



It's beginning to feel a lot like Christmas!

It's nearly that time again - you will soon be able to order Christmas meal packages (main meal & dessert). You can order as many packages as you like. But they will only be available until stocks last, so remember you will need get in early with your orders! Look out for further details with your frozen meal menus over the coming month.

New menu coming soon

We are about to start the annual review of our frozen meal menu. As always, we will be looking at removing some of our less popular offerings & looking for some new & exciting menu options. We will be launching our revised menu in the New Year & will share the details with you as soon as we can!

Christmas closure

Our office will be closed from 2pm on **Tuesday December 24, 2019** & will reopen at 8am on **Thursday January 2, 2020**. If you are a client who receives frozen meals, please take this closure period into account & order extra meals in the weeks prior. If you need help with this, please don't hesitate to contact Lauren in the office on 4759 2811.

Service closure Friday November 29

Please note that our Katoomba restaurant will be closed on this day & our office will be unattended from noon while we thank our volunteers for everything they have given us in 2019.

Our next Super Tuesday Seniors Lunch Event is on **Tuesday December 10**, in Room 1 at the Blue Mountains Theatre & Community Hub on Macquarie Road, Springwood, from 11am-1pm.

For \$10 you will be treated to morning tea, live entertainment, lucky door prizes & a 3 course meal. So come along to make new friends, connect with old ones & celebrate life over a festive meal!

Limited seating is available, so bookings are essential. Call Springwood Neighbourhood Centre on 4751 3033. And if you need transport, please book at least 3 working days in advance with Great Community Transport on 4722 3083.

A few polite reminders...

Please remember that we have a duty of care to hand over your meals to you at the door, or to place your meals in the freezer for you. **It is against Food Safety Regulations for us to leave meals in an esky**, so if you are unable to be home, please contact the office & we can help you make alternative arrangements.

Also, please remember our **deadlines for placing orders:**

Tuesday deliveries - order by Wednesday 4pm

Wednesday deliveries - order by Friday 4pm

Thursday deliveries - order by Monday 4pm

Friday deliveries - order by Tuesday 4pm

If you order by these deadlines it greatly assists us in processing & packing your orders. And remember, the easiest way is to hand your order to our friendly volunteers each week when they deliver your meals.



Christmas isn't too far away, so make sure you pop these dates in your diary!

Restaurant

Blaxland
Springwood
Lawson
Katoomba
Blackheath

Christmas party

Tue Dec 17
Tue Dec 10
Wed Dec 11
Fri Dec 13
Wed Dec 18

Last restaurant day of 2019

Tue Dec 17
Thu Dec 19
Wed Dec 18
Fri Dec 20
Wed Dec 18



These wonderful people from our restaurant in Blaxland are all having birthdays this month. Of special note are the seated clients, Joy Lane & Tim Miers. Amazingly both were born on the same day in 1929, both turning 90 this year!

Happy birthday!

Did you know that **Blue Mountains Library** has a great selection of eBooks, eAudio-books and eMagazines available across a range of collections including adult, children, fiction & non-fiction. The Library subscribes to two different providers on behalf of members. To borrow you need a valid Blue Mountains Library membership card & an email address.

For more information visit their website at www.library.bmcc.nsw.gov.au or contact Council on 4723 5000 (Lower Mountains) or 4780 5000 (Upper Mountains).

**It was all things
Halloween at Cook +
Connect this week!**



An excerpt from Flagstaff's Update on Fine Foods Precautionary Recall

Flagstaff Fine Foods would like to thank you and your clients for your patience and understanding during the recent Fine Foods Precautionary Recall. As a supplier, we care about the wellbeing of our clients' so we took an overly cautious approach.

We believe Flagstaff's duty of care to inform clients through a *precautionary recall* was the best approach in managing any risk to clients. Flagstaff took this decision very seriously and we worked with the NSW Food Authority to ensure there was no potential risk to any clients. No illnesses were reported.

Flagstaff has been transparent to our customers through this process, worked side by side with the NSW Food Authority during our testing phase, and followed the advice as provided by the NSW Food Authority to conduct a precautionary recall when low levels of listeria was detected in routine testing found in one particular component sourced externally.

This is the first recall in 22 years of Fine Foods operation.

Following on from further testing and research, the NSW Food Authority advised that the eight (8) recalled frozen meals are safe for consumption as long as the cooking instructions are followed.

On the Fine Foods packaging you may see the addition of a new green label. This green label will clearly state the cooking instructions to ensure all meals are cooked appropriately. Flagstaff will continue to conduct independent testing of our meals and work with the NSW Food Authority to ensure that cooking instructions are clearly visible.

As a not for profit disability enterprise, supporting people with a disability through employment and life skills programs, we understand and value the support Meals on Wheels provides.

Your clients, volunteers and committee are welcome to visit our facility to see how we operate to relieve any concerns you may have. We will be holding an Open Day on Friday, 8 November 2019 at our site at 254 Nolan Street Unanderra from 10 am to 12 noon and would love you to join us.

Thank you once again for your patience. Please contact Flagstaff Fine Foods on 02 4272 0270 if you require any further information.

Yours sincerely,

Roy Rogers - Chief Executive Officer



bmfs.org.au

(02) 4759 2811

admin@bmfs.org.au

25 Livingstone Street, Lawson NSW 2783 | PO Box 214 Hazelbrook NSW 2779 | ABN: 91 530 248 271

This Service is funded by the Commonwealth Government