efforts.

Cesare started working when he was still in school. He picked almonds and grapes in McLaren Vale until he was 17. After school, he became a mechanic and worked fixing cars for a Hungarian migrant who also had moved to Australia. He really enjoyed being a mechanic and did it for 54 years. He even became a manager in the company after he got his trade certificate.

Cesare is married to Nancy, and they both help at Nonna's Cucina. They got married in 1972 and have been blessed with three kids and two grandchildren. They love traveling and have been to Europe, the United States, and Central America.

When Cesare has free time, he enjoys playing golf and spending time with his grandkids. He also loves taking care of the garden and helping out at Nonna's Cucina, because he feels happy being part of the team and making a difference. At Nonna's Cucina, Cesare loves talking to the other volunteers and having a coffee while he's taking care of the garden.

School Program

At Nonna's Cucina, we help and support students from schools with work experience and community service. Recently we were lucky to have two students from St Marys' College come in and work with us for a week to get some work experience in the kitchen with our experienced chefs. Daniela and Daniella loved their work experience at Nonna's Cucina and we hope they learnt something too. During their period here, they also helped out with deliveries and met some of our clients.









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 and Unley), Tony & Mark's offer a huge variety of fresh fruits and vegetables, groceries, gourmet treats and floral arrangements. The business holds strong family values reflected in the service of their staff and friendly atmosphere for the past 45 years. As well as 7 store locations, Tony & Mark's also offers an array of services including:

- Deli: smallgoods, platters, deli meats and cheese
- T&M Butchery: premium quality meats
- Zeea's Eatery: coffee and breakfast/brunch/lunch (Glenunga, Brickworks, Golden Grove)
- Fresh Stems: floral arrangements, floral for events and weddings
- Online shopping and home delivery service at shop.tonyandmarks.com.au
- Functions: internal and external events, birthdays, christenings, work shows etc.
- Catering: corporate and group catering, business meetings, school events, birthdays
- Tony & Mark's Direct: wholesale sector for hotels, restaurants and cafes across Adelaide

Website www.tonyandmarks.com.au

Facebook www.facebook.com/tonyandmarks

Stef's Recipe of the Month

Nonna's Cucina Executive Chef Stefan Dimasi

PIZZA SLAB



FOR THE PIZZA SAUCE

Ingredients:

- 800 mL, whole peeled tomatoes
- 1/4 teaspoon salt
- 1 teaspoon oregano dried
- 1 tablespoon extra virgin olive oil
- 2-3 fresh garlic cloves finely chopped
- 2 tablespoons of Italian flat-leaf parsley fresh, minced
- Chilli flakes optional

Instructions:

- In a medium bowl, empty the can of tomatoes and then hand crush the tomatoes.
- Add the rest of the ingredients and combine.
- Allow to sit for about 30 minutes for the flavours to combine.



FOR THE PIZZA DOUGH

Ingredients:

- 1 teaspoon active dry yeast
- 1 teaspoon granulated sugar
- 1 cup lukewarm water
- 320g plain flour
- ¾ teaspoon salt
- 1 tablespoon olive oil

Instructions:

- Measure the yeast, sugar and lukewarm water in a small bowl and let it proof for about 5-10 minutes.
- Sift the flour in the bowl of a stand mixer.
- Add the yeast mixture and combine roughly with a sturdy wooden spoon or your stand mixer. The dough will have a "ragged" look. Let it stand for about 1 minute for the flour to hydrate.
- Add the salt and the oil.
- Knead for about 5-6 minutes. Dough pulls away from the sides of the mixing bowl when done.
- The dough can be used the same day, refrigerated or even frozen. Refer to the detailed explanation in the text.

Stef's Recipe of the Month

Nonna's Cucina Executive Chef Stefan Dimasi

PIZZA SLAB

Ingredients:

- 2.5 balls of dough
- 2.5 cups of pizza sauce
- 5 tablespoons extra virgin olive oil separated
- 10 tablespoons parmigiano cheese
- 2.5 cup freshly grated mozzarella cheese

Instructions:

- Preheat your oven to 220°C and place the oven grate in the bottom third of the oven.
 The oven needs to preheat for at least one hour so plan accordingly.
- Make the pizza dough the same day you are planning to bake your pizza. Allow the pizza dough to proof for 3-4 hours or until it triples in size.
- ne en. ne ou ne ou
- Gently bring the dough together and form a ball. Transfer the ball of pizza dough on a rectangular pan sheet 25 x 38 cm that has been lightly greased with butter or olive oil.
- Apply a thin layer of olive oil over the top of the ball of dough and allow to rest for 10-15 minutes. This will make the dough easier to stretch.
- Prepare a small bowl with about 1 tablespoon of olive oil. Dip your fingertips and begin to push and gently stretch the dough to cover the entire pan. At the end of this process, there should be a thin layer of oil over the surface of the pizza. Cover lightly with plastic film. This will prevent the pizza dough from drying out.
- Allow the dough to rise a second time in the pan for about 30 minutes or until visibly doubled in size.
- Use a pastry brush to spread pizza sauce over the top of the pizza dough. Spread 2 tablespoons of parmigiano reggiano cheese over the top and drizzle with olive oil.
- Bake the pizza for about 20-25 minutes or until the crust is beginning to darken.
- Optional: When the pizza is almost cooked, remove from the oven, top with 1 cup grated mozzarella and bake for an additional 3-5 minutes until mozzarella is slightly browned.
- Remove from the oven and spread the rest of the freshly grated parmigianoreggiano cheese over the top.
- Allow pizza to set before slicing.

Winter Word Search

Groceries

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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 you 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 and 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.













12 HARDY STREET ROYAL PARK SA 5014

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