

NEWSLETTER

MARCH 2025

AUTUMN EDITION #25

nonna's cucina



Made with love, shared with joy.

WELCOME TO NONNA'S



Our Grand Opening!

Head over to page 10 to check out some photos from our Grand Opening!



Chef Stef's special recipe!

This newsletter's special recipe is Stef's Lemon Cake! Turn to page 25 to learn how to make it!



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NEWSLETTER SPECIAL



GRAND OPENING



Kitchen Items

WORD SEARCH 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 offer a cafe and catering services to the general public, clients and volunteers, to help us connect with our community and share the joy of food. All money raised from our cafe and catering directly supports our home meal delivery service, to keep prices down 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.**



CATERING SERVICES



At Nonna's Cucina, we will help make your event stand out with our catering.

- ✓ Corporate Events
- ✓ Family Events
- ✓ Birthday Events
- ✓ Office Events

BOOK NOW

☎ 08 8240 3491

🌐 nonnascucina.com.au

Follow us on Facebook & Instagram

  nonnascucina.com.au



A message from the President

As we settle into the new year, I'm pleased to share that 2025 has started on a positive note for Nonna's Cucina. We have successfully moved into our new headquarters at Holden Hill, marking the beginning of an exciting new chapter for our organisation.

It's been wonderful to enjoy our cafe regularly and see it become a welcoming space for our community. I'm incredibly proud to be part of this important period of growth and look forward to what lies ahead.



Our connections within the local community remain strong, and we are excited to keep building new relationships alongside our existing ones. More clients than ever are benefiting from our services, which is a testament to the growing impact of our work. However, with this increase in demand, we are in urgent need of more volunteer delivery drivers. If you or someone you know would like to lend a hand, our door is always open - we would love to welcome you to the Nonna's Cucina family.

We are also incredibly proud that our work has been recognised at the Governor's Multicultural Awards, where we were awarded as a finalist for the Community Sector Award. This recognition is a testament to the dedication of our team, volunteers, and supporters who help us make a difference every day in our multicultural community.

We anticipate another busy and fulfilling year ahead. We are looking forward to our 26th anniversary birthday at the end of the month and grateful for your continued support. On behalf of the entire team, I wish you a very Happy Easter!

A handwritten signature in black ink that reads "Rebecca Staltari".

Rebecca Staltari
President

NEWSLETTER
**SPECIAL
OFFER**

\$60



TIRAMISU

AT ONLY \$60 PER TRAY (SERVES 9-12)

PLACE YOUR ORDER TODAY!

This special price is valid for the duration of this newsletter, or until sold out!
Pickup only.

PHONE: 8240 3491

EMAIL: INFO@NONNASCUCINA.COM.AU

A message from the CEO

I would like to welcome everyone back after the Christmas and New Year break - 2025 is here, and we're excited for what's to come. This year is already shaping up to be an incredible one, with events like Tasting Australia and Nonna's Briscola World Cup coming up. We have also celebrated some fantastic moments including the Grand Opening of Nonna's Cucina at Holden Hill - a huge milestone for us.

Our new cafe is officially open, with exciting specials and a welcoming space. We invite you to stop by, meet the team, and have a chat. This community has been incredible, and we are so grateful for the support we have received.



We have already had some amazing experiences in our new space, including: our Opening Day with cooking demos from Rosa Matto, Stefan Dimasi and Nonna Nancy, Com.It.Es 'Tutti a Tavola' cooking class, Channel 7 coming in to do the weather broadcast, FIVEaa joining us for a live radio segment.

Nonna's Cucina is growing, and with that comes exciting new additions to our team. Melody has joined us as our new Public Relations Manager. Mel will work closely with our clients and volunteers and brings a wealth of experience to our team. Ersilia, a qualified dietician has also joined our team to help with the preparation and delivery of our texture modified meals and dietary requirements. Moving into Holden Hill has been a journey, with many challenges along the way. I am incredibly grateful for the unwavering support of my family and friends, who have gone above and beyond to help bring this vision to life. A special thank you to Dario and Stefan for supporting me and their dedication to Nonna's Cucina.

Our volunteers are the heart of our service. The team in the western suburbs has now settled into their new location at Christ the King Lockleys, doing an incredible job. We wouldn't be where we are without their dedication, and I can't express my thanks enough. It was great to catch up with the volunteers and hear their stories. Seeing their passion and commitment reminds me why we do what we do.

Marco Staltari
Chief Executive Officer

Holden Hill - Opening Night!

On the 15th of January, Nonna's Cucina proudly opened our new premises - 30 Lyons Road, Holden Hill.

It was an incredible evening, made even more special by the presence of members of parliament, our amazing sponsors, and the generous individuals who donated their time and effort to make the refurbishment and relocation possible. We want to extend our heartfelt thanks to everyone who attended and supported us throughout the journey. Your encouragement and hard work have been invaluable, and we are so grateful.

Here's to new beginnings and an exciting chapter ahead!





Grand Opening!

Nonna's Cucina had a fantastic Grand Opening on January 24th, welcoming the community with great food, exciting activities, and special offers. The event was highlighted by the presence of 5AA, adding to the buzz and excitement. Guests were treated to live cooking demonstrations by Rosa Matto, Nonna Nancy and Chef Stef Dimasi, showcasing their culinary skills and beloved recipes. To celebrate the occasion, special offers included a free cannoli for the first 100 coffee orders, thanks to a collaboration with Willow Bend coffee. The day was filled with warm hospitality, delicious flavours, and a vibrant atmosphere, marking a successful start for Nonna's Cucina's Cafe!





NONNA'S

BRISCOLA

World Cup

IS BACK!

Sunday 3rd of August 2025
Tickets available for purchase soon!



HOLDEN HILL

Nonna's Cucina Patron Rosa Matto

I am sitting in Nonna's Cucina Café, with a short black coffee and a lemon biscuit, thinking about the incredible journey we have taken in just a few short years. So much has changed but at the core everything important remains constant.

I am honoured to be a part of this great family that supports each other with loyalty and care. Always at the front of our minds are our precious clients who have come to rely on us for their nutrition – not only physically but also morally and psychologically; they know we are there for them, with a friendly smiling face and a warm greeting.

Our staff team is building to take charge of all the areas that occupy us but the volunteer team, our lifeblood, is not growing fast enough. I urge you to consider joining us - every week, once a fortnight – whatever you can offer us. For me, my visits once or twice a week are so worthwhile for my self-esteem and my sense of purpose. These wonderful people have become my dearest friends – I couldn't imagine my life without Nonna's Cucina.



Check out this photo from the Opening Day of Nonna's Cafe!

My fellow volunteer, Nancy Colarco, does her best to teach General Manager, Dario Fabretto the fine art of making gnocchi – not all our volunteering tasks are as hard as this one!

Rosa Matto

Rosa Matto
Patron



Tasting Australia 2025

Tasting the Seasons - Masterclass

Celebrate nature's bounty through the lens of Italian culinary craft and heritage. The team at Nonna's Cucina will show guests how to honour, utilise and savour the earth's gifts year-round, explaining how to create flavourful dishes while also minimising waste.

The day will be filled with in-depth demonstrations – each accompanied by tastings of the featured items – offering an exploration of traditional preservation techniques passed down through generations. Resident chefs, along with special guest Rosa Matto, will share their expertise, inviting guests to discover these time-honoured methods first-hand.

Attendees are also set to take a piece of this Tasting Australia event home, receiving a thoughtful gift inspired by the demonstrations together with recipe cards to recreate the magic in their own kitchens.

INCLUSIONS:

- **Food:** Tastings of dishes as they are prepared
- **Beverages:** Coffee, water, and a glass of wine
- **Additional items:** recipe cards, culinary gift

Contact our office or head to tastingaustralia.com.au/tasting-the-seasons to purchase tickets today!

\$150



**TASTING
AUSTRALIA**
PRESENTED BY
JOURNEY BEYOND

Nonna's Cucina's clients

Meet Pauline!

Originally from the UK, Pauline migrated to Australia at the age of 3 ½ years old with her parents who had met on a working holiday. After her father joined the army, Pauline's childhood was spent discovering parts of New South Wales and Victoria as the family moved around due to her father's army placements. Once Pauline's father retired from the army, the family settled in South Australia.



Pauline has had an interesting working life. One of her jobs was as a taxi driver working from the Arndale Shopping Centre. Most days Pauline started at 6am waiting for radio jobs to be called through. At that time of day, it was generally quiet so all the taxi drivers would chat and get to know each other. One of the taxi drivers, Bruce, was interested in Pauline and asked her out to the movies. Both Bruce and Pauline share a love for science fiction movies so it was fitting that their first movie date was seeing the second movie of the Matrix trilogy. Their love affair grew and after dating for 4 years they were married on Mothers Day in 2007.

Following some health issues, Pauline left taxi driving and turned her hand to volunteering at Meals on Wheels where she organized the rosters for the deliveries. With her office and business skills, Pauline then opened a book exchange with her husband Bruce, affectionately known as the "Bruce and Pauline Book Exchange".

In her spare time, Pauline now makes greeting cards which she donates to the Friends of the Queen Elizabeth Hospital for them to be sold in their onsite shop.

Pauline loves giving back to the community which is one of the reasons that last year she and Bruce decided to support Nonna's Cucina through ordering meals. They love the variety and flavour of the meals from the Grandma's menu. The volunteers, too, are incredibly helpful and friendly and always ask how they are going. Pauline and Bruce are appreciative of the support that they receive from Nonna's Cucina. "Keep up the good work!"

Governor's Multicultural Award 2025

We are incredibly honoured to have attended The Governor's Multicultural Award ceremony as a finalist in the Community Sector Award category!

Being recognised for our commitment to diversity, inclusion, and community impact is a true privilege. This nomination is a testament to the hard work, passion, and dedication of our entire team and the wonderful community we serve.

A huge thank you to everyone who supports our mission - we couldn't do it without you!



Meet Mel!

Our new Public Relations Manager

Hi, my name is Melody. I am incredibly grateful for the opportunity to join Nonna's Family and want to extend a heartfelt thank you to the team for the warm and welcoming environment they have created. It is an honour to be part of such an enthusiastic and dedicated group.

I am a wife and proud mum of two beautiful girls, ages four and one, our little ones keep us on our toes, but I would not have it any other way. I am also fortunate to have a close-knit family of supportive parents, six wonderful siblings and the most adorable tribe nieces and nephews who always keep the dinner table lively with our crazy family dinners.



When I am not spending time with my family, I enjoy working on our hobby farm caring for our two dogs, sheep and chickens, and I enjoy trying to master making sourdough. There is nothing like the joy of producing food with your own hands, seeing it come to life and witnessing my children's joy as they give back- whether it is sharing their chicken eggs or caring for the animals. Professionally, I have a background in management, having spent nearly 15 years working in a five-star hotel. It was a rewarding experience and I will dearly miss my "work family," but now I am excited to start a new chapter. This role aligns perfectly with my desire to contribute to others, help make a difference and be part of something that truly matters.

I am beyond excited to meet all the volunteers and begin my new role as Public Relations Manager. I look forward to participating in the upcoming celebration of Nonna's 26th Birthday and begin supporting all the volunteers, staff and sponsors in their incredible efforts.

A handwritten signature in black ink that reads 'Melody Hill'.

Melody Hill

Public Relations Manager



Certificate of Appreciation

presented to

Nonna's Cucina

Congratulations to Mrs Rebecca Staltari, President, Mr Marco Staltari, Chief Executive, Committee, Sponsors and Volunteers of Nonna's Cucina for your hard work and contributions to hosting a wonderful Grand Opening Celebration of Nonna's Cucina's New Home on 15 January 2025.

**Thank You for Building a Stronger and Better
Multicultural South Australia.**

The Honourable Jing Lee MLC

INDEPENDENT MEMBER OF THE LEGISLATIVE COUNCIL

Putting Community First!



(08) 8237 9408

jing.lee@parliament.sa.gov.au

www.jinglee.com.au



Working for all
South Australians.
Putting Community First!

Parliament of South Australia, North Terrace Adelaide SA 5000



Volunteer Corner

Meet Giuseppe!

Giuseppe grew up in the gorgeous little town of Buonalbergo in the province of Benevento (near Naples) an Italian region of Campania. At the age of 22 Giuseppe migrated to Australia with his wife Elia and their 18-month-old daughter.

Having worked in Italy as an apprentice mechanic from the age of 16, Giuseppe found work as a mechanic for the trucking company, Bulls Transport, and worked for them for just over 30 years. Following this, in 2005, Giuseppe worked as a cement truck driver for 15 years until 2022.

Workdays were long and hard so any leisure time was spent with his family and friends, doing work around the house and his beloved garden.

Since leaving Italy in 1972, Giuseppe and Elia have travelled back to Italy a total of 12 times with the next trip planned for June of this year. Their plan is to rent a place in Buonalbergo and to rediscover some of their favourite holiday spots while enjoying their 3 months away from the Adelaide winter.

After retiring in 2022, Giuseppe's daughter encouraged her father to do something for others so that he wouldn't get bored being around the house all the time. From that little push, Giuseppe has been volunteering for Nonna's Cucina for just over a year now. In addition to being a driver and delivering meals to people's houses for 2 days a week, Giuseppe also delivers to the ECH Nursing Home at Henley Beach for 2 days a week for their day programs which provide social connections for people in the community.

Volunteering for Nonna's Cucina helps Giuseppe feel that he is making a difference by doing something for others and loves seeing the smiles on the faces of the clients when he delivers their meals.



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

Volunteer Meetings at Firle and Lockleys

In February, we gathered with our dedicated volunteers at our drop-off locations in Firle and Lockleys. These meetings are a wonderful chance for us to reconnect, share updates, and celebrate the invaluable work that takes place each day.

These meetings were also a fantastic opportunity to introduce our new Public Relations Manager, Melody. She is excited to be part of the Nonna's Cucina family and looks forward to working closely with our volunteers to strengthen community connections and share the incredible stories behind our mission.

These gatherings allow us to truly listen to our volunteers' insights, hear their feedback, and share exciting developments within Nonna's Cucina. Their dedication, enthusiasm, and thoughtful suggestions are essential to our ongoing success. Every interaction reminds us just how much of a family we've built together, all united in our mission to serve the community.

Interested in being a part of the Nonna's Cucina family? We're always eager to welcome new members who share our passion for making a difference. If you would like to help with meal deliveries, we would love to hear from you! Feel free to reach out at info@nonnascucina.com.au or give us a call at 8240 3491 to learn more about how you can get involved.





Update from Quality Assurance Officer - Saverio

Hello everyone and welcome to the March edition, I hope everyone is keeping well and embracing the sunny weather with family and friends. This season is one of my favourites, spending time in the garden picking the fruits of summer on warm afternoons! The Nonna's Cucina team have been keeping busy establishing the new kitchen headquarters and setting up our new home. With this we have integrated our strict HACCP systems and procedures on a larger scale with multiple kitchens, cool rooms and freezers.



As Autumn rolls around, so does the increase in Flu cases. A key recommendation by SA Health is keeping up to date with vaccinations. This has been an important measure of prevention, and we will continue vaccinations moving forward for all Nonna's Cucina staff in the coming months and encourage everyone to do the same.

Keeping up to date with SA Health requirements, we recently updated our Food Safety Plan which outlines our processes and procedures required for providing food to vulnerable people and the elderly. These guidelines provide us a foundation for the meals we produce for our clients, and we refer to them to obtain HACCP certification. Furthermore, each quarter we run microbiology testing, where we test various equipment and meals for any harmful bacteria. This is to verify good hygiene practices are followed and ensures compliance with our Food Safety HACCP program.

As part of our HACCP Food Safety Program, this month we will welcome a visit by Speech Pathology Australia services for an in depth training session with our kitchen and office staff on the importance of texture modified foods. This training will follow the guidelines of International Dysphagia Diet Standardisation Initiative (IDDSI) for persons living with dysphagia and is an important safety program and training session.

As the year continues, we will update you on our audits and other training sessions as we strive for excellence and to maintain the highest level of quality control in the workplace for our clients.

Until next time, take care.

Saverio Catanzariti

Saverio Catanzariti
Quality Assurance Officer



Upcoming Public Holidays – Closure!

Nonna's Cucina will be closed for the upcoming public holidays:

Monday 10th March - Adelaide Cup

Friday 18th April - Good Friday

Monday 21st April - Easter Monday

Friday 25th April - ANZAC Day

Monday 9th of June - King's Birthday



To keep everyone informed, we have sent out both email and printed notifications asking if you require frozen meals. Printed notices can be returned to our volunteers during deliveries. If you have any questions or need assistance in the meantime, please don't hesitate to reach out. You can contact us by phone at 8240 3491 or via email at info@nonnascucina.com.au.



Blackwell Funerals

Proud Silver Sponsor of Nonna's Cucina

NONNA'S SPECIAL MERCHANDISE

BAGS
\$12

NONNA'S  CUCINA
Made with love, shared with joy.

NONNA'S  CUCINA
Made with love, shared with joy.

NONNA'S  CUCINA
Made with love, shared with joy.

NONNA'S  CUCINA

HATS
\$20

NONNA'S  CUCINA
Made with love, shared with joy.

APRONS
\$20

BOTTLE
OPENERS
\$3

GIFT
VOUCHERS
AVAILABLE



PLACE YOUR ORDER TODAY

PHONE: (08) 8240 3491

EMAIL: info@nonnascucina.com.au



Chef Stef's Recipe

Nonna's Cucina Executive Chef

Stefan Dimasi

Torta di Limone **Lemon Cake**

Ingredients:

- 1 ½ cups all-purpose flour
- 1 cup granulated sugar
- ½ cup unsalted butter, softened
- 3 large eggs
- ½ cup whole milk
- Zest of 2 lemons
- Juice of 1 lemon
- 1 teaspoon baking powder
- ½ teaspoon salt
- Powdered sugar for dusting



Instructions:

- Preheat oven to 350°F (175°C). Grease a 9-inch round cake pan.
- In a bowl, whisk together flour, baking powder, and salt.
- In a separate bowl, beat butter and sugar until light and fluffy. Add eggs one at a time, mixing well.
- Stir in lemon zest and juice, then alternate adding the flour mixture and milk, mixing until just combined.
- Pour batter into the prepared pan and bake for 30-35 minutes or until a toothpick inserted in the centre comes out clean
- Let cool, then dust with powdered sugar before serving

Buon appetito!

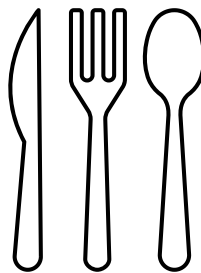
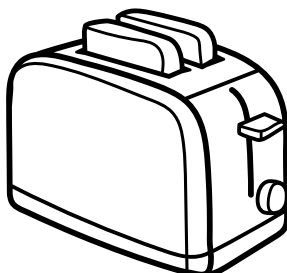
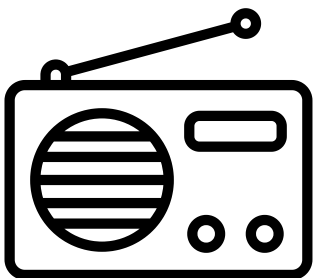
Try this recipe at home and bring a taste of Italy to your kitchen!

Nonna's Wordsearch

Kitchen Items

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

DISHWASHER
 MICROWAVE
 BLENDER
 GLASSES
 STOVE
 COFFEE MAKER
 MOP
 DEEP FRYER
 WAFFLE IRON
 TOASTER
 BRUSH
 PLATES
 SPONGE
 KETTLE
 RADIO
 OVEN
 FRIDGE
 SINK
 CUTLERY





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.



Monetary Donations

As Nonna's Cucina is a not-for-profit organisation, we have many different ways in which you can support us. You can make a direct cash contribution to the organisation 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 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.



Australian Government
Department of Health



myagedcare



Made with love, shared with joy.



30 LYONS ROAD,
HOLDEN HILL SA 5088

(08) 8240 3491

WWW.NONNASCUCINA.COM.AU | INFO@NONNASCUCINA.COM.AU