

Belvedere Community Centre newsletter 10 - Sept 2020

**Our doors may be closed but we are still helping to
'create a confident and connected community'**



At BCC we are currently planning our programming for 2021 and we would like your important feedback to help us deliver what our community needs. Things will be different next year and the services, programs and activities needed by you, your family and your neighbours may also look different.

So, please take the time to fill in the attached survey and send it back to us. The survey can also be completed online on our web site www.belvedere.org.au if you have family and friends who would like to get involved and support Belvedere Community Centre.

Kitchen handy hints and tips!

Use by and best before dates - what is the difference?

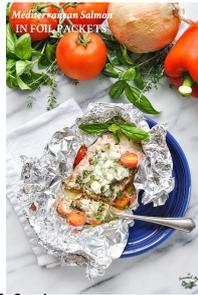
- Use by date - food that must be eaten before a certain time for health and safety reasons. Food should not be eaten after this date and can't legally be sold after this date.
- Best before - you can still eat foods for a while after the date but they may have lost some quality. These foods can legally be sold after the date, provided the food is fit for human consumption.
- Foods that have a shelf life of 2 years or longer eg some canned foods, do not need these labels. This is because it is difficult to give consumers an accurate guide as to how long these foods will keep, as they maintain their quality for many years and are likely to be consumed before they spoil.
- Store dairy products at the back of the fridge as it will last longer and not be affected by temperature changes when opening and closing the door.
- Keep your meat (and especially defrosting meat) on the bottom shelf of the fridge so any leakages cannot cross contaminate other products.
- Place paper towel in with your leafy greens to keep them fresher longer as they absorb excess moisture. Change the paper towel regularly as it becomes damp.
- Rinse berries with 1lt water and 2 tsp apple cider vinegar, dry thoroughly and they won't go mouldy!
- Bananas help other fruit (inc avocados) ripen quickly as they release ethylene gas. But keep them separated if you don't want them to ripen the other fruit too quickly.
- Wrap the crown of your bunch of bananas in plastic wrap to slow down the release of this gas.
- Only wash the fruit and veggies you buy before using as excess moisture can cause them to spoil.
- If you buy a bunch of herbs, treat them like a bunch of flowers. Trim the stalks and pop them in a tall glass of water, changing it regularly.
- Check your fridge temperature, the ideal temperature for most cold items is below 4 degrees.

Cooking

Virginia's Mediterranean Salmon in foil

Ingredients

- 2 x 185g Salmon fillets
- 2 tbs Pesto
- 1/4 cup chopped onion
- 2 halved cherry tomatoes
- 2 tbs crumbled Feta cheese
- Capers
- Fresh oregano



Instructions

- Spray cooking oil on 2 large pieces of foil
- Place salmon on foil
- Top with remaining ingredients
- Fold the foil into sealed packets
- Bake at 180 degrees for 25 minutes
- Enjoy with your favourite salad for a tasty healthy meal!

Virginia is one of our long time 'Seaford Sewer' group members



Guess the 9 letter word solution from last newsletter!

Clue: Nobody can read without me

Letters 4+5+6 is an animal

Letter 7 is me

Letter 3 is u

Letters 2+8+9+1 means completed.

Who am I?

EDUCATION

Help and other advice lines:

Healthline direct hotline: 1800 022 222 and speak to a registered nurse

Coronavirus Health Information Line: 1800 020 080

Lifeline: 13 11 14 or text 0477 13 11 14

Beyond Blue: 1300 22 4636

1800 Respect: 1800 737 732

Headspace: 1800 650 890

Mindspot: 1800 61 44 34

Kids Helpline: 1800 55 1800

National Debt Helpline: 1800 007 007

Frankston Community Support: 9783 7284

PUZZLES

9 LETTER WORD

| | | |
|---|---|---|
| H | S | R |
| T | I | M |
| S | A | C |

ANIMALS



AARDVARK
BABOON
BEAR
BEAVER
BIRD
CAMEL
CAT
DOG

ELEPHANT
EMU
FROG
HORSE
LION
LIZARD
MEERKAT
MONKEY

OWL
PENGUIN
REINDEER
TIGER
TURTLE
VULTURE
WALLABY
WOLF
ZEBRA