



# Meals on Wheels

Friday Fast Facts & News  
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## NOT-FOR-PROFIT LAW

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### Is your organisation screening its potential new employees and volunteers?

An organisation's employees and volunteers are arguably the most important investment it can make. Therefore it's vital that not-for-profit organisations undertake thorough and systematic screening checks of potential new employees and volunteers. Certain background screening checks are required by law (under legislation or contract) and others are optional. Even where there is no legislative or contractual requirement that checks be performed, we recommend that organisations undertake some level of screening of employees and volunteers. This is because all organisations have a responsibility and overarching duty of care to ensure they maintain a safe environment for their employees, volunteers, and clients.

Examples of screening checks include Working with Children Checks (WWC Checks), Police Checks, and interstate and overseas screening. Your organisation should also be aware that recent child safety law reforms, following the Royal Commission into Institutional Responses to Child Sexual Abuse, have impacted on screening requirements in certain jurisdictions.

However, a word of caution. Your organisation must navigate certain screening requirements carefully as there are legal protections against discrimination on the basis of a criminal record. For example, an organisation must not refuse an applicant simply because he or she has a prior criminal conviction revealed for an offence that has no relevance to the available position.

To help organisations navigate these different requirements and laws at state and territory level, we've published a suite of free up-to-date guides on our [Recruitment page](#) covering screening checks across Australia.

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## PROTEIN POWER

As we age, protein – and other sources of vitamins such as fruits and vegetables - become more vital for good health. Protein is used in every cell to repair skin, gut, blood, muscles, and more commonly, your bones.

The aging, or ailing population in particular, need to be more protective of their bodies from falls or poor health, with the body relying on a backup source to assist in recovery.

A lot of Meals on Wheels clients will either come with a high protein diet or will progress over time to a high protein diet.



Protein is one of the costliest parts of their meal, however there are ways to keep the cost down and still deliver a tasty and interesting meal.

In addition to base proteins of Beef, Lamb, Pork, and Seafood, creatively implementing cream, cheese, legumes (particularly kidney beans) , eggs, nuts, seeds and yoghurts, to name a few, is also a way to deliver a high protein diet.

If you would like any further assistance in this or any other diets, please feel free to contact me on phone: 0428641866 or email: [moo@qmow.org](mailto:moo@qmow.org) or find more information at [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

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Interested members from Services who would like to participate in updating generic Position Descriptions for all volunteer roles within Meals on Wheels

I'm seeking 10 willing volunteers to help write new generic PD's for use within Member Services. These documents would form the basis from which services can create their own personalised PD's for use with volunteers. The plan is to meet by technological means (telephone/online), or in person if able, so anyone is able to become part of this group - from Aurukun to Mt Isa and Cunnamulla and everywhere in between. Interested persons can contact me at the below.

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## Its beginning to look (and taste) a lot like Christmas.....

Christmas is nearly here and is the time to think about some great gift ideas to give to your clients.

As we produce such amazing food, I thought it was a wonderful opportunity to showcase what we can do.

For the next few weeks I will give you some ideas that I have tested, and tasted, that you might want to use.

I have listed the ingredient measures of each recipe to accommodate cooking quantities of 8 or 50. The larger quantity of 50 is listed first in brackets.

Some of the recipes have been amended so they can be used for gluten free and diabetics.

### MINI FRUIT CAKE POTS

- (50) 6 cups mixed fruit
- (8) cups of glace cherries
- (2kg) 250g butter
- (8) 1 cup brown sugar
- (8) 1 cup water
- (40) 5 eggs
- (8) 1 tablespoon grated orange rind
- (13) 1 1/3 cups plain flour
- (2 2/3) 1/3 cups self-raising flour
- (8) 1 teaspoons bicarbonate of soda



### METHOD

Preheat oven to slow 150 degrees C. Brush terracotta pots with melted butter. Line base with a circle of grease paper.

Combine mixed fruit, cherries, butter, sugar and water in a large saucepan. Stir over high heat until mixture boils, reduce heat to a simmer, cook and cover for 10 minutes, stirring occasionally, cool.

Add eggs and rind. Stir until combined. Add sifted flours and soda. Using a metal spoon, stir until just combined.

Spoon mixture into prepared pots, smooth surface, cover pots with foil. Bake for 1 hour until cakes feels firm and are golden brown. Allow to cool in pots.

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## First Aid Course and CPR Refresher

We are organising a date for First Aid and CPR refreshers in the new year. If you have any interested participants, please send through an expression of interest to [vso@qmow.org](mailto:vso@qmow.org) prior to the 30 November. A separate email will go through to those who completed their First Aid Certificate with us last year, to determine levels of interest. Cost for the courses will be \$79.00 participant for First Aid and \$49.00 participant for the CPR refresher.

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# Meals on Wheels Recipe Resource Project

Queensland Meals on Wheels Limited is looking to engage industry specialists to provide Meals on Wheels (MOW) Services within Australia a suitable resource that meets the needs of service providers who provide Home Delivered and/or Centre Based Meal Programs for older Australians.

With the development of the National Meals Guidelines in 2017, Meals on Wheels is looking to develop a suitable resource to better support the implementation of the guidelines recommendations around the nutritional break down of each recipe.

The Scope of Work includes, as follows:

- Provide MOW Services within Australia a suitable resource that meets the needs of Service Providers, Caterers and Health Professionals who provide Home Delivered and/or Centre Based Meal Programs for older Australians. The supporting resource must provide the highest quality, culturally appropriate and educational resource that is dedicated to achieving the National Meals Guidelines outcomes and responsive to the needs of those accessing meals within local communities.
- The Recipe Resource must contain a minimum 50 (basic) recipes (main meals, desserts and soups), a nutritional evaluation conducted on each recipe, allow for adjustment in serving volumes and include relevant images of the finished dish (including images of how meals should appear once served).
- Not only would the resource contain recipes, there would be chapters on basic kitchen organisation, storing food/leftovers, recipe costing and basic nutrition guides to create a one stop resource for effective and efficient running of a kitchen operation.
- The preferred resource to be delivered on completion will be digital in nature, easily accessed and very user friendly.

If you are interested, or know anybody that would be interested in this fantastic project, please contact me for further details.

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## 50 Living Christmas Trees from RACQ

As part of RACQ's Christmas Drive Safety campaign on Wednesday Dec 5, RACQ will have approx. 50 mini (about 50cm tall) real potted and decorated trees (example pictured below). They'd like to donate these to us, after their event, for our Clients and Volunteers. They will be delivered to us, here at Brendale on the 5th or 6th December. We'd like to offer these out to our Member Services on a "first come, first served" basis. If you would like some please email Katrina Jermyn ([marketing@qmow.org](mailto:marketing@qmow.org)) with the quantity you require and whether you are able to send someone to collect them.



## EPIC Assist Christmas Trees

As per previous years, Epic Assist will also be donating their Christmas Trees to us. They will be available for collection from 17 December. If you are interested in one of these, please let us know, by getting in touch with Katrina Jermyn ([marketing@qmow.org](mailto:marketing@qmow.org)).

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