



Monthly Newsletter

From the Managers Desk

This week, Bundaberg & District Meals on Wheels joined services across the country to celebrate National Meals on Wheels Day – a day that shines a light on the incredible contribution of our volunteers and the vital role Meals on Wheels plays in communities everywhere.

Here in Bundy, we marked the occasion with our very own Big Bundy Lunch Run, delivering delicious lunches to local workplaces across the Bundaberg region. It was inspiring to see so many businesses embrace the initiative, sharing a meal while supporting a service that has been part of Bundaberg for more than six decades. Every lunch purchased directly contributed to helping us nourish wellbeing and independence for seniors and community members in need.

This year's national theme, "Aged Care You Can Count On", is one that truly reflects our story. Through six decades of service in Bundaberg, Meals on Wheels has been a constant – delivering not just nutritious meals, but also

friendship, care, and reassurance for those who need it most.

Our volunteers are the heart of that promise, turning up every day with compassion and commitment to make sure no one is forgotten.

The Big Bundy Lunch Run was a perfect way to extend that spirit of care into the broader community, creating new connections while celebrating the strength and resilience of Meals on Wheels.

On behalf of our Management Committee I want to thank our volunteers, our team, and the local businesses who supported this year's celebrations. Together, we are proving that Meals on Wheels is more than a service – it's a community movement, built on compassion, trust, and care you can count on.

Warm regards,

Jessica Greenaway

Business Manager

Bundaberg & District Meals on
Wheels Inc.



In this newsletter you can expect:

From the
Managers Desk

In the New

Client and
Volunteer
Updates

Monthly Puzzle

Highlights

Need to make changes?

Deliveries for
Monday- Ring
us by 8:00am
Monday
morning.

Deliveries for
Tuesday to
Friday - Ring us
by 3:00pm the
day before.

Any changes
made outside
these times will
not take effect
until the
following day
due to meal
preparation in
our kitchen.

Highlights

Community Generosity Fuels Our Mission

Bundaberg & District Meals on Wheels is so grateful for the incredible support we continue to receive from our community and partners. Recently, we've been the proud recipients of some very special contributions that will make a lasting impact.

Bundaberg Regional Council has generously provided a grants towards a **new Bratt Pan** for our kitchen. This vital piece of equipment will help our team prepare meals more efficiently, ensuring we can keep up with the growing demand while maintaining the high quality our clients deserve.

Thanks to the **St John Grace Foundation**, we received a grant for a **new vehicle**. This will help our staff deliver meals, carry out client reviews, and provide the personal connections that are so central to our service.

On **National Meals on Wheels Day**, we were touched to receive a **\$1,000 donation from AIM Hearing**. Their generosity is a wonderful example of local businesses stepping up to support seniors and vulnerable members of our community.

Each of these contributions strengthens our ability to provide more than just a meal – they help us deliver care, connection, and independence for hundreds of people across Bundaberg every week.

On behalf of our Management Committee, staff, and volunteers, we extend our heartfelt thanks to Bundaberg Regional Council, the St John Grace Foundation, AIM Hearing, and all of our supporters who keep Bundy strong and connected.



myagedcare

You can call My Aged Care on:

1800 200 422

They are open Monday to Friday 8am to 8pm, Saturdays 10am to 2pm and closed on Sundays and national public holidays.



It's time to ready for Big Bundy Lunch Run

By Angela Norval

When it comes to sharing a delicious lunch with others, the Bundaberg Meals on Wheels team are always dedicated to creating something that is not only delicious but also healthy.

In celebration of National Meals on Wheels Day, Bundaberg and District Meals on Wheels will be hosting the Big Bundy Lunch Run on Wednesday 27 August.

The Uber-style event encourages local businesses and organisations to treat their

team to a delicious lunch while supporting a great local cause.

Bundaberg Meals On Wheels business manager Jessica Greenaway said this special day was an opportunity to recognise the vital role that Meals on Wheels plays in the local community and across Australia — delivering not just nutritious meals, but also care and connection.

"The theme for this year is Aged Care You Can Count On, highlighting our unwavering commitment to serving vulnerable members

of our community," she said.

"With a legacy of six decades here in Bundy, there is no doubt you can count on us, even as the broader aged care sector continues to face complex challenges.

"Our Meals on Wheels services is proudly run for locals, by locals, and is a service built on a legacy of community spirit and volunteer dedication."

On the day local businesses have ordered a delicious lunch from the local kitchen delivered to their workplace.

50 BUNDABERG TODAY Friday, 22 August, 2025



Ron Purkiss with kitchen supervisor Lisa Lait checking the dietary requirements for clients. (Solana Photography: 438955_02)



Meals on Wheels Bundaberg

Sponsored · 🌐

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🍅 We asked. You answered. 🍅

Huge thanks to [Sunripe](#) for donating beautiful, farm-fresh local tomatoes straight from the paddock to our plates. 🍅

The paddock-to-plate movement is all about knowing where your food comes from and celebrating local growers. By using fresh produce grown right here in Bundy, we reduce food miles, support local farming families and serve nutritious, home-style meals made with care. ❤️

Thanks to Sunripe, these juicy tomatoes will end up in fresh salads for seniors across our community — proof that when locals support locals, everyone thrives.

If you'd like to be part of this paddock-to-plate journey with a one-off or ongoing produce donation, we'd love to hear from you.

#ThankYouSunripe #MealsOnWheels
#Bundaberg #CommunitySpirit #SupportLocal
#PaddockToPlate



Stephen Bennett MP and 41 others

2 shares

Volunteer Updates

Queensland Worker Screening

All new volunteers – and those renewing their clearances – will now be required to complete Queensland Disability Worker Screening, which covers your Blue Card, NDIS Screening, and Police Check.

It's free and easy to complete online. You'll just need your email address and driver's licence to get started. If your clearance is due to expire please contact the office and we'll support you through the process or visit

<https://portal.workerscreening.qld.gov.au/> to start your screening, The process only takes a few minutes. See staff if you need assistance.

When completing the form online please select Bundaberg and District Meals on Wheels as your employer



New Delivery Run Sheets- Coming Soon

As part of our move to a new software system, we'll soon be introducing new look delivery run sheets.

The new sheets will look a little different in layout and design, but don't worry – they still include the same information you're used to.

To make the change easier, you can see a side-by-side example of the old and new run sheets on the Volunteer Whiteboard. This way, you can compare and see that it's the same details, just in different format.



Client Updates

New Service Agreements

Soon you will receive a new Service Agreement from Bundaberg and District Meals on Wheels.

This is required under the new Aged Care Act.

The agreement explains:

- the services you receive,
- your rights, and
- our responsibilities to you.

Please sign and return it to us as soon as possible.

If you need help filling it out or have any questions, call our office on (07) 4151 5825 – we're here to help.

New Cooked Breakfast on the Menu!

We're excited to let you know that our kitchen has added a **cooked breakfast** to the menu – now available to order frozen.

This hearty breakfast includes:

- Baked beans
- Pork chipolatas
- Bacon
- Steamed egg
- Hash brown

Just add your own toast at home, and you've got a complete breakfast ready to go!

👉 Ask our team about adding the new cooked breakfast to your next order.

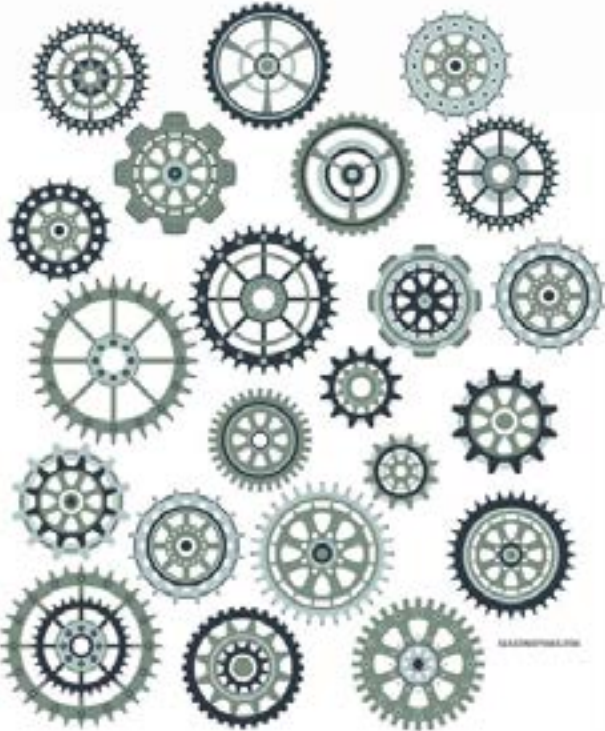
Find 10 hidden objects (shown at right) in the picture below. Colors may be different.



SEASONS9TIMES.COM

TWIN GEARS

Can you find the two matching gears? Give it a try!



Man's Best Friend

F	I	R	F	E	T	G	O	Y	T	Q	A	R	N	L
W	D	I	K	X	G	U	A	R	D	S	G	W	E	C
A	D	T	E	E	H	P	S	M	S	Y	R	D	H	T
O	D	I	N	R	M	O	U	T	E	W	O	E	H	E
E	T	U	N	C	L	T	W	C	R	S	W	N	J	D
R	G	C	E	I	T	L	J	L	R	A	L	L	O	C
K	J	S	L	S	D	O	E	L	W	F	Y	U	P	L
H	O	I	R	E	W	E	Z	A	Y	P	B	F	O	Y
X	C	B	J	C	H	Y	N	L	S	W	L	Y	E	E
F	F	U	K	K	R	Y	D	S	D	H	A	A	L	M
B	E	L	Y	L	P	R	Q	U	F	L	H	L	O	O
B	X	Z	E	P	A	A	L	H	S	I	D	P	V	C
O	R	V	U	A	A	W	H	C	T	E	F	G	E	L
N	C	P	P	Z	S	U	B	R	E	E	D	O	A	E
E	K	W	E	N	I	N	A	C	W	M	Q	U	O	W

- BISCUIT
- BONE
- BREED
- CANINE
- CHEW
- COLLAR
- DISH
- EXERCISE
- FETCH
- FIDO
- FLEAS
- GAMES
- GROWL
- GUARD
- HEEL
- HOWL
- KENNEL
- LEASH
- LOVE
- LOYAL
- MUTT
- PLAYFUL
- PUPPY
- STRAY
- WAG
- WALK
- WELCOME

Healthy Habits

Food Safety Tips

To help you enjoy your Meals on Wheels safely, here are a few simple tips:

- Eat hot meals right away – Meals should be eaten as soon as possible after delivery.
- Store frozen meals straight in the freezer – Keep them frozen until you're ready to heat them.
- Reheat properly – Make sure frozen or chilled meals are reheated until they are steaming hot all the way through.
- Use the microwave safely – Stir food (if possible) halfway through cooking to make sure it heats evenly.
- Check your fridge and freezer – Your fridge should be 5°C or below and your freezer –18°C or below.
- Don't leave food out – Throw away any leftovers that have been sitting at room temperature for more than 2 hours.
- Wash your hands before eating – A simple step that helps keep germs away.
- Give your fridge and freezer a regular clean out, keep an eye on the best before dates.

Hydration Tips – Stay Well, Stay Strong

Drinking enough fluids every day is just as important as eating well. As we get older, it's easy to forget to drink or not feel as thirsty, but staying hydrated keeps your body and mind healthy.

Easy ways to keep up your fluids:

- Aim for 6–8 cups a day – water, tea, coffee, milk, or juice all count.
- Start your day with a drink – have a glass of water when you wake up.
- Sip throughout the day – keep a water bottle or jug nearby.
- Flavour your water – add a slice of lemon, orange, or cucumber.
- Eat water-rich foods – soups, stews, fruit (like watermelon, oranges, grapes) and veggies (like cucumber, celery, tomatoes).
- Set reminders – drink a little at each mealtime or with your tablets.
- Watch for signs of dehydration – dry mouth, headache, dark urine, feeling dizzy or tired.



Meals on Wheels™
Bundaberg & District

07 4151 5825

www.bundabergmealsonwheels.com.au

10 Eastgate Street Bundaberg, QLD, 4670