

JUNE 2021

FOOD FOR THOUGHT

A Monthly Newsletter by Holland Park Meals on Wheels



BOB'S TEAM

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

Hippocrates

Flu Fighters

Food. Glorious food.

These days flu season is a year round event, so keeping your immunity strong is more important now than ever.

Our immune systems are always working hard and keeping us healthy but sometimes they need a little extra boost.

- **EAT MORE:** (of the good stuff). A nutritional study published in 2019 states that when your caloric intake (and therefore nutrient intake) is too low for the needs of your body, you are more likely to contract a URI (upper respiratory infection) AND your body is less likely to be able to fight it off.
 - Fun fact: kiwi fruit has more vitamin C than strawberries or oranges. A big plus for immune health!
- **Balance Balance Balance:** while yes, I'm pushing your veggies, make sure you have things that make you excited to eat included in your diet. I often start my mornings with choc-orange porridge (cacao powder and oranges are a welcome friend to my oats).
- **Calcium: IMPORTANT.** Now, I know we all know that milk = good for bones. But seriously, MILK = GOOD FOR BONES. More importantly for overall health. Calcium lives in your bones, but it is also integral in cardiovascular and circulatory health. Too little can have serious implications so eat your yoghurt and drink your milk. When other systems are weakened, the immune system has to work extra hard. So help a brother out.

Pictured right: snack box from the bowls afternoon: wrap, antipasto skewers, macarons, peanut butter stuffed dates, cream cheese stuffed apricots. I'm not drooling- you are!

So how can we implement these changes in our diets?

- Porridge is a great option for starting the day. Firstly, a great hit of fibre. Secondly, I love to make mine on skim-milk and enjoy the cathartic mixing action over the stove. My absolute favourite additions are cacao powder and a fresh orange. Here we've got calcium, vitamin C and magnesium. I cut the skin from the fruit and squeeze the juice into the porridge as it cooks, and I am convinced this makes for a creamier porridge. Then I top the steamy bowl of goodness with coconut flakes, hemp seeds and the chopped up orange flesh, adding some texture, colour and all-important iron. This meal keeps me fuller for longer and I always feel ready for the day.
- I would also highly recommend mixing up the fruits and veg you eat. Take your time in the supermarket, green grocer or markets you visit to find the fruits and veg calling your name. Look for vibrant colours and items that inspire you to build a dish around THEM. For too long, we've been basing our meals on the protein. I say, hero your veg; season it well, sauce it up or serve it in a new way. Meat isn't the only exciting element on my plate. My faves are:
 - Baked sweet potato cubes with Moroccan seasoning
 - Zucchini cooked with garlic
 - Green beans cooked in soy sauce
 - Green apple in a slaw (with Changs Noodle Dressing and Kewpie- trust me. Game changer!)
 - Broccoli and cauliflower with cheese sauce
 - Good old corn on the cob
 - Fresh tomato or avocado with salt and pepper
 - Lemon on pretty much anything!!!



Seasonal Produce Aussie Winter

Apples

Avocados

Beetroot

Broccoli

Cauliflower

Kiwi Fruit

Leeks

Mushrooms

Pineapple

Pumpkin

Silverbeet

Turnips



We had a glorious day celebrating **National Volunteer Week** at the Holland Park Sports Club. Luckily some of our volunteers are veterans in the sport and had wisdom to pass on, as a majority of us had absolutely no idea! An afternoon of laughter and games was had by all.

We celebrate you, our volunteers, because we truly would not be able to operate without you. Here are some numbers to show just how much you as a conglomerate do.



10:1
volunteers:
staff

Friendships:
Priceless



Saves

\$150,000p/a

wages



THE EVERGREENS



THE GAZUMPERS!