

# 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](http://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?

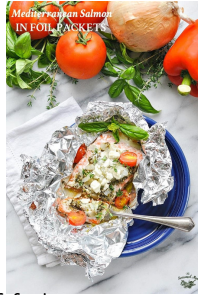
- Use by date - food that must be eaten before a certain time for health and safety reasons. Food should not be eaten after this date and can't legally be sold after this date.
- Best before - you can still eat foods for a while after the date but they may have lost some quality. These foods can legally 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

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

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