



More than just a meal

HOLLAND PARK MEALS ON WHEELS

SEPTEMBER 2018

FOOD FOR THOUGHT NATIONAL MEALS ON WHEELS DAY!

The atmosphere buzzed with excitement as the hundreds of meals were prepared and plated. Then the waiting game... Would we beat our record and reach our goal?

After great anticipation, we finally found out that the preparation paid off; we smashed our record! With

708 as the number

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volunteers and staff state wide, Queensland made **5751** roast chicken meals!

Support came in forms of ordering meals to help us reach target, or donating time to the cause, by driving or helping in the kitchen on the day.

Paris, a reporter from Channel 9 news came along and got in on the action.

This resulted in our service being featured on both the 4pm and the 6pm news!

FOOD QUIZ

You throw away the outside and cook the inside. Then you eat the outside and throw away the inside.

What am I?

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AN ADDICTIVE CAUSE

Back in 1970, a small team of volunteers operated out of a church. We have volunteers that remember those days, reminiscing that soups were once ladled out into clients own cups and bowls and that juice was handled in a similar fashion.

Two of the six ladies in our "Over 40's" club have retired just this year! Laurel had been volunteering for 47 years, and Dorothy for 48! We are so grateful to have such dedicated volunteers.

Avis, Merle, Gwen and Lyn are the four standing "Over 40's" and we thank them for their continued support and service to our community. When asked, the ladies say they enjoy the social call and being part of the cause.



MICRONUTRIENT STORY

Micronutrients is the collective name for vitamins and minerals that our body needs to function at its best. The best sources of micronutrients are fresh fruits, vegetables and whole grains. The colouring in fruits and vegetables relates to the type of micronutrient in which it is rich. For example, orange fruits and vegetables (carrots, oranges and apricots) are often high in vitamin A, which is good for your eyes and maintaining healthy cells. Red coloured produce such as tomatoes or raspberries are high in antioxidants; great for heart health! This is why getting in all your serves and eating a rainbow is so beneficial!



MEET THE TEAM: CHEF SPECIAL

Our kitchen is abundant with good food, good music and laughter: sounds like a party right!? Well, our three chefs get to work here everyday!

Jody, our head chef, says he's worked in many different environments and it is refreshing to have clients really enjoy and appreciate the meals he presents.

Richard is Mr. cool, calm and collected. His can-do-without-a-worry attitude helps keep the kitchen going even on the toughest of days.

Michael, our pastry chef, ensures the desserts and muffins are tip top quality and has brought a revitalizing energy with him.

Left to right: Jody, Michael, Richard.

