

CLIENT NEWSLETTER

Edition - 2 / 2013



STAFF INTRODUCTION

We would like to introduce you to **Natalie Michael (Administrative Assistant)**



Natalie started work at Fairfield Food Services in August 2008. Natalie works closely with the volunteers to organise meal deliveries. She also assists with client requests including new referrals, changes and cancellations. Natalie is born in Kuwait with a Persian background. After completing her Bachelor's Degree in Science, Natalie moved to Australia in 1995 with her family. Natalie is married with two daughters and a son aged 24, 22 and 10.

Natalie loves working with all the helpful volunteers and is always looking for new volunteers. If any of your family, friends or visitors have a few hours to spare, during the day, ask them to contact Natalie or the ring the office on 9728 6939 / 9724 1486. Volunteers are needed to do deliveries between 9.30am to 12.30pm. If these hours are unsuitable volunteers are needed in the kitchen from 6.00am to 2.00pm. We would love to hear from people who are willing to help.

HEALTH & NUTRITION

We are pleased to advise that Fairfield Food Services in conjunction with Home Dental Care has been awarded a dental grant to assist with your dental health care needs. This grant has been made possible by the generosity of Fairfield RSL, Fairfield Food Services and Home Dental Care. The program will commence in the first week of December and continue for the following 6 months. We have sent a letter to you to see if you would like to take advantage of this funding which is only accessible to Fairfield Food Service Clients. After receiving completed dental and nutritional questionnaire that you have returned with our volunteer,

- ❖ We will contact you for an appropriate appointment time to see a dentist in your home
- ❖ Have a full check-up, clean and oral assessment in the comfort of your own home (or other necessary dental treatment).

Further details on what services are available under this program can be obtained by calling our office on 9728 6939.

The initial oral assessment and cleaning will be free of charge under this program. This subsidised dental treatment grant has been organised such that Fairfield RSL will pay 33%, Home Dental Care will pay 33% and you as a grant recipient will pay the remaining 33% for any further treatment you may require. This grant covers the majority of essential dental care which will allow you eat and feel better. If you are interested in taking part in this convenient and generous initiative please complete the questionnaire and our staff will contact you to make an appointment. If you have any further questions please call 02 9728 6939 or 02 9724 1486

AUSTRALIAN GUIDE TO HEALTHY EATING

- ✓ **Enjoy a wide variety of nutritious foods. These include:**
 - Vegetables and legumes/beans
 - Fruit
 - Grain foods, mostly wholegrain such as rice, pasta, noodles, oats, bread (wholegrain)
 - Lean Meats and poultry, fish, eggs, tofu, nuts and seeds
 - Milk, yoghurt, cheese (mostly reduced fat)
- ✓ Keep active to maintain muscle strength and a healthy body weight
- ✓ Eat at least 3 meals every day
- ✓ Care for your food. Store and prepare it correctly
- ✓ Eat a diet low in saturated fat. Try to limit butter, cheese, use reduced fat milk, and trim the fat from your meat. Try not to use too much oil in your cooking.
- ✓ Drink adequate amounts of water and/or other fluids.
If you drink alcohol, limit your intake.
- ✓ Choose foods low in salt and use salt sparingly. When buying canned products always buy the reduced salt versions.
- ✓ Include foods high in calcium mostly reduced fat (Yoghurt, Sardines, Milk, Cheese, Ice Cream, Spinach and broccoli)
- ✓ Use sugar in moderation. Try and cut down on sugar in your tea and coffee. Try and keep biscuits / cake / dessert to an occasional treat (once a week).



REMINDERS

Just a reminder to you all that although some of our clients may leave an esky at the door for their meal, because they are going to be away, by law we are unable to comply with their wishes. We ask clients that they contact the Office if they are going to be away and we can make alternate arrangements. Volunteers are not allowed to leave your meals in eskies or containers. You must be home to receive your meals.

DELIVERIES OVER OFFICE CLOSURE

Please note that the office will be closed from the Wednesday 25/12/2013 and re-open on Friday 27/12/2013. We will also be closed from Wednesday 01/01/2014 and re-open on Thursday 02/01/2014

Meals for Christmas will be delivered on Tuesday 24/12/2013 and for New Year will be delivered on Tuesday 31/01/2013.



DON'T FORGET TO RING

Please cancel your meals if you are going away or will not require them on specific days. Ring Natalie or the office on 9728 6939 / 9724 1486 to cancel meals.

On behalf of the staff at Fairfield Food Services Inc., I would like to take this opportunity to thank all our volunteers who have given up their time throughout the year to provide assistance to our clients. Wishing you all a magical Christmas and a happy & healthy 2014!!!

