

**Programs that are run by the
Federation of Polish
Organisations in South Australia:**

- Polish Home Care Packages (HCP)
- Polish Meals Program
- Polish Social Support Services (PSSS)
- Polish Active Seniors (PAS)
- Flexible Respite - Care Relationships and Carer Support

If you are seeking assistance to access aged care services, please contact

My Aged Care

on

1800 200 422

POLISH MEALS PROGRAM

Polish Meals Program is one of the programs run by the Polish Federation in South Australia, funded by the Australian Government Department of Health. Visit the Department of Health website (www.health.gov.au) for more information.

POLISH MEALS PROGRAM OFFICE:

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Mob: 0400 739 996

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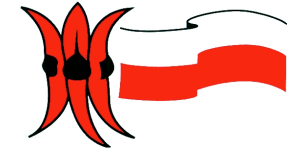
Fax: (08) 8447 6976

Email:

meals@polishfederation.org.au

Disclaimer:

Although funding for this service has been provided by the Australian Government, the material contained herein do not necessarily represent the views or policies of the Australian Government.



POLISH MEALS PROGRAM

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Email:

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GENERAL INFORMATION

Polish Meals Program was created for people who can not prepare a meal themselves because of health or age.

We offer a daily hot meal:

- soup,
- second course,
- salad,
- dessert.

Meals are delivered to the client's home with help of our volunteers.

The service is available from Monday to Friday. We also offer frozen meals for Saturdays, Sundays and public holidays.

Meals are delivered between 10am and 2 pm.

In the case of a planned absence (doctor's visit, leave) we ask you to let our office know beforehand.

Safety of our customers is our top priority. If the clients have not cancelled their meal earlier and are absent during the delivery we try to locate them as quick as possible.

To keep the safety of our clients on the highest level, we delivery our meals only directly to hands of the client.

MENU

We offer you 4 different menus depending on the season.

Menus have been prepared based on our client surveys including seasonal fruit and vegetables as well as healthy food.

All our products with which we make our meals are high in quality.

We try our best to exceed our client's expectations and that's why, our menu provides something for everyone. We also try to match up the meals to our client's taste.

We offer a big selection of traditional Polish meals.

For people with diabetes we can offer alternative desserts.

POLISH MEALS PROGRAM

Volunteers are the heart of the Polish Meals Program. Thanks to them, we are able to get the meals to the homes of our clients. Also, because of their hard work in the kitchen, we get to cook different, new and improved meals.

During the week, we give out about 500 hot meals packed into one-time-use containers. Depending on the day's menu, it varies between 3 to 4 containers for each client, which turns out to be about 2000 packed hot meals as well as salads and dessert every week.

POLISH MEALS PROGRAM

After the meals are packed, they are picked up by our volunteer drivers and taken to the clients' houses. In order to deliver all the meals to the clients, they drive around 2000 km a week.

SERVICE FEES

Clients pay a contribution towards the cost of meals. Fees are charged on a fortnightly basis. If you would like more information, please contact our office.

THE ASSESSMENT PROCESS

If you are seeking assistance to access aged care services, please contact **My Aged Care** contact centre by calling **1800 200 422**.

The My Aged Care contact centre staff member will ask you a series of questions in order to understand your needs. During the conversation they will discuss some options with you which may include being referred for a home support assessment, a comprehensive assessment or a direct referral to services (where appropriate).

For more information please visit My Aged Care website on **www.myagedcare.gov.au**