



Eating With Friends

Newsletter December 2019

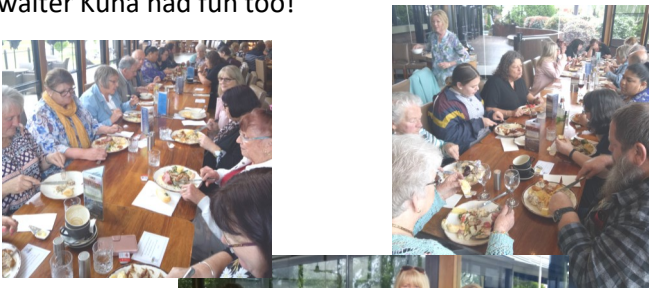
Welcome to the EWF December newsletter.

Lunches for EWF volunteers and group organisers were held during November. These lunches are our way of saying thank you for all your efforts over the year in supporting and running regular community based meals. Without you all there would be no EWF groups.

Lunch in the south was held 6th November in West Hobart, with 37 people gathering for lunch, representing 8 EWF groups.



Lunch in the north was held 13th November at Prospect, with 36 people, representing 6 groups, meeting up. The waiter Kuna had fun too!



Lunch in the north west was held on 20th November in Burnie with 22 people from 4 groups attending.



At the southern lunch we all had the privilege to be able to say thank you to Jackie Dermody who has been involved with EWF since the very beginning of the first pilot group in 2000. In fact, some would say the whole idea of EWF was Jackie's! The first regular lunches were held at West Moonah Community House and then moved to the Golden Years Club in Glenorchy when the group grew too large to fit in WMCH. On Sunday 10th November 2019 Jackie and her wonderful crew of volunteers hosted their final EWF lunch for the group. We would like to say a heart felt thank you to Jackie for her years of dedication, organisation and joy of giving that has touch many people over the years. Many meals have been prepared and shared, sprinkled with Jackie's love and laughter.



Thank You Jackie



Thank you to everyone. Love your work!

Happy Festive Season.

Cheers

Karen



New Healthy Ageing Website from Public Health Services, Department of Health

A new Tasmanian healthy ageing website has just been launched. It is full of useful information and resources to help those aged over 65 to stay well.



Take a moment to explore the website: www.dhhs.tas.gov.au/healthyageing

You will find nutrition and physical activity resources, recipes, video clips, links to free online training, key contacts and suggestions for support.

You can also sign up for brief monthly updates.

If you want to find out more email community.nutrition@health.tas.gov.au



The table below is from the healthy ageing website and is a tool to help plan meals which provide enough lean meat and meat alternatives for one person per serve. Amounts required for larger groups are also indicated in the table.

Lean meat/ alternative	For 10 people	For 20 people	For 30 people	For 40 people	For 50 people
Lean red meat 100 grams raw weight is 1 serve	1.5 to 2 kilo- grams	3 to 4 kilo- grams	4.5 to 6 kilo- grams	6 to 8 kilo- grams	7.5 to 10 kilograms
Chicken 100 grams raw weight is 1 serve	1.5 to 2 kilo- grams	3 to 4 kilo- grams	4.5 to 6 kilo- grams	6 to 8 kilo- grams	7.5 to 10 kilograms
Fish 115 grams raw weight is 1 serve	1.7 to 2.3 kilograms	3.5 to 4.6 kilograms	5.2 to 6.9 kilograms	6.9 to 9.2 kilograms	8.6 to 11.5 kilograms
Eggs 2 large eggs is 1 serve	30 to 40 large eggs	60 to 80 large eggs	90 to 120 large eggs	120 to 160 large eggs	150 to 200 large eggs
Legumes- 1 cup (150 grams) cooked or canned legumes is 1 serve	2.3 to 3 kilo- grams	4.5 to 6 kilo- grams	6.8 to 9 kilo- grams	9 to 12 kilo- grams	11.3 to 15 kilograms
Nuts or seeds 30 grams nuts or seeds or nut /seed paste is 1 serve	450 to 600 grams	900 grams to 1.2 kilograms	1.4 to 1.8 kilograms	1.8 to 2.4 kilograms	2.3 to 3 kilo- grams
Tofu 170 grams tofu is 1 serve	2.6 to 3.4 kilograms	5.1 to 6.8 kilograms	7.7 to 10.2 kilograms	10.2 to 13.6 kilograms	12.8 to 17 kilograms

Contact details for Eating With Friends Project Worker

Karen Austen phone: 6228 6515
email: eatingwithfriends@nht.org.au

www.nht.org.au/projects



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