



WOMEN IN AGRICULTURE AND BUSINESS OF SA INC.

NUMBER 250, DECEMBER 2023

State President's Message

We held our Get Online Week event 'Beyond Nutrition – Health is Wealth' on 16 October 2023. Presenter Megan Watt, Accredited Practicing Dietician in Mt Gambier, provided the recipes from her cooking demonstration included in this Newsletter (last 2 pages)

This is the link where you can watch the YouTube video created by Narelle - <https://youtu.be/sJEkeSu41aM>.

Tony and I just got back from a trip to Broken Hill in our 1958 eleven foot caravan. On the way home we popped in to see Paringa Branch President Heather Everingham. We came unannounced and Heather and Steve invited us for dinner and to stay overnight. We had a lovely time with warm and interesting conversation. I am very grateful for the opportunities we can all have from being members of a supportive organisation with a regionally based membership.



Heather and Sandra at the Kalangadoo Railway Museum

All the best to you and your family for a happy and safe Christmas and New Year.

Yours in WAB,

Sandra Wischki

State President and Eyre Peninsula Regional Co-ordinator.



Our little caravan at Horrocks Pass

For our item of interest for this Newsletter Branches were asked if they did anything different/special for their Christmas meeting.

EYRE PENINSULA REGION

Charlton have their Christmas lunch or dinner at different venues – Axel Stenross museum; the old Big Swamp Church, now a Community Centre; progressive dinner in member's homes. Instead of gifts members give a donation which goes to a local charity.



Charlton members enjoyed a picnic outing to Brinkworth Reserve in October.

A small, but dedicated volunteer team, keep the reserve and facilities neat and tidy. Peter Southam from the group gave us a history of the reserve which was a parcel of land appropriated to the National Trust by Mr Ken Brinkworth for the people of Pt Lincoln to enjoy. It was a section of a larger acreage owned by him. There is an area of natural bushland to explore plus a tendered section planted with various trees, one an immense ficus(fig) which is a delight for children to climb. The newest planting is a Wollemi Pine. Future plans are to make the reserve an arboretum with all trees identified and marked.

The Ficus tree known as the Faraway Tree



Peter Southam telling about the history of the Reserve.



Learning more of the work of Greening Australia on Eyre Peninsula and beyond, was the topic for the November meeting. Simon Bey was guest speaker, with thirty years experience and passion working for Greening Australia, which is a not for profit organisation.

Commonwealth funding of four million dollars gave good stability for the years 2011-2016 but government support has since dried up, and they now look to corporate bodies eg. Office Works, AstraZeneca & Nestle for funding. Greening Australia is a registered charity.

Simon explained in depth what carbon credits are and how landholders can 'buy in' to a carbon credit program, securing another income stream for properties. One ton of trees equals one carbon credit.

Examples of carbon projects on Eyre Peninsula include block planting of trees; making use of marginal country; arresting gully erosion and reclaiming sand drift country by fencing plus planting of windbreaks. Detailed land mapping is needed to facilitate proposed works.

Greening Australia EP do a lot of Government contract work with the assistance of local sub-contractors.

Simon Bey, Greening Australia, Carolyne Olsen Neil Russell learn about Carbon Credits.



On-Line Branch – Topics from July to November 2023

In July for our Topic, we focussed on the question: **What do we know about The Referendum and The Voice – The Aboriginal and Torres Strait Islander Voice also known as the Indigenous Voice to Parliament?** Mary tabled a brief summary of the history of Australia's Indigenous people prior to the 1788 invasion of their land and the events which followed including Colonisation, Protection and Segregation to what was called Assimilation. We were asked why Aboriginal and Torres Strait Islander peoples are not mentioned in the Australian Constitution.

There were different views put forward with good participation from members. Views were shared with some supportive of the Uluru Statement from the Heart whilst others considered the Voice initiative to be divisive. Questions were asked about funding to support Indigenous projects with some worried about accountability. Information was presented which confirmed that less than 30% of current funding reaches the Indigenous communities supposedly being helped and many Aboriginal leaders believed that more input, and a Voice, would help cut out those who are making and taking the "missing" 70%. Some queried the scope of the Voice and worried that there would be legal implications and possibly inappropriate involvement in government. Roz

mentioned the “advertised letter” from some former judges (with good legal brains one would assume) in which fears of legal ramifications were dismissed. There was concern about racism and inequality and it was suggested that help for ALL who endure poverty and deprivation whether they are indigenous or more culturally diverse should be a priority.

Since we discussed this topic the Referendum date was announced, the ensuing debate degenerated into a political exercise, and what appeared to be a very simple request for a Voice was lost in the noise. The advice in the lead-up to the Referendum was Find Out More and Get the Facts. The arguments and/or reasons for voting either Yes or No were submitted by both sides and included in a Booklet issued by the Australian Electoral Commission. There were criticisms of both articles as Fact Checks had not been made of either and it appeared that there were several incorrect claims.

In August the Topic was: **The media today – believable or merely a joke?**

Mary introduced the topic as follows: Once upon a time (yes, this might be a fairy story!!) one could believe what one read in a newspaper. The Editor of a newspaper was a figure of integrity, honesty, and had standing in the community. Journalism was a respected career with the potential for advancement. The newspaper was what you read when you wanted to know what was happening in the world! In England the “big” papers were mainly produced in Fleet Street (in London). The Times was read by the “hoi polloi” and the aristocracy (some of whom had their newspaper ironed for them by their butler no less). Then came The Guardian and The Daily Telegraph (business readership), The Daily Mail (for the “working man” and perhaps the “working woman”?!), and The Daily Mirror – what we would now call a tabloid but in those days known as “the gutter press”.

In the decades after World War II, the News was relayed by the BBC via the Radio. Then came Television and the first time I saw one at age 6 in 1949, the picture was very small and I could barely see the animal on the screen. I was not impressed and thought my father’s slide shows were far superior!! In those days probably 99% of the population believed that what they were reading and/or listening to was true.

In 1970 when we came to live in South Australia the local print options were The Advertiser (morning), The News (evening), and The Sunday Mail. If you wanted a “national newspaper” you had to wait until 4pm to have The Australian delivered (once it had been flown in from interstate!!). There were also local, small publications from the Messenger Press.

The situation today is dire. Newspaper circulation (in print) is in serious decline. Most of us go online for information. We can watch the TV news on at least 4 free to air channels and opt to subscribe to a myriad others. But is what we read and hear TRUE? Mary asked whether “information” produced today is based on the Facts? Is what is broadcast or printed based on Integrity and Honesty – or a Moral Conscience?

How have things changed and why? Are they better or are we being taken for a ride, short-changed, lied to and/or conned? What about ownership of the media?

The response to this topic was poor with zero contributions in August and not until late September (20th) when Mary reminded Online group members that the topic was still “on the table” did four members (Lee, Barb, Adair, and Sandra – thank you, ladies!!) produce some interesting observations. Media is a lot of “hot air”; fake news is difficult to pick; thank goodness for free speech and it’s good that we are a democracy; it is difficult to believe some articles when they are often refuted especially on social media. Independent and impartial fact checking is important and a robust media an imperative. ABC and SBS were both mentioned as being trusted and believable sources but some criticism of ABC management was aired. Members view a wide range of media and critically assess most of it.

There was no topic offered for discussion in October.

For our November topic we are discussing Digital Security and the questions posed are as under:

How comfortable are you with the level of your digital privacy? How secure do you feel when you are working online? Do you know who or what is tracking your activities? Currently, what type of security do you have on your computer, laptop, mobile phones, or other device?

Responses look promising and to date are both interesting and helpful. A detailed summary will appear (hopefully!) in the next WAB News.

Mary Wilkinson – Online Facilitator

LIMESTONE COAST REGION

Kalangadoo: WAB met in Mount Gambier at the Food Bank at 11am for a tour of the hub, this being our project for the year. Lynne Neshoda is the manager and she explained its history, beginning very small through Barry Maney of Barry Maney Ford Co. His vision was to end food insecurity for those living in the region. Since then, there have been extensions and solar panels, donated by several organisations and governments. Now, there is a hub so that referred clients can make selections for themselves at low cost, with various limits on general products. All vegetables and bread are free. There are numerous schools that are serviced by the Food Bank to cater for the Breakfast Clubs, which can be extended to Lunch Clubs where necessary. They are very excited that we are fund-raising for them this year. The need for their services is definitely growing as people are finding the cost of living escalating.



Food Bank building in Mt Gambier with its van on the far left for doing deliveries.

It was with our theme for the year in mind, “Rural Women Together”, that three of the Limestone Coast Branches gathered together for lunch at the Naracoorte Caves Café on 21st November 2023. Lochaber and Padthaway WAB joined us and after settling into branch groups, I unsettled everyone by mixing them up so that we would get to know more WAB friends.



Members of Kalangadoo, Lochaber and Padthaway ‘hanging out together’ with the diprotodon at the Naracoorte Caves.

After a lovely light lunch, Lochaber conducted a quiz, ‘How Well Do You Know Your Region?’ There were 20 questions and, understandably, Don Searle (honorary Kalangadoo member) answered the most questions correctly, as he drives tourists around the region as his profession and has to be very informed. One answer he may not have known was that a flock of birds was called ‘a Murder’ because they tend to gather around a crow doing the ‘wrong’ thing and discuss what to do about it, including Capital Punishment. Yes, we all learnt something/a lot that day!

Another activity was playing Celebrity Heads in groups with the genre being female characters from Fairy Tales, Nursery Rhymes of old, but also including a relatively new TV Animation called Bluey (and Bingo her sister). It was a lovely afternoon where we got to know more about each other and were able to just ‘hang out’ together.

Lochaber:

Claire Williams left Glenice Bourne cutting the cake celebrating their WAB 60year Awards



For our Christmas celebrations we take it in turns with Padthaway branch to host a Christmas lunch. This year Padthaway is hosting at Beth Gales' home.

Our branch has been invited to sell Lions Club Christmas stocking raffle tickets in Naracoorte mainstreet next week. Our branch receives the proceeds from our sales on the day. We can then donate to the WAB project for the year

In November eight members visited the beautiful garden of Jackie Lueth at Benayeo near Frances which was established thirteen years ago from a paddock. We received a noisy welcome from a group of guinea fowl. The lush green lawns are bordered by a well built stone wall behind which are different beds of colourful flowering plants shaded by pretty English trees. The garden has been a setting for a number of weddings. All watering is done by movable sprinklers. Garden features of a gate, fences and bed head add interest interspersed with many varieties of flowering roses.

Jackie demonstrated how to arrange native flowers in a bunch which she purchases to use in floral arrangements for weddings and other occasions.



Members walked with Jackie to a very picturesque spot past a lake dotted with shady gum trees to an area of Australian and South African native shrubs planted by Jackie two years ago after increased demand for more flowers.

From left - Lyn Bellman, Jan Boord, Meredith Burge, Jackie Lueth, Jane Terry, Chris Thornton President. Michele Jones, Louise Charlick.

Padthaway:

As the Christmas meeting comes around we always like to share it with Lochaber branch taking in turns yearly. Previously we shared also with Stewarts Range branch, now closed. Each host chooses what to do at this event and where it is held. Since we have moved to Naracoorte, still as Padthaway Branch, we try to make it a bit of fun. Usually held at Beth Gales due to her lovely patio space and of course is free. Members help with food and we do various things sometimes keeping to the country of study or theme, other times straying completely and doing things entirely different. For this Christmas I cannot let out of the bag but I can say this year the whole patio is presented as a winter wonderland keeping with our country of study, Iceland. So with that I bid you adieu and will tell all in our next newsletter. Gini Gale on behalf of all members of Padthaway.

Padthaway WAB is well informed about Naracoorte

The Naracoorte/Lucindale Council has appointed Josie Collins in the role of Manager Engagement & Community.

This role includes the development of the council's new and future planning for the benefit of the town. Josie informed us of the walk, ride or drive Art Trail around the town, the well-being program that has been well supported but will run out of funding next financial year from the South Australian Government, and of course what our world heritage listed Naracoorte Caves have to offer. She talked about how popular the library is from daily use by locals and interstate travellers, for meetings, book clubs, baby groups, Longridge activities, lego club and school holiday programs.

Narelle Brooksby thanks Josie Collins



Padthaway members accompanied by 3 husbands attended the State Conference at Kalangadoo. It was opened by the local mayor and a bench seat was donated by the branch and the Lions Club to honour the occasion. People were spoiled by a high morning tea, lunch and afternoon tea waited on "like the Queen". A few formalities and funny competitions were had and the Penola drama club performed a funny 'whodunnit' play which was very well received. This was followed by dinner, sound and light show and on the following day the men had a bus trip to the forestry Museum in Nangwarry, while WAB members held their AGM, and awards with Glenys Bourne and Clare Williams from Lochaber receiving their 60 year membership. Good Country Physio gave a presentation on women's health and after lunch everyone went to the local Railway Museum where the tour guide was very entertaining and informative about the collection. It is well worth a visit.

On a day trip to Mt Gambier members visited a diverse range of businesses and saw the sights of the city on their annual bus trip. Statewide WAB is supporting Foodbank and a visit to the Mount Gambier facility was an eye opener for all. The Foodbank branch manager, Lynne Neshoda showed the group around the premises and discussed the various programs funded. Currently Foodbank Mount Gambier provides 30 Limestone Coast schools with the groceries for breakfast programs and 11 of those schools with lunch provisions as well. Shoppers at the facility have access to quality food at reduced prices. A popular idea is the meal pack which provides a recipe and the ingredients for a quality meal.



Forty volunteers support the operations of Foodbank in Mount Gambier with several businesses allowing their employees to volunteer during working hours as their business donation. Ms Neshoda discussed the various donations of food items which the outlet receives from Limestone Coast businesses including oats, meat, fruit and vegetables.

A short visit to the Mount Gambier Visitor Centre where members watched a video of cave diving in the Englebrecht Cave extension. An Aquifer Tour to the Blue Lake Pumping Station, then down in a lift and along an 80-metre tunnel to water level was guided by Garry Turner. Canadian visitors joined the WAB group for a memorable tour.

A visit to the Anglican Church run Bell Tower Opportunity Shop which runs the Recycled Runway competition annually and the organisers were on hand tell everyone what is involved. About 60 bags of unsold colour coordinated clothes from the Op Shop are sold to entrants. The sewers then make a new garment out of the contents of the bag with a theme set each year. In 2023 the theme was Come Fly With Me and a lot of outfits were suited to airline cabin staff, a Mary Poppins outfit and lots of butterflies. The contest culminates in a fund-raising fashion parade.

After all the Op Shopping, it was time to go over the mountain for ice-creams and scrolls at Moorak.

The last visit of the day was to the Woolstore Brewery in Margaret St owned by Kylie and Chris Ind. The former Adelaide Wool facility has been brought back to life by the dedicated owners who have renovated and restored the building. Kylie provided a short slide presentation and members were impressed with the effort which the couple and their family had put in to establishing the business.

Padthaway members joined Kalangadoo and Lochaber branches for their gathering of rural women at the Naracoorte Caves when they enjoyed meeting with other members over lovely food and fun events.

Padthaway WAB go potty!

Padthaway set out to the local Naracoorte Art Gallery to attend a workshop presented by Natalie Cardinal who owns a business called Mundulla Mud. Natalie's friend makes moulds for her which are then painted and fired. This is what we chose to do. We all selected different pieces and started creating our own patterns and the room was filled with silence and



Masterpieces created by Padthaway members.

concentration although members commented that Gini Gale could still manage to talk with a brush in her mouth!

There were vases, jugs, animals, candleholder, plates, and jewellery boxes to name a few. Natalie assisted people or give advice. Natalie at Mundulla Mud offers many other types of classes day and night available for bookings or by contacting the Art Gallery.

Gini demonstrates her painting skills



Wirrega: No report

MALLEE REGION

Coonalpyn:



Most years Christmas Celebrations at Coonalpyn is a combined party with the Ladies from Coonalpyn and Districts coming together at the end of November early December before the craziness of the season is here. Ladies are asked to bring a small plate of supper and a \$5 gift, wrapped, to put under the tree

We have a great and very noisy night with lots of laughter, games, and quizzes, then we open our present and enjoy supper

In November 7 members of Coonalpyn Branch visited our Member Raelene Kernick at her home in Meningie.

On arriving Raelene showed us around her garden, tomato seedlings from the compost pile were going great guns.

We went for a 1.5 km walk to celebrate Women Walk the World

On returning we had our November meeting and then enjoyed a cuppa with afternoon tea.



Paringa: Paringa branch have always tried to combine their final meeting and Christmas function in a visit to the local Chaffey Theatre. This year we are going to see the 18-piece Adelaide Big Band which is a semi-professional jazz orchestra with special vocalists who will sing Christmas songs. We will also attend the free Christmas lunch for seniors in the Renmark Hotel on 4 December provided by the Renmark Paringa Council.

Paringa were entertained by two very different speakers in recent months. Terri Minge is a volunteer CFS firefighter of 30 years who was accepted to fight the Canadian wildfires in June. She was sent to a district near Edmonton and her role was supply officer sending supplies to the front lines where fires raged across millions of hectares of pine, spruce, fir and tamarack (native larch) trees. She worked 14 days of 14 hour shifts with two days off. The Canadian forests had a high water table level and under the leaf litter was a layer of ice. Most of the fires were caused by lightning strikes.



Sally Black, Terri Minge and Heather Everingham

Rozz Dyer is a volunteer with Meals on Wheels and former kitchen supervisor. She spoke of the organisation's history; concept originated during the London Blitz of WW2 when Women's Volunteer Services delivered meals in prams. In SA wheelchair-bound Doris Taylor lobbied medical representatives and politicians and in 1954 the first kitchen – a Nissen hut – was set up in Port Adelaide in 1954. She believed many illnesses had their root cause in malnutrition and that



Claire James, Rozz Dyer and Ruth Christie

regular nutritious meals improved lives. There are 80 kitchens across SA and Renmark – started in 1964 - is a fresh meal kitchen, as opposed to those who serve meals from Adelaide that are re-heated or arrive frozen. All decisions are made by Head Office in Adelaide including menus which on any given day across SA the same food is being served. Frozen ingredients used to save costs. Seasonal fruit and veg no longer accepted and making of jam and preserves on site for pantry is disallowed.

Two of our branch has given extended service to Meals on Wheels; Ruth Christie 55 years and Claire James 20 years.

Yurgo: Over the years Yurgo WAB have combined their Christmas Luncheon with the local CWA group. Unfortunately the CWA has closed so in recent years the WAB ladies have enjoyed their Christmas lunch at a local cafe but due to two members having Covid this year that has been cancelled.

Meetings have centred around planning for the Regional meeting, which they are hosting in May.

CENTRAL REGION

Cunliffe: Christmas lunch for Cunliffe members will be at the Angler's Inn Restaurant at Wallaroo to enjoy fellowship, fun and challenging quizzes and games with a Christmas theme. In lieu of gifts to each other we make a donation towards our ACWW Fund.

September for Cunliffe WAB was a busy month with Yorke Peninsula Field Days activities for members involved in managing the General Interest Speakers Pavilion.

We were thrilled to receive the following messages from Guest Speakers aptly fitting with our theme for this year 'Rural Women Together'

Hannah Moloney from the ABC Gardening Show who said "My absolute delight was meeting volunteers who make it all happen, including these four women I managed to squeeze under my arms (Hannah is 6'2")– I left with a full heart and even more respect and love for how much volunteers do for our communities across the country - absolute gold, the lot of them"



L-R: Rosalie Pearce, Dulcie Barker, Hannah Moloney, Pauline Hage, Yvonne Correll hosted and assisted Hannah with her gardening and composting demonstration.

'Those Barossa Girls', Sheralee Menz and Marieka Ashmore speaking on and demonstrating heritage recipes and traditional food skills messaged – "Wow! You know how to turn on an event! Held every 2 years the YP Field Days is SA's largest regional showcase and it's all run by a team of community volunteers. The team of ladies running the Guest Speakers pavilion were amazing, incredible and downright wonderful. The warm hospitality, care, attention and assistance were all so natural for them – I have no doubt they didn't think anything of it. Some are life members who have spent 60 years as members of their Agricultural Bureau. We decided we want to be just like



them when we grow up - immersed in community and caring for others and always ready for a laugh and to lend a hand (and know how to turn on an impressive lunch spread). But it's also reinforced the message of why we love community events like this and why we chase community connections in everything we do – because it is a heartbeat that enriches life in so many ways."

L-R: Dulcie Barker, Marieka Ashmore, Rosalie Pearce, Sheralee Menz, Pauline Hage, Raelene Bussenschutt hosted and assisted 'Those Barossa Girls' for their General Interest Pavilion Demonstrations.

Attention all Branch Secretaries

Please email your monthly branch meeting information and a few captioned photographs to Sally Grundy to be uploaded to our WAB Facebook page.

This provides a lovely record of all the branch activities.

50 -100 words is adequate and at least one photo – the more photos the better!

Email: sallygrundy@gmail.com



As your Co-Ordinator, representing WAB directly to ACWW, I have just signed off from a meeting with all South Pacific representatives of their member societies. The meeting was chaired by Magdie de Kock (World President) and also attended by Tish Collins, Executive Director of ACWW.

WP Magdie gave an overall view of how the monies sent to ACWW are used – there will be 3 projects each year, decided by the board and priority will be

given to the most sustainable need so that the use of our money will make a long-term difference to the women and children of the area. Can I encourage you to look at the website and see the current projects and read the information there, it is constantly being updated. acwww.org.uk

Thank you to all branches who have already sent money towards this work, I know it is greatly appreciated.

Membership reminders have been sent out by email.

I am also your representative to National Council of Women SA. For the past 3 years I have been on the Executive Committee but this year I decided to take a break from that – however I have now been asked to be an Advisor – representing rural women and children and also those with a disability. I am not sure exactly what is required in this position but if anyone has anything that is of concern and would like NCWSA to advocate on your behalf please let me know.

November is the month when Domestic Violence is our main focus of advocacy. Already Rotary organised a march along King William Street last Saturday which NCWSA members joined. NCWSA supports the United Nations 16 Days of Activism against Gender-Based Violence which is an annual international campaign. The colour orange symbolises this movement globally. On Wednesday Dec 6th NCWSA (and anyone interested) will meet on the Adelaide Oval end of the footbridge, we have organised for the Oval to be lit in orange – please wear orange if you can join us at 8pm.

As 2023 draws to a close I wish you all a very Merry Christmas and a safe, Happy and Healthy 2024.

Joyce Chapman

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A REMINDER ALL REPORTS TO BE INCLUDED IN THE NEXT WAB NEWS ARE TO BE SENT DIRECTLY TO **YOUR REGIONAL COORDINATOR** and the **Newsletter Editor** by simply including the Newsletter Editor by cc to LEE at ndhrrussell@bigpond.com when emailing to your Coordinator.

NEXT EDITION OF THE WAB NEWS WILL BE DUE OUT IN MARCH 2024 – Deadline for articles is MARCH 20TH 2024

Below are the recipes supplied by Presenter Megan Watt, Accredited Practicing Dietician in Mt Gambier, from her cooking demonstration held during our Get Online Week

Pulled chicken

- 4 chicken breasts (can also use chicken thigh)
- 1 cup stock, salt reduced (e.g. chicken, vegetable)
- Put chicken in slow cooker and cover with stock.
Cook on high for 3 -4 hours, or low for 6-8 hours.
Remove from slow cooker then use two forks to pull apart.
Use this as a base for main meals, adding variety where possible.
- This recipe is more plain/bland for purpose of using across different dishes, however spices and herbs can be added as preferred.

Roast Vegetable Tray

- Any preferred vegetables to roast (pumpkin, cauliflower, carrot, asparagus, broccoli, Brussel sprouts)
- Olive oil
- Herbs/spices
- Cut up vegetables into small pieces/cubes, then mix in mixing bowl with olive oil and preferred spices/herbs.
- Place in hot oven (200°C) for 20 mins/until cooked.

Homemade pizza

- Wholemeal pita bread/other thin pizza base
- Tinned tomato for sauce (or small amount of pre-made pizza sauce)
- Serve of pre-prepared shredded chicken
- Other preferred toppings: e.g. capsicum, red onion, tomatoes, spinach, mushroom, pre-prepared roast pumpkin, pineapple
- Small handful of grated cheese
- Place pizza base on oven tray and add tinned tomato/pizza sauce.
- Add preferred dressings, remembering to add as much colour as possible!
- Top with grated cheese.
- Bake in oven for 20 minutes or until cooked.

Nachos

Natural corn chips

Serve of pre-prepared shredded chicken

Capsicum

Red onion

Tomato

Cucumber

Avocado

Spices as preferred

- Place thin layer of corn chips on oven tray.
- Top with shredded chicken (add spices to chicken if preferred), salsa/tinned tomato and grated cheese, then bake in oven for ~10 minutes.
- While this is cooking, dice onion, capsicum, spinach, tomato and cucumber and mix together.
- Once cooked, remove from oven and top with salad mixture.
- Finish off with adding avocado and serve.

Chicken and roast vegetable stir-fry

- Serve of pre-prepared shredded chicken
- Serve of pre-prepared roasted vegetables
- Serve of preferred rice
- Other flavours: soy sauce, tinned tomato, herbs/spices
- Cook rice as per instructions.
- Mix chicken in with preferred flavours e.g. tinned tomato, soy sauce, herbs/spices.
- Mix together vegetables, chicken and rice and serve

Roast vegetable frittata

- Serve of pre-prepared roasted vegetables
 - Preferred herbs/spices
 - 2-3 eggs (if doing a larger serve, increase egg quantity as required)
 - Small handful grated cheese
 - Layer small dish (or large if bigger serves) with pre-prepared roasted vegetables.
 - Beat eggs together and add grated cheese
 - Pour egg mixture over roasted vegetables.
 - Top with options such as sliced tomato, cracked pepper, small handful of cheese if preferred.
 - Cook in oven for 20-30 minutes or until cooked through.
- Could also be an omelette style option, and lots of varieties with flavours e.g. fetta, pumpkin & mixed vegetables

Baked potato

- 1 medium potato
- 1 serve of pre-prepared shredded chicken
- Small handful of grated cheese
- Other preferred toppings: beetroot, pineapple, spinach, coleslaw, Greek yoghurt
- Bake potato in oven or microwave.
- Top with chicken and any other preferred toppings, remembering to add as much colour as possible!