

NEWSLETTER

SEPTEMBER 2026

EDITION #31



A DAY WITH HELLO SA!

Nonna's Cucina was proud to be featured on the television show HELLO SA !!



STEF'S SPECIAL RECIPE

This issue's special recipe is Nonna's Classic Eggplant Parmigiana - turn to page 21.



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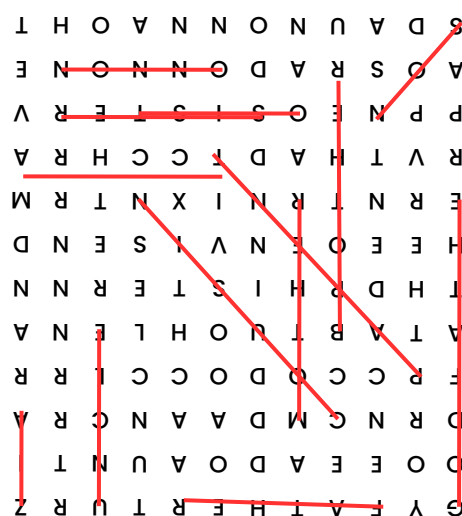
@nonnascucinaa



**NONNA'S SPECIAL OFFER
PARMIGIANA DI MELANZANE**



SA LIFE MAGAZINE



**WORD SEARCH
SOLUTION**

ABOUT NONNA'S

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, elderly, or have a disability.'



Nonna's Cucina is a government funded charity organisation, providing home-style cooked meals to the elderly 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 have an on-site cafe and 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 any time. All money raised from events and catering supports our home meal delivery service for those in need.

Call our office on **08 8240 3491** and speak to one of our friendly staff today for more information.



Special Offer

PARMIGIANA DI MELANZANE

\$50 **TRAY**

**PLACE YOUR
ORDER TODAY!**

PICKUP ONLY

**48 HOUR NOTICE
REQUIRED**

SERVES 6-8 PEOPLE



08 8240 3491



INFO@NONNASCUCINA.COM.AU



NONNA'S CUCINA PRESIDENT

REBECCA STALTARI



I am pleased to be returning to the role of President at Nonna's Cucina following an extended period away to pursue professional commitments.

It is a privilege to once again be part of an organisation so committed to supporting our community and creating meaningful connections through food, culture and shared experiences.

I would like to thank our Management Committee, volunteers, members and supporters for their ongoing commitment to Nonna's Cucina.

Our organisation is strengthened by the people who generously contribute their time, skills and experience. Further information about our Management Committee can be found on our website.

The year ahead presents many exciting opportunities for Nonna's Cucina. Our focus will be on strengthening our organisation, expanding our impact, supporting our members and stakeholders, and ensuring we are well positioned to respond to the opportunities and challenges ahead.

Our recent activities have provided wonderful opportunities to connect with our community, and we look forward to building on this momentum in the months ahead. I encourage everyone to stay connected and get involved wherever you can, with further details about upcoming activities included elsewhere in this newsletter.

We are also looking for enthusiastic volunteers to join our team. Whether you can offer a few hours occasionally or take on a more regular role, your time, skills and experience can make a meaningful difference. If you know someone who may be interested, please share this newsletter and encourage them to consider volunteering, particularly to assist with meal deliveries.

I look forward to working with our Management Committee, volunteers, members and supporters as we continue to strengthen Nonna's Cucina and deliver meaningful outcomes for the community of South Australia.

Rebecca Staltari
PRESIDENT

FUNDRAISER EVENT

NONNA'S
BRISCOLA
World Cup

SUNDAY 25th October 2026



**PRIZES
FOR
WINNERS**

30 LYONS ROAD HOLDEN HILL SA

GAME STARTS | 11:30 AM

\$50

*

PLAYER TICKETS
INCLUDING BRISCOLA
REGISTRATION FEE

**DOORS
OPEN AT 10:30**

FOOD, SOFT DRINKS, BEER, WINE AND SPIRITS WILL
BE AVAILABLE TO PURCHASE FROM NONNA'S CUCINA CAFE.

GENERAL ADMISSION TICKETS \$15

ALL PROCEEDS ALLOW US TO
CONTINUE DELIVERING MEALS TO THE COMMUNITY

MAJOR SPONSORS

STALTARI
& ASSOCIATES

TONY & MARK'S
A FAMILY TRADITION

 **Blackwell
Funerals**

PLAYERS WILL NEED TO PRE-PAY AND REGISTER PRIOR TO THE EVENT

NONNA'S CUCINA CEO MARCO STALTARI



As we head into spring, I'd like to take a moment to reflect on what has been another exciting and busy few months at Nonna's.

We were thrilled to welcome Adelady to Nonna's and to be featured on Hello SA, showcasing our wonderful clients, volunteers and the amazing community we have built together. It was a fantastic opportunity to share what makes Nonna's so special.

I'd also like to acknowledge some changes to our Board. A sincere thank you to Michael for his outstanding leadership as President over the past year. We appreciate everything you have done for Nonna's and are pleased that you will continue supporting us as Treasurer. Welcome back to Rebecca, who has returned to the Board after some well-earned time away.

Congratulations also to Natalie Williams on becoming Vice President and Delia Thompson on her appointment as Secretary. Thank you to Julie-Ann for her dedication and contribution to the Board over the past 6 years, we wish you all the very best.

We are also delighted to welcome several new team members to the Nonna's family. As our organisation continues to grow, it is wonderful to have new faces joining us.

Please join me in making them feel welcome and supporting them as they settle into their roles. We look forward to the skills, enthusiasm and care they will bring to our clients and community.

Construction has now begun on our exciting new outdoor area at Holden Hill, made possible through the Australian Labor Government's \$200,000 election commitment. A special thank you to Meagan Spencer MP for supporting this wonderful project, which will create an even better space for our clients to enjoy.

Thank you to everyone who attended and supported our Best Salami in SA fundraiser—congratulations to our winner! We now look forward to our biggest fundraising event of the year, Briscola World Cup 26, on the 25th October. We hope to see many of our volunteers, clients, supporters and friends there for another fantastic day.

Finally, thank you to our Board, staff, volunteers, clients and supporters for your continued dedication to Nonna's. Together, we continue to build a caring and welcoming community that we can all be proud of.

Marco Staltari

Marco Staltari
Chief Executive Officer



HOLIDAY CLOSURE NOTICE

NONNA'S CUCINA WILL BE CLOSED
ON PUBLIC HOLIDAY:

Labour Day : Monday, Oct 5

We've sent email and printed notices to confirm if you require frozen meals. Printed forms can be returned to our volunteers. For any questions, please contact us on **08 8240 3491** or **info@nonnascucina.com.au**.



NONNA'S CUCINA GM

DARIO FABRETTO



We have now reached an amazing milestone of 3,000 meals delivered to people's homes every week. This steady growth reflects the increasing demand for our services and, most importantly, the dedication of our wonderful staff and volunteers who make it possible every day. As our Nonna's Cucina family continues to grow, we are delighted to welcome many new clients and volunteers to the service.

In August, we were pleased to welcome the new Minister for Multicultural Affairs, Nadia Clancy, along with a number of local Members of Parliament, to learn more about Nonna's Cucina and the important role we are playing in supporting our community.

We also enjoyed attending Olivia Savvas MP's Seniors Forum at Ridgehaven Rise Retirement Village, where we had the opportunity to connect with older members of our community and share more about the services available through Nonna's Cucina.

Our recent marketing and media exposure has also helped introduce Nonna's Cucina to many more people across Adelaide.

Through features with Adelady, Hello SA, and attending The Aged Care & Disability Expo we have seen a significant increase in interest in our organisation. It has been wonderful to see more people discovering who we are, what we do, and joining our growing family.

We have also introduced a new Frozen Meal Order Form, giving clients greater choice and flexibility when ordering their meals. We understand that everyone's needs and preferences are different, and this new option will make it easier for clients to select meals that suit their lifestyle and choices.

Finally, thank you to the City of Norwood, Payneham & St Peters for their recent upgrades to our Firle location at Adey Reserve. This is an important location for our organisation where many of our volunteers deliver meals from. These improvements are greatly appreciated and will help support the important work being carried out at the site.

A handwritten signature in black ink that reads 'Dario Fabretto'.

Dario Fabretto
General Manager

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





We were honoured to welcome the Hon Nadia Clancy MP to our facility here at Holden Hill.

It was a wonderful opportunity to show the new Minister for Multicultural Affairs our facility and share more about the important work we do to support multicultural communities across South Australia.

During the visit, we spoke about the range of services we provide and the people we support within our community. While our organisation has strong Italian roots, our services have grown to support people from many different cultural and community backgrounds. Our meal delivery service is an important part of this work, providing meals and support to people from a wide range of backgrounds, not just the Italian community.

We were also pleased to welcome other Members of Parliament who joined us for the visit.

It was a great opportunity to talk about the needs of our multicultural community, the services we provide, and the positive impact our organisation continues to have across South Australia.

The visit was followed by a lovely coffee together in our café area, providing a relaxed opportunity to connect, share stories and continue the conversation.

We sincerely thank the Hon Nadia Clancy MP and our local Members of Parliament for taking the time to visit us, learn about our work and meet with our team.

It was a very special day for our organisation, and we look forward to continuing to work together to support and strengthen our diverse multicultural communities across South Australia.



Little Chefs at Nonna's Cafe

Our July School Holiday Cupcake Decorating Sessions were a huge success, with all four classes selling out!

The children had a fantastic time watching Chef Cassandra demonstrate cupcake decorating techniques before getting hands-on and decorating their own delicious masterpieces. From colourful icing to fun toppings, every child had the chance to express their creativity while learning new decorating skills.

It was wonderful to see so many smiling faces, proud creations, and enthusiastic young bakers throughout the holiday program. Thank you to everyone who joined us and helped make these sessions such a memorable experience.

If your kids would love to join our next school holiday class, keep an eye on our Facebook and Instagram pages for upcoming dates and bookings. We can't wait to welcome our next group of young bakers

MORE CHOICE, MORE CONVENIENCE!



NEW

FROZEN ORDER FORM

We're excited to introduce our new Frozen Meal Order Form, giving you the flexibility to choose the frozen meals you'd like to receive. Simply complete your details and select your preferred meals from the menu, then return the form to a volunteer during your next meal delivery or to our Holden Hill office.

If you prefer, you can also place your order by calling our team on (08) 8240 3491.

If you're happy for us to continue selecting your frozen meals for you, there's no need to complete the order form—we'll continue to choose a variety of meals for you as usual.

Please allow a minimum of 48 hours' notice when placing your frozen meal order. This allows our team enough time to prepare and pack your selection. Wherever possible, your order will be delivered with your next scheduled frozen meal delivery. If your next delivery is sooner than 48 hours away, your order will be included with your following scheduled delivery.

Any costs associated with your frozen meal order will be added to your account and included in your normal fortnightly payment cycle. If you have any questions about your order or charges, our friendly team is happy to assist.

ITEM

Soups

☐ BROCCOLI, PARMESAN & POTATO	A smooth creamy soup of potato & parmesan cheese. [V/GF]
☐ CREAMY POTATO & LEEK	A delicious puree of potato and leek soup. [V/GF]
☐ PUMPKIN SOUP	A smooth creamy puree of velvety pumpkin & cream soup. [V/GF]
☐ ROAST CAULIFLOWER & LEEK	A soup of pureed roast cauliflower & leek with a smooth texture and well-developed flavours. [V/GF]
☐ BEEF & VEGETABLE	A selection of finely chopped vegetables and herbs in a rich beef broth. [G]
☐ CHICKEN & SWEETCORN	A delicately flavoured wholesome soup of chicken pieces with fresh spring onion & sweetcorn broth. [GF/LF]
☐ CHICKEN NOODLE SOUP	A selection of finely diced vegetables and chicken in a rich chicken broth with noodles. [LF]
☐ ITALIAN BEAN	This is a nourishing and hearty combination of fresh vegetables and beans in a broth. [V/GF/LF]
☐ LENTIL & VEGETABLE	This soup offers nutrition and flavour with lots of fresh vegetables and lentils in a broth. [V/GF/LF]
☐ MINESTRONE	A nourishing and hearty combination of tomato, fresh vegetables and beans in a wholesome Italian broth. [V/GF/LF]

Mains

☐ BANGERS & MASH	Traditional beef sausages cooked with a rich beef gravy, served with mashed potato, carrots & peas [GF]
☐ COTTAGE PIE	Traditional cottage pie made with sautéed beef mince and vegetables. Topped with mashed potato, served with pumpkin & green beans [GF]
☐ CRUMBED FISH	Lightly crumbed oven baked fillet of fish. Served with sweet potato, carrot, peas. [LF]
☐ CHICKEN SCHNITZEL	Oven baked crumbed chicken breast, served with mashed potato, broccoli, carrots and a creamy mushroom sauce.
☐ LAMB HOT POT	A traditional lamb hot pot, slowly braised with hand cut vegetables and potatoes in a light tomato sauce, served with pumpkin & beans. [GF/LF]
☐ MEAT LASAGNA	Nonna's meat lasagne is made with fresh pasta, layered with pork and veal sauce & plenty of cheese, baked golden, served with sweet potato & broccoli. [V]
☐ PASTA NAPOLETANA	Nonna's selection of pasta in a rich tomato, basil & olive oil sauce served with parmesan cheese. [V]
☐ RISOTTO ORTOLANO	Traditional creamy risotto with seasonal vegetables of peas, zucchini, onion, carrots, red lentil, spinach & pumpkin with parmesan cheese. [V/GF]
☐ ROAST CHICKEN	Oven roasted Maryland chicken cooked until golden. Served on cocktail potatoes, carrots and green beans with a white wine gravy sauce. [GF/LF]
☐ ROAST PORK	A traditional roast served with oven baked potatoes, pumpkin & peas. Served with gravy. [GF/LF]
☐ PASTA ROSÉ	A traditional pasta made with chicken and mushroom cooked in a creamy tomato rosé sauce, served with parmesan cheese.
☐ ZUCCHINI & RICOTTA FRITTATA	Grated zucchini & potato with free range eggs, ricotta & parmesan cheese, baked until golden and served with carrot & beans. [V/GF]

Desserts

☐ BAKED CHEESECAKE	Oven baked cheesecake with a hint of fresh lemon, on a biscuit base topped with lemon curd.
☐ CHOCOLATE RIPPLE CAKE	A rich chocolate ripple layered cake served with whipped vanilla cream.
☐ CARROT CAKE	A moist cake made with grated carrots and topped with cream cheese frosting & walnuts.
☐ ITALIAN APPLE & SULTANA CRUMBLE	Spiced apples & sultanas topped with a golden crumble, served with vanilla custard.
☐ LEMON RASPBERRY CAKE	Lemon & raspberry cake dusted with icing sugar. Served with cream.
☐ PANNA COTTA WITH MIXED BERRIES	Italian favourite, creamy Panna Cotta served with a mixed berry coulis. [G]
☐ PEACH CRUMBLE	Peaches lightly baked with honey and crumble mix, served with fresh cream.
☐ CREAMED RICE	Arborio rice slowly cooked in milk and cream with poached apple a hint of vanilla, nutmeg and cinnamon. [GF]
☐ STICKY DATE PUDDING	A moist cake cooked with rich sticky dates, topped with butterscotch sauce & served with fresh cream.
☐ TIRAMISU	An Italian favourite made to Nonna's recipe. Sponge finger biscuits layered with cream, marsala and cocoa.

Please note - If you would like frozen meals, but do not select anything from the menu, we will choose your meals

Made with Love, Shared with Joy

QUALITY ASSURANCE SAVERIO CATANZARITI



Welcome to the September edition. Bring on Spring and daylight savings, I believe we all can't wait for it to start again!

It's been a cold winter and the continued service our team of volunteers and staff has been amazing. Keeping busy delivering a nutritional meal with a friendly face has made the winter go by faster and we thank everyone for it.

The team at Nonna's Cucina have been busy as always, and we have welcomed some new staff in August and training them for packing and sealing our meals ready for delivery. This is just as important processes in the meal delivery service.

We have had our maintenance partners in various areas of compliance with continued checks and services. Dunbar and Aj Baker serviced our electrical and gas equipment, as well as our canopies which we do twice a year to ensure they are clean, and working in order. We have also had Fire Safe Services, come and service our fire extinguishers and equipment on site to check they are running smoothly and make any necessary adjustments.

This August the team at SUMMIT Laboratories who are a leader in field, conducted some testing which we follow out every quarter as part of our compliance schedule. This includes sending off samples to the lab from various kitchen equipment, and food to be tested for any microbiological activity. These were sent and the results came back great and negative of any 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 and update our procedures, which we continue to grow on our foundations set in accordance with the HACCP principles. I will inform you in our next Newsletter on these results and other news.

Speak to you soon!

Saverio Catanzariti

Saverio Catanzariti
Quality Assurance Manager

Proud Sponsor **Holman**
of Nonna's Cucina **/Hodge**



NONNA'S SALAMI COMPETITION

TITLE OF BEST SALAMI IN SA 2026

What a fantastic evening celebrating the passion, tradition and craftsmanship behind homemade salami.

Thank you to everyone who joined us at Nonna's Cucina for a successful first edition of Nonna's Cucina Salami Competition. We were blown away by the quality of entries, with family recipes and time-honoured techniques making the judges' decision incredibly difficult.

Congratulations to Paul, our 2026 Nonna's Cucina Salami Champion, and thank you to our expert judges—Daniel Motlop, Rosa Matto, Stefan Dimasi, Mark Capobianco and Larry Piscioneri—for sharing their knowledge and helping crown this year's winner.

A sincere thank you also to our sponsors—Tony & Mark's, Musolino Farms, Quality Harvest and Herbalicious—and to every competitor and guest who made the evening such a memorable celebration of Italian food, family and community.

We look forward to doing it all again next year!



NONNA'S CUCINA PATRON

CAV. ROSA MATTO



Spring at Nonna's Cucina: Come Join Our Team!

At last we are emerging from a bitterly cold winter into sunshine and longer days. Spring is always a time of new beginnings, so I am going to suggest something for you too.

You know that the work of Nonna's Cucina is vitally important for a rapidly growing demographic of aging Australians. We deliver food - nourishment for the body and we deliver hope and contact – nourishment for the spirit.

For our clients, a meal from Nonna's Cucina is about much more than food. It can provide connection, comfort, dignity and a sense that someone cares. For people who may be living alone or finding day-to-day life challenging, a friendly volunteer at the door can brighten their whole day.

And volunteering can be good for you, too! Volunteering is a wonderful way to:

- Meet new people and build friendships
- Feel connected to your local community
- Learn new skills and share the skills you already have
- Enjoy a sense of purpose and achievement
- Stay active and involved
- Make a genuine difference in someone else's life

You don't need to have lots of spare time or special experience. Every hour, every helping hand and every friendly conversation counts. So, this spring, why not give volunteering at Nonna's Cucina a try? You might be surprised by how much you receive by giving a little of your time.

Come and be part of the Nonna's Cucina family, we'd love to have you!



**Proud Sponsor
of Nonna's Cucina**

Rosa Matto
Cav. Rosa Matto
Patron

FEATURED IN SA LIFE MAGAZINE

Thank you for being part of our journey.



'FAMILY IS EVERYTHING'



We're incredibly proud and honoured to be featured in the **July 2026 issue of SA Life Magazine**, where we had the wonderful opportunity to share the story of Nonna's Cucina — our passion for authentic Italian flavours, the traditions that inspire our kitchen, and the journey that has brought us to where we are today.

For us, Nonna's Cucina is about so much more than just food. It's about bringing people together around the table, sharing the flavours and traditions we love, and creating a place where everyone feels welcome. Every dish carries a little piece of our story, inspired by the recipes, memories and traditions that make Italian food so special.



‘WE COULDN’T BE PROUDER’

Being featured in SA Life gives us a wonderful opportunity to reflect on our journey and celebrate the values that remain at the heart of Nonna's Cucina — family, tradition, quality, generosity and a genuine love of good food.

Most importantly, this recognition is about the incredible community that continues to support us. Our customers share birthdays, celebrations, family gatherings, long lunches and countless special moments with us. You return time and time again, recommend us to your friends and family, and have become such an important part of our story.

We're incredibly grateful for the opportunity to share what makes our little piece of Italy so special and to celebrate this milestone with the people who make it all possible.

To our amazing customers, friends, family and community — **thank you.** Every visit, kind word, recommendation and shared meal means so much to us.

Haven't had a chance to read it yet? Pick up a copy of the July issue of SA Life Magazine and have a read of our feature. We'd love for you to discover a little more about the story, passion and people behind Nonna's Cucina.

EST 1978

TONY & MARK'S

A FAMILY TRADITION

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 eight successful stores across Adelaide (Newton, Newton Village, Brickworks, Golden Grove, Burnside, Unley and now Port Adelaide), 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 8 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, florals 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

For more information please visit:
www.tonyandmarks.com.au

CONNECTING WITH THE COMMUNITY

EXPOS



This quarter, the Nonna's Cucina team had the pleasure of attending two wonderful community events: Olivia Savvas MP's Seniors Forum at Ridgehaven Rise Retirement Village and the Aged & Disability Expo Adelaide 2026 at the Adelaide Entertainment Centre. Both events gave us the opportunity to meet members of the community, share information about our services and showcase how our nutritious, home-style meals can support independence and wellbeing. We loved connecting with so many people and introducing them to Nonna's Cucina. If you started using our service after meeting us at either event, we'd love to hear your story and welcome you to the Nonna's Cucina family!

MND & HENDERCARE

We recently had the pleasure of welcoming MND South Australia and a group of speech pathologists from HenderCare to Nonna's Cucina. We were delighted to provide a space for connection and conversation, bringing professionals together to share knowledge and ideas around supporting South Australians living with Motor Neurone Disease (MND) and swallowing difficulties. At Nonna's Cucina, we're proud to play our part through our home meal delivery service and dysphagia-friendly café menu, helping make nutritious, accessible and enjoyable meals available to those who need them most. Our café is more than a place to enjoy good food — it's a place to connect, build relationships and strengthen community networks. A big thank you to MND South Australia and HenderCare for the important work you do and for helping create such meaningful connections within our community.



NONNA'S *Now open* CAFE

7am - 4pm
Monday - Friday
9am - 3pm
Saturday



Every coffee, meal and visit to the cafe in Holden Hill
helps keep meals affordable for those who need
them most.

RECIPE OF THE MONTH

By Nonna's Cucina Executive Chef Stefan Dimasi

Nonna's Classic Eggplant Parmigiana

INGREDIENTS



4-6 servings

For the eggplant:

3 large eggplants

Salt, for drawing out moisture

Plain flour, for lightly coating

Olive oil, for frying

For the sugo:

2 tbsp extra virgin olive oil

1 brown onion, finely chopped

3 garlic cloves, crushed

700ml tomato passata

A handful of fresh basil leaves

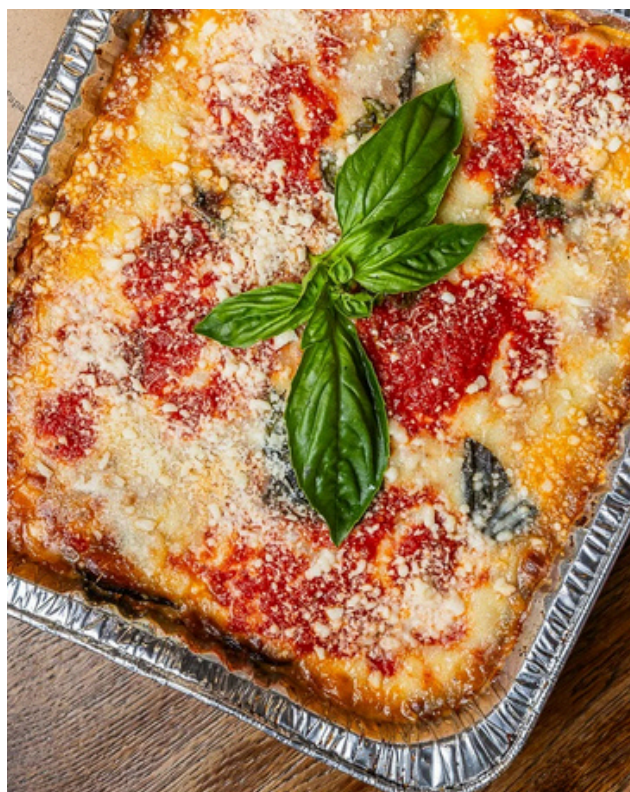
Salt and pepper, to taste

For layering:

250g mozzarella cheese, sliced or grated

100g parmesan cheese, freshly grated

Fresh basil leaves, to finish



METHOD

Prepare the eggplant:

Slice eggplants lengthways into 1cm slices. Sprinkle lightly with salt and leave for 30 minutes to remove excess moisture. Pat dry.

Cook the sugo:

Heat olive oil in a saucepan. Add onion and cook until softened. Add garlic and stir until fragrant. Pour in passata, add basil, season with salt and pepper, and simmer gently for 20–30 minutes.

Cook the eggplant:

Lightly dust eggplant slices with flour and fry in olive oil until golden. Drain on paper towel.

Build the Parmigiana:

In a baking dish, spread a layer of sugo, followed by eggplant, mozzarella, parmesan, and basil. Repeat layers until all ingredients are used, finishing with cheese on top.

Bake:

Bake at 180°C for 30–40 minutes until golden and bubbling. Allow to rest for 10–15 minutes before serving.

Stef's Tips:

The secret is patience — letting the sauce simmer slowly and allowing the Parmigiana to rest before slicing helps all those beautiful flavours come together.

Serve with crusty Italian bread and a fresh salad for the perfect family meal.

A DAY WITH HELLO SA



**'WE WERE
DELIGHTED TO
WELCOME THE
ADELADY TEAM'**



We were delighted to welcome the Adelady team from Hello SA to Nonna's Cucina for the filming of a special television feature showcasing the heart of our community.

A big focus of the feature was our meal service, which is at the heart of what we do. With our Nonna's Menu and Grandma's Menu, we are proud to offer a variety of delicious, comforting meals for our clients and community.

Behind every meal is a team of dedicated volunteers who give their time, energy and care to help prepare, serve and support our meal programs. We are incredibly grateful for everything our volunteers do. Their generosity and commitment are what make our meal serves possible and help create the welcoming environment that Nonna's Cucina is known for.



During the feature, Haylely from Adelady had the opportunity to meet some of our staff, volunteers, and one of our amazing clients, Margaret, who was so grateful to for her meal delivery that day.

A sincere thank you to the Hello SA crew for capturing the people, passion and community behind Nonna's Cucina so beautifully.

Most importantly, thank you to our wonderful volunteers and valued clients for being such an important part of our Nonna's Cucina family. We were proud to have you involved and to share a glimpse of what we do with viewers across South Australia.

We hope some of you managed to watch and enjoyed the feature on Channel 9 in August.

♥ Thank you to everyone who continues to support Nonna's Cucina and helps us make every meal serve a little more special.



Learning, Cooking & Giving Back

It has been wonderful welcoming school students into Nonna's Cucina for hands-on cooking classes with Executive Chef, Stefan Dimasi.

Recently, St Michaels College Year 11 Food and Hospitality students visited Nonna's Cucina to learn the art of making fresh gnocchi from scratch, as well as traditional Italian lemon biscuits. The biscuits were prepared with a special purpose — to be donated back to the community, combining practical hospitality skills with the importance of giving to others.

The experience was particularly meaningful during National Volunteer Week, providing students with an opportunity to see how food, hospitality and community can come together to make a difference.

Guiding the students throughout the day was our Executive Chef, Stefan Dimasi, a proud old scholar who shared not only his knowledge and cooking skills, but also his passion for Italian food, hospitality and giving back to the next generation.

We have also had the pleasure of welcoming students from other schools through the doors of Nonna's Cucina, creating a space where young people can learn, get hands-on in the kitchen and experience the traditions and values behind Italian cooking.

From rolling gnocchi to baking biscuits, these classes are about more than just learning a recipe. They are about building confidence, connecting with others, learning valuable hospitality skills and understanding the joy that comes from sharing food with the community.

We're proud to continue opening the doors of Nonna's Cucina to local schools and inspiring the next generation through food, culture and hospitality.





Celebrating Ferragosto

Every year on 15 August, Italians around the world celebrate Ferragosto, one of Italy's most treasured traditions. It is a day that brings together family, friends, food, and the spirit of summer. Ferragosto has its roots in ancient Rome, when Emperor Augustus declared a period of rest and celebration following the harvest. Over time, it became associated with the Catholic Feast of the Assumption of the Virgin Mary, also celebrated on 15 August. Today, these traditions have blended to create a uniquely Italian celebration enjoyed by people of all ages. In Italy, Ferragosto is the highlight of the summer season. Families gather for long lunches, picnics, barbecues, and outings to the beach, mountains, or countryside. Towns and villages often come alive with festivals, music, fireworks, and community events, while many businesses close as people take a well-deserved summer break. For Italian communities around the world, Ferragosto is more than just a holiday—it is an opportunity to celebrate our heritage, share traditions with younger generations, and enjoy the warmth of friendship and community. As we celebrate Ferragosto, we wish everyone a joyful day filled with good food, laughter, and the company of family and friends.

Buon ferragosto!



A breast screen is free, takes just 15 minutes and can detect breast cancer before you notice any symptoms.

Lo screening mammografico è gratuito, richiede solo 15 minuti e può rilevare il cancro al seno prima che si manifestino sintomi.



Scansiona il codice QR per informazioni in italiano and to watch Elena's video

Elena Castrechini
- BreastScreen SA Ambassador

Prenota online ora su
www.breastscreen.sa.gov.au
o chiama il 13 20 50



**Breast
Screen
SA**



FAMILY MEMBERS

WORD SEARCH

Find the words hidden in the word search

G	Y	F	A	T	H	E	R	T	U	R	Z
O	O	E	E	A	D	O	A	U	N	T	I
D	R	N	C	M	D	A	A	N	C	R	A
F	P	C	C	O	D	O	C	C	L	R	R
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SON

FATHER

COUSIN

NONNO

ZIA

MOTHER

BROTHER

NONNA

UNCLE

SISTER

PARENTS

GODFATHER



Australian
Human Rights
Commission

English | Italiano

1800 ELDERHelp (1800 353 374)

I am **treated** with **respect** by family and friends Vengo **trattato/a** con **rispetto** dai miei familiari e amici

I **know** how my **money** is being spend Sono **al corrente** di come **il mio denaro** viene speso

I **choose** what happens in my **home** Decido io cosa succede in **casa mia**

Decisions about my life are in my **best interest** Le **decisioni** per la mia vita vengono prese nel mio **interesse**

My will reflects **my own wishes** Il mio testamento rispecchia i miei desideri

I **know** where my **medications** is So **dove** si trovano le **mie** medicine

If you answered “**no**” to any of these statements, you may wish to **talk to someone you can trust.**

Se avete risposto “**no**” ad una di queste affermazioni, potreste voler **parlare con una persona di fiducia.**

If you experience, witness, or suspect elder abuse, call the free and confidential National Elder Abuse phone line for information, support and referrals. In an emergency, contact 000).

Se subite, osservate o sospettate casi di abuso sugli anziani (elder abuse), chiamate la linea telefonica **gratuita e confidenziale** di National Elder Abuse per informazioni, supporto e segnalazioni.

In caso di emergenza, contattate il **triplo zero (000).**



NONNA'S CUCINA

30 LYONS ROAD HOLDEN HILL

SEPTEMBER 2026

EDITION #31



DONATE TODAY AND HELP YOUR COMMUNITY

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.

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



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