

## NEW WINTER MENUS

The service has distributed a new winter menu for both our **hot & frozen meals**.

The hot meals Menu has been reviewed by the **MAGGIE BEER FOUNDATION**. This foundation has been funded by the Australian Federal Government's Department of Health & Aged Care, to deliver education & training to improve the dining, food and nutritional outcomes for older Australians and for those living in Aged Care.

It is well known that eating a varied diet is important for overall health.

- ◆ Eating different foods helps you meet nutrient needs
- ◆ A varied diet prevents boredom and makes cooking fun
- ◆ Eating a variety of foods nourishes your gut
- ◆ Having a diverse diet may help you live longer
- ◆ Eating foods from different groups may reduce the risk of type II Diabetes.



Meals on Wheels meals are intended to mimic "home cooked" meals, while, providing a significant nutritional contribution, as well as

offering some vital social contact.

If you would like to update your meal preferences (likes & dislikes), in line with the new menu changes, please contact the office to organise a review with our staff.

## STAY HYDRATED IN WINTER

Dehydration occurs when the body doesn't have enough fluid to function properly. Regardless of the temperature outside, staying hydrated is important in the Winter months as well.

Dark urine, dry skin, dry mouth, constipation & even feeling hungry are just some signs of dehydration.

The recommended amount for older people is 1.7 litres every 24 hours. Drink up!



## MOW MEAL VOUCHERS

Cootamundra Meals on Wheels would like to introduce you to a new concept of our service delivery – **"Let's Go Eat"**.

**"Let's Go Eat"** is a voucher system for clients of our service. Clients can purchase a voucher from the Meals on Wheels Office at a cost of **\$8.00**. The voucher has a value of **\$12.00** at the following venues:

**The Ex-Serviceman's Club, The MAIN CAFÉ & the Outback Bakery.**



Food Voucher

This voucher system enables you to enjoy a subsidised healthy meal while encouraging you to be more social in your local community.

As a special promotional offer is available for your first purchase –

**BUY ONE, GET ONE FREE !!!**

**There are conditions for the vouchers:**

- ◆ Vouchers are not redeemable for cash
- ◆ vouchers may only be used for food purchases, beverages are not included
- ◆ Any cost above \$12.00 is to be paid by the voucher holder at the time of purchase
- ◆ No change will be given on purchases using a voucher
- ◆ The vouchers are not transferrable – may only be used by the person named on the voucher

If you would like to purchase a voucher or for more information, please contact the staff at the Meals on Wheels office.

The vouchers are available to purchase from – Thursday 1<sup>st</sup> August 2024

**"LET'S GO EAT"**



## WINTER HEALTH



It is vitally important that you protect yourself and your family from viruses this WINTER to maintain your health and to ensure you can keep doing the things you love.

Influenza, COVID-19 and RSV (Respiratory syncytial virus) are prevalent in our community this WINTER. By staying up to date with your vaccinations and staying at home if you are feeling unwell can all stop the spread.

Some important numbers to assist you:

**000** – Ambulance, Fire or Police

**1800 022 222** – Health Direct – Health advice available 24 hours a day.

**132 500** – State Emergency Service (SES)

**1800 022 222** – Replacement medicine & Prescriptions. Pharmacists may be able to help replace medicines or prescriptions. Speak with your local chemist or Healthdirect.



**COVER  
YOUR COUGH  
OR SNEEZE**



### The Coota District Co-Op

The Coota Co-Op is celebrating its first Birthday on Saturday 3<sup>rd</sup> August, and you are invited to attend!

There will be a Birthday Cake cut in store at 11am, new Games & Toys have arrived (get in early for Christmas!), a \$200 Voucher Draw, Lucy Dip, Live music and the Co-Op will be launching their Online Store. Plenty for everyone on the day 😊  
Are you a member? Sign up to receive a discount on every purchase.

**We wish the Coota Co-Op a  
HAPPY 1st BIRTHDAY and  
every success for its future.**



## CLIENT SURVEY

Client Surveys have been distributed last week, we encourage you to complete the survey and return it to the Meals on Wheels office. Our survey is one of the best ways to provide us with feedback for: **COMPLAINTS** – so we can improve our service or **COMPLIMENTS** – so we know we are providing you with the best service or

**SUGGESTIONS** - you may have so we can implement new ideas.

The service encourages all feedback which is used to continuously improve the service we provide.



## SOCIAL OUTINGS

The number of social connections a person has strongly correlates with their wellbeing. Therefore, it is important for you to continue to be socially active on a regular basis, to provide you with the opportunity to make new friendships and maintain relationships with the people around you.

**You know you're  
getting old when**

going out is  
fun but  
going home  
is  
better.



Meals on Wheels are offering the following outings:

**AUGUST: NATIONAL MEALS ON WHEELS WEEK**

Combined morning tea

**SEPTEMBER: HARDEN COUNTRY CLUB**

Enjoy a short drive, a hearty meal & great company!

**OCTOBER: LUNCH & ENTERTAINMENT**

An invitation will be sent out with more information regards dates, cost & menu selections.

**More  
than just  
a meal**