



# Eating With Friends

Newsletter Winter 2018

Welcome to the EWF Winter newsletter.

We were happy to be able to send out the capacity building micro grants again at the end of the financial year. Groups reported that they would be spending the money on items such as transport costs, special events, pots and pans, an urn and glassware. Some groups commented that the purchase of quality crockery and utensils helps to improve the preparation and presentation of the meals. Many groups are looking to replace tired, ageing utensils that could pose a food safety risk.



Speaking of food safety now could be a good time for organisers of EWF groups to make sure that all those involved with the preparation of food for an EWF meal are aware of, and practice, appropriate food safety procedures. This potentially includes volunteers, staff and work placement students, as well as 'guest helpers' such as from a local service organisation who regularly donate dessert or cook up a BBQ for your lunch.

Food safety is everybody's business!



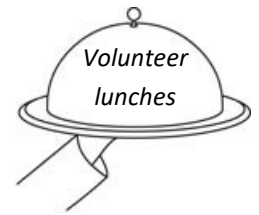
Some local councils offer food safety training (check with your own local council). There is online training available, some at a cost and some for free such as the 'I'm Alert Food Safety' training. This training can be accessed at [www.imalert.com.au](http://www.imalert.com.au). A number of local councils such as Clarence, Glenorchy and Central Coast Councils offer this training via their websites (see the extra information over the page).



Save the date! The annual lunches held to say Thank You! to the volunteers and organisers of EWF groups will be hosted in November this year, with one in the north on 7th Nov and one in the south on 14th Nov.

Please find enclosed an invitation to the lunch nearest to where your group meets.

There will be reminders sent out closer to the time but groups have always liked to know the date well in advance so they can lock it in early as the lunches are held at such a busy time of year.



The CHSP Nutrition Service have launched their second online training program - Malnutrition in Older People. (Their first training program was *Nutrition for Older People* as outlined in the EWF Autumn newsletter). This free and interactive training is easy to use and includes instructional videos and fictional scenarios to help screen for and reduce malnutrition risk. The training aims to increase the confidence and skills of staff and volunteers in being aware of the signs of malnutrition in older people living in the community and accessing services such as EWF groups. It takes just over an hour to complete and can be accessed by visiting Health Learning Online at: <https://dhhs.sproutlabs.com.au/login/index>. Create a login, then select the 'Community and Cultural Care' folder. Have fun!

My Aged Care is the one-stop-shop for aged care services in Australia. There is information about MAC over the page. There may be older people attending your EWF group that need help finding the aged care services that are right for them. This information could help you to help point them in the right direction.

Please remember to send in some pictures and stories from your EWF group throughout the year so they can be shared with the network.

Happy Winter!

Cheers

Karen





## Food safety—its everybody's business!

All Food Handlers have obligations—and that includes everyone handling food in the preparation of an EWF meal. Below is some information about: I'M ALERT Food Safety Interactive Online Training. It's time to be ALERT!



And it's FREE at [www.imalert.com.au/foodsafety](http://www.imalert.com.au/foodsafety)



<p><b>Food Safety – Are you ALERT?</b></p> <p>Do you and your staff have the skills and knowledge required to ensure safe food for your customers?</p> <p>Food safety is your business. It is the responsibility of a Food Business to ensure that all food sold is safe and suitable.</p> <p>This information package has been developed by qualified and experienced Environmental Health professionals and is equivalent in scope to a two-day consultant delivered course.</p> <p>The interactive, logical and easy learning format will assist you and your staff to develop the skills and knowledge required to ensure safe food for your customers and to comply with your obligations under the Food Safety Standards for Australia and New Zealand.</p> <p>Most sections include an interactive quiz. Upon completion of the program, a training acknowledgment form can be printed and filed as part of your food safety records.</p>	<p><b>Course Index</b></p> <ul style="list-style-type: none"> <li>⇒ Overview</li> <li>⇒ Foodborne illness</li> <li>⇒ Potentially hazardous food</li> <li>⇒ Contamination of food</li> <li>⇒ Temperature control</li> <li>⇒ Food handling skills and knowledge</li> <li>⇒ Food receipt</li> <li>⇒ Food storage</li> <li>⇒ Food processing</li> <li>⇒ Food display</li> <li>⇒ Food packing</li> <li>⇒ Food transportation</li> <li>⇒ Food disposal</li> <li>⇒ Food recall</li> <li>⇒ Health of persons who handle food</li> <li>⇒ Hygiene of food handlers</li> <li>⇒ General duties of food businesses</li> <li>⇒ Cleanliness</li> <li>⇒ Cleaning and sanitising of specific equipment</li> <li>⇒ Structure, design and maintenance</li> <li>⇒ Temperature measuring devices</li> <li>⇒ Single use items</li> <li>⇒ Animals and pests</li> <li>⇒ Management control techniques (HACCP, Food Safety Programs)</li> </ul>
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Australian Government  
Department of Social Services

myagedcare

**Finding the aged care services that are right for you**

**My Aged Care**

My Aged Care is your one-stop-shop for aged care services and information in Australia. From 1 July 2015 it provides you with information:

- on the different types of aged care services
- about your eligibility for services and how we can help you find local services
- on assessments and referrals to the providers that can meet your needs
- about the cost of your aged care services, including fee estimators.

Most of us don't want to think about needing support when we get older, but it's important to know what your options are. Ageing well is about being prepared, having choice and flexibility. By knowing about the services available, you can get the outcome that best suits your needs.

**Further information**

To find out how you can access the right aged care services for your needs:

- visit the My Aged Care website at [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

or

- call the My Aged Care contact centre on 1800 200 422\*

The My Aged Care contact centre operates:

- Monday to Friday – 8am to 8pm
- Saturday – 10am to 2pm

The contact centre is closed on public holidays.

**EWF Contact Details**

**Karen Austen**  
**Eating With Friends Project**

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**Derwent Park TAS 7009**  
**6228 6515 or 6228 1220**

[eatingwithfriends@nht.org.au](mailto:eatingwithfriends@nht.org.au)  
[www.nht.org.au/projects](http://www.nht.org.au/projects)

**Promotional pamphlets, posters and badges are available for groups**