

28/04/2020



Hello All...

Covid-19

We are sure you are all keeping up to date on current changes and information that is coming at us all every-day...but here are a few key points to remember

Stay Home-Stay Safe!

Practice social distancing... Keep 1.5 metres away

Good hygiene– Cough or sneeze into tissues and discard them immediately or alternatively, into your elbow and wash your hands for at least 20 seconds with soap and water.

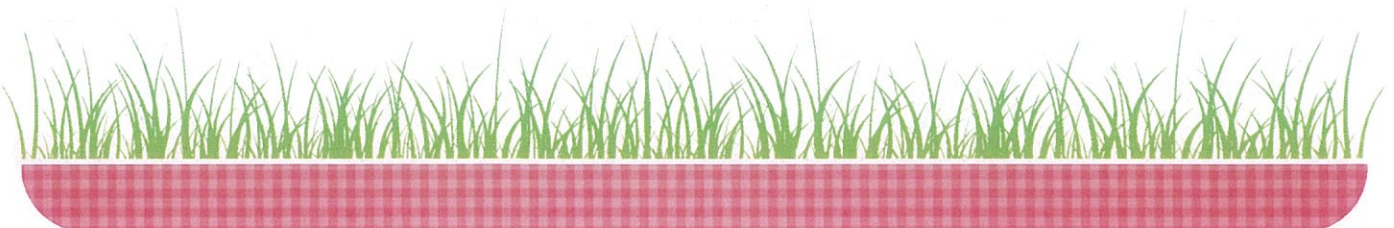
If you would like more information you can find out more at <https://www.health.gov.au/>

How are you doing?

We miss you guys! Its so strange to have such a quiet centre at the moment and we can not wait for you all to be able to come in and have lunch again, and we are sure you guys are feeling the same way. If you are feeling isolated please don't hesitate to pick up the phone! We are still here and always available for a chat. Centre number is 03 62495363

Meal Deliveries

We are still delivering hot meals Tuesdays and Fridays and a reheatable meal on Thursdays. The cost of these meals is \$20 per person for all 3 meals or \$10 per meal. Give Stephen or Meegan a call to organise delivery to your home. They are a 2 course meal.



Bucaan Community
House

8 Bucaan Street,

Chigwell Tas 7011

Ph: 03 6249 5363

Fax: 03 6275 0004



Meat & Veg Boxes

You can still order meat and veggie boxes that can be delivered.

You must order by 5pm Wednesday for delivery to Bucaan House the following Wednesday.

Meat Boxes \$20

Veg Boxes start at \$20

If you are experiencing extreme hardship please let us know and we will do our best to help.

REMEMBER TO HAVE YOUR ORDER IN BY THIS THURSDAY FOR DELIVERY NEXT WEDNESDAY CALL US ON 03 6249 5363 TO ORDER

NILS LOANS STILL AVAILABLE CALL LINDA ON 62495363

Community Lending for Tasmanians

Call 1300 301 650

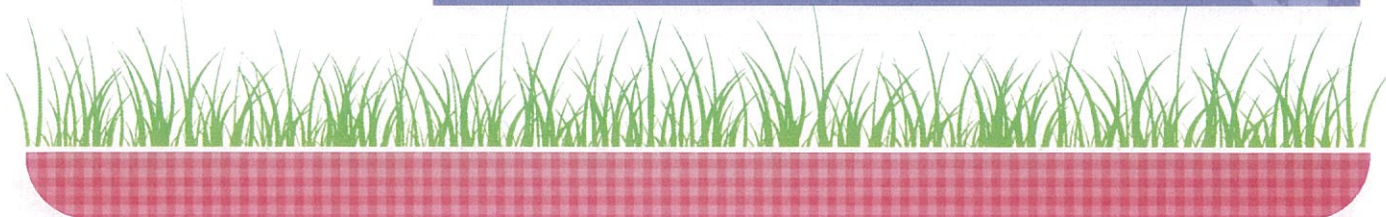


Essentials Loans

- No Interest ✓
- No Fees ✓
- No Credit checks ✓

Loans for essential items and services including:

- ▶ Car repairs
- ▶ New fridges
- ▶ Computers
- ▶ Medical and dental services



FREE COVID-19 SUPPORT LINE FOR SENIOR AUSTRALIANS

Minister for Aged Care and Senior Australians and Minister for Youth and Sport, Senator The Hon Richard Colbeck, today released advice about further support for Senior Australians who are feeling isolated.

Senior Australians, their families and carers can now call a dedicated free call support line aimed at supporting the mental health of those impacted by the spread of COVID-19. The Minister said talking to someone who understands and listens was an important outlet for anybody struggling to cope as the spread of the virus creates additional pressure on individuals and communities.

This initiative is in partnership with the Council on the Ageing Australia (COTA), National Seniors Australia, the Older Persons Advocacy Network (OPAN) and Dementia Australia, the phone line will be staffed with advisers who can offer practical help and advice.

In addition, the Department is currently working to enable existing home support and home care providers to source technology-based personal monitoring systems for vulnerable Senior Australians who are self-isolating.

It builds on measures announced by the Australian Government including welfare checks for those who have suspended their home support packages and a \$10 million funding injection for the Community Visitors Scheme aimed at keeping people connected.

Minister Colbeck said the COVID-19 phone line is a great initiative that reinforces the message of support for those in isolation, particularly if contact with family or friends is limited.

The support line will operate Monday to Friday, except public holidays, from 8.30am to 6pm.

Call the COVID-19 support line on **1800 171 866**.

Veggie Boxes



Example of what maybe in your veggie box

\$10.00 Veggie Box

Includes:

- 1 meal
- 6 pieces of fruit
- 250g zucchini or 250g broccoli *
- ½ kg potatoes
- 1 onion
- 2 carrots
- 1 250gm jar of jam
- 1 piece of pumpkin or ¼ cabbage*

* Choose when ordering

\$20.00 Veggie Box

Includes:

- 2 meals
- 10 pieces of fruit
- ½ kg zucchini or ½ kg broccoli
- 1 kg potatoes
- 2 onions
- ½ kg carrots
- 1 piece of cauliflower or pumpkin*
- 1x 250gm jar of chutney or jam*

* Choose when ordering

\$40.00 Veggie Box

Includes:

- 4 meals
- 20 pieces of fruit
- 1kg zucchini or broccoli
- 2 kg potatoes
- 1kg sweet potatoes
- ½ kg onions
- 1 kg carrots
- 1 Piece pumpkin
- ¼ half cabbage
- ½ half cauliflower
- 1x 250gm jar of chutney or jam*

* Choose when ordering



\$10.00 Soup Box

Includes:

- 1 capsicum
- ½ kg swede
- ½ kg sweet potato
- ¼ piece pumpkin
- 250g parsnip
- 250g carrots

VEGETABLE BOXES

Make your own or we make it for you!

Sizes range from \$10, \$20 and \$40 and contain all the staples.

Veggie box orders can be made by phoning 0487 267 375, in person, via our website www.waterbridgefood.com.au or send us a Facebook Message.



\$15.00 Roast Vegetable Box

Includes:

- 1kg swede
- Small piece pumpkin
- ½ kg parsnip
- ½ kg carrots
- 1kg sweet potato
- 1kg potato

Examples of Frozen Meal List \$3.00 each

Curried Sausages and Vegetables

Baked Honey Mustard Chicken

Penne with Bacon and Vegetables

Chicken with Plum Sauce

Sweet and Sour Chicken

Red Thai Curry Chicken

Chow Mein

Apricot Chicken Curry

Tuna and Corn Mornay

Indian Curry Chicken

Italian Pasta Bake

Satay Chicken

Porcupine Meatballs

Spaghetti Bolognese

Butter Chicken

Sausages and Gravy

Rissoles and Gravy

Meatloaf and Mash

Bacon Fried Rice

Italian Sausages

Teriyaki Chicken

Hoisin Chicken

Shepherd's Pie

Tuna Patties

Examples of Jams, Relishes and Sauces

Jams

Raspberry, Apricot, Strawberry, Apricot and Pineapple, Blackberry, Plum and Cherry

Small \$3.00 and Large \$4.00

Relishes

Tomato and Beetroot

Small \$3.00 and Large \$4.00

Sauces

Sweet Chilli, Tomato, Super Dooper Hot Sauce and Hulk Hot Sauce

\$4.00 each

Other

Pickled Onions and Sweet Mustard Pickles **\$4.00 each**

Quince Paste **\$3.00 each**



This year it will be a different sort of Morning Tea, as we can't get together physically we have decided to have a "Virtual" Morning Tea instead!

Meegan will be whipping up a lovely platter of scones, cakes, sandwiches and sweets and we will deliver them TO YOUR DOOR!

Get those tea bags ready!

Cost will be \$5 delivered and all funds raised will go to the Cancer Council for much needed funding.

Please give us a call on 6249 5363 to order yours soon!

When: Thursday 28th May (will be delivered with meals if ordered)

